

COMMUNITY DISABILITY  
**RESOURCE  
GUIDE**  
HUMBOLDT COUNTY



[www.tilinet.org](http://www.tilinet.org)

SECOND EDITION

# COMMUNITY DISABILITY

## RESOURCE GUIDE

### **Introduction**

This guide has been developed to help persons with disabilities and their service providers find needed services. We have tried to include the basic resources available, along with where to call for information and help.

The guide's purpose is to help you start your search. The listings of services in this directory do not constitute an endorsement. You will find that some of the resources are free-of-charge, some have fees based on income and others charge set fees.

We are not able to list all resources because of space limitations. If you need something not listed, or if you have questions about a service, please contact us:

#### **Tri-County Independent Living (TCIL)**

**Office:** (707) 445-8404    **Toll Free:** (833) 866-8444

**aa@tilinet.org**

139 5<sup>th</sup> Street, Eureka, CA 95501

[www.tilinet.org](http://www.tilinet.org)

#### **Front page pictures from top to bottom, from left to right:**











Image of two people sitting on a bench and signing. One person has crutches

Image of a smiling woman sitting under a tree. She is wearing a T-shirt that says "Disable the Label"












Image of a mother kneeling, taking a selfie of herself and her child in a wheelchair

Image of a woman holding a cane while sitting on a bench. She has a guide dog

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# DISABILITY SPECIFIC

## BLIND & VISUALLY IMPAIRED

BLIND

### **Access News (formerly Reading Service of the Redwoods in Humboldt County)**

Telephone Reader service for individuals who are low vision or blind or have dyslexia or other difficulties reading conventional print materials. Hear audio recordings of store sales ads, local newspapers, and other printed media. Provided by Society for the Blind.

[www.societyfortheblind.org](http://www.societyfortheblind.org)  
(916) 889-7519

### **Braille and Talking Book Library / California State Library**

Loans braille, digital talking books, magazines, cassettes, and playback equipment. Free of charge to individuals in Northern California who are unable to read conventional print.

(800) 952-5666  
or (888) 657-7323 (TTY/TTD)

### **Lighthouse of the North Coast**

Provides solutions for living with low vision or blindness. Helps develop skills to engage in activities that can become difficult with low vision or blindness (e.g. cooking safely, organizing your work area, managing bills and maintaining personal and business communications.)

1910 California Street, 3<sup>rd</sup> Floor, Eureka, CA 95501  
(707) 268-5646

### **Low Vision Support Group (McKinleyville)**

A monthly meeting to discuss and exchange information about living with low vision.

1620 Pickett Road, McKinleyville, CA 95519  
(707) 839-0191

## BLIND & VISUALLY IMPAIRED



### **North Coast Lions Eye Foundation**

Can assist with travel expenses for out-of-area vision care. Applications found online at: [www.lionseyeca-nv-org](http://www.lionseyeca-nv-org)

**P.O. Box 335, Eureka, CA 95502  
(707) 496-6695**

BLIND

### **Tri-County Independent Living (TCIL)**

Offers a selection of low-vision, reading, and magnifying devices for short term loan through the AT Lending Library. Provides services to individuals that are blind or visually impaired such as one-on-one training, peer support, independent living skills, aid with researching and applying for service animals, self-advocacy and referral to local resources.

**139 5th Street, Eureka, CA 95501  
(707) 445-8404**

## DISABILITY SPECIFIC



## PERSONAL ASSISTANT SERVICES



### **Adult Day Care of Mad River**

Provides therapeutic, recreational, health and social services to seniors and those over 18 years old who are dependent on others for care. Helps to prevent institutionalization and promotes rehabilitation and independence.

**3800 Janes Road, Arcata, CA 95521  
(707) 822-4866**

PERSONAL  
ASSISTANTS





## PERSONAL ASSISTANT SERVICES

### **Adult Day Health Services / Humboldt Senior Resource Center**

Day care program for adults 18 and older with chronic health conditions and disabilities. Licensed and therapeutic, includes dementia care.

**1910 California Street, Building B, Eureka, CA 95501  
(707) 444-8254**

### **Agape Home Care**

Provides in-home support services, including non-medical services, for seniors and persons with disabilities.

**321 West Wabash Avenue, Eureka, CA 95501  
(707) 445-1212**

### **Area 1 Agency on Aging (A1AA)**

Provides lists for residential care, skilled nursing facilities, and senior housing. Services include home safety assessments, assistance with government benefits and applications and advocacy.

**434 7<sup>th</sup> Street, Eureka, CA 95501  
(707) 442-3763**

### **Blue Lake Rancheria Caregiver Support**

Respite and caregiver support for caregivers of Native Americans.

**428 Chartin Road, Blue Lake, CA 95525  
(707) 668-5101**

### **Eldercare Locator**

A nationwide service that helps older individuals and their caregivers locate local support and resources. Online chat available.

**[www.eldercare.gov](http://www.eldercare.gov)  
(800) 677-1116**

### **Tri-County Independent Living (TCIL)**

Provides referrals to Personal Assistant services.

**139 5<sup>th</sup> St., Eureka, CA 95501  
(707) 445- 8404**

## PERSONAL ASSISTANT SERVICES



### **Elite Caregivers**

Providing private hire, in-home Registered Nurse support and personal attendants with background checks and certified professional caregivers. Medication management, bedside care, light housekeeping, shopping and errands, meal planning and preparation, physical therapy, oxygen assistance, catheter care, permanently disabled care and end-of-life care.

**P.O. Box 6888, Eureka, CA 95502  
(707) 496-8499**

### **Humboldt Caregivers**

Provides private hire, in-home caregivers for hourly fee. Manages all employer responsibilities including payroll, taxes and worker's compensation insurance.

**612 2nd Street, Eureka, CA 95501  
(707) 798-6244**

### **In-Home Supportive Services (IHSS)**

In-home caregivers provide a wide range of services to meet individual needs to enable living safely at home. Services may include shopping, laundry, house cleaning, personal care and cooking. Must meet income guidelines. For additional information, contact Department of Health and Human Services.

**808 E Street, Eureka, CA 95501  
(707) 476-2100**

### **Visiting Angels**

Provides private hire, in-home caregivers for hourly fee. Customized care programs. In-home care services include light housekeeping, medication reminders, meal preparation, and hourly care (temporary or long term), weekends and holidays, errands, shopping and walks.

**1112 5<sup>th</sup> Street, Eureka, CA 95501  
Eureka: (707) 442-8001  
Fortuna: (707) 725-3611  
Arcata: (707) 825-8008**



# DISABILITY SPECIFIC

## CHILDREN'S SERVICES

### CHILDREN

#### **California Children's Services**

Providing services to meet medical health needs of children diagnosed with certain physically disabling medical conditions. Must meet income guidelines.

**908 7<sup>th</sup> Street, Eureka CA 95503  
(707) 445-6212**

#### **Children, Youth and Family Services**

Providing services to support mental health needs including assessment, treatment, medication support and case management for children, youth and families.

**1711 3<sup>rd</sup> Street, Eureka, CA 95501  
(707) 268-2800**

#### **Humboldt-Del Norte SELPA (Education)**

Special Education Local Plan Area (SELPA) facilitates high quality educational programs and services for special needs students and training for parents and educators. SELPA collaborates with county agencies and school districts to develop and maintain healthy and enriching environments in which special needs students and families can live and succeed.

**2822 Harris Street, Eureka, CA 95503  
(707) 441-2051  
hdnselpa@hcoe.org**

#### **Early Services Build a Better Future**

For children with disabilities, a successful transition into adulthood requires acquiring developmentally appropriate building block skills throughout childhood and adolescence to maximize strong long-term outcomes.

*Source: National Association of Sciences Engineering Medicine*

# DISABILITY SPECIFIC

## DEAF & HARD OF HEARING

### **Deaf & Disabled Telecommunications Program**

Programs for speech-to-speech telephone services and assistive telecommunications equipment for deaf and hard-of-hearing individuals. Provides free products and services for individuals who have difficulty using the telephone due to hearing, vision, movement, speech or cognitive impairment.

[www.ddtp.org](http://www.ddtp.org)  
(800) 806-1191  
or (800) 806-4474 (TTY/TDD)

### **Tri-County Independent Living (TCIL)**

Offers a selection of hearing assistive devices and other assistive technology for Deaf/HOH for short term loan through the TCIL AT Lending Library as well as books and instructional materials related to Deaf/HOH culture, history, topics and issues. Provides services including Independent Living Skills, Assistive Technology, Advocacy and more to persons with any type of disabilities including hearing impairment.

139 5th Street, Eureka, CA 95501  
(707) 445-8404

# DISABILITY SPECIFIC

## DEVELOPMENTAL DISABILITIES

### **Redwood Coast Regional Center (RCRC)**

Offers services and supports for children and adults with developmental disabilities onset before age 18 and their families.

525 Second Street, Suite 300, Eureka, CA 95501  
(707) 445-0893



DEAF



D.D.



# DISABILITY SPECIFIC

## SERVICE / EMOTIONAL SUPPORT ANIMALS / PET CARE

Service Animals and Emotional Support Animals (also called Therapy or Companion Animals) are not the same thing. Rights and protections of each are covered under different entities. The new ADA rules define “service animal” as “any dog that is individually trained for an intellectual or mental disability.” Service Animals are professionally trained to help people with disabilities by performing a certain task such as seeing, hearing or mobility assistance. Service animals are covered under the Americans with Disabilities Act (ADA) and are allowed at all public locations.

Emotional Support Animals (ESA) require no special training beyond that of a well-behaved pet but are legally NOT pets and are for assisting people who have mental health or emotional disabilities or who have emotional components to serious physical conditions. ESAs are therapeutic pets, usually prescribed by a therapist, psychiatrist or doctor that helps a disabled person with emotional difficulties or with loneliness. They may include various types of animals.

Under the U.S. federal Laws, ESAs cannot go into no-pets-allowed places, BUT THEY ARE ALLOWED to live in “no-pet” housing and in the cabins of airplanes when accompanied by a note from their handler’s doctor.

The ADA does not cover housing. If you need a Service Animal or Emotional Support Animal where you live, it will fall under the Fair Housing Act.

**For further information,  
contact Tri-County Independent Living (TCIL)  
139 5th Street, Eureka, CA 95501 - (707) 445-8404**

# DISABILITY SPECIFIC

## SERVICE / EMOTIONAL SUPPORT ANIMALS / PET CARE

### **Canine Companions for Independence**

Non-profit organization that enhances the lives of people with disabilities by providing highly trained assistance dogs at no charge to the recipient.

**2965 Dutton Avenue Santa Rosa, CA 95407  
(707) 577-1700**

### **Guide Dogs for the Blind**

Provides highly qualified guide dogs to serve and empower individuals who are blind or have low vision. Services are free of charge, including personalized training and extensive post-graduation support, plus financial assistance for veterinary care, if needed.

**350 Los Ranchitos Road, San Rafael, CA 94903  
(800) 295-4050**

**32901 S.E Kelso Road, Boring OR 97009  
(503) 668-2100**

### **The Other Side of the Fence**

Provides sliding scale fee pet care services to low-income seniors, single parents and persons with an illness or disability.

**Eureka, CA 95501  
(707) 616-5717**

# DISABILITY SPECIFIC

## MENTAL HEALTH

### **Hope Center**

Peer run center with support groups and activities related to mental health.

**2933 H Street, Eureka, CA 95501  
(707) 441-3783**



ANIMALS







## MENTAL HEALTH

### **Humboldt County Mental Health Branch**

Provides Mental Health programs and services. Committed to the principles of recovery, wellness and discovery.

**720 Wood Street, Eureka, CA 95501**  
**24 hours crisis line: (707) 445-7715 or (707) 268-2900**

### **Humboldt Family Service Center**

Free walk-in counseling 1pm to 4pm on Mondays. Also offers other mental health services.

**1802 California Street, Eureka, CA 95501**  
**(707) 443-7358**

### **Mental Health Patients' Rights Advocacy Services**

Assists all Humboldt County Mental Health clients in locked or unlocked mental health facilities by providing access to advocacy services. Monitors all facilities for compliance regarding legal process and patients' rights.

**720 Wood Street, Eureka, CA 95501**  
**(707) 268-2995**

### **National Alliance of Mental Illness (NAMI) Humboldt County**

Committed to improving quality of life for all ages affected by mental illness. Services include: monthly on-going support groups, peer-to-peer support, NAMI Basics - a 6-week program for parents with children with mental illness, and Family-to-Family Education - a free 12-week course taught by trained NAMI family members who have relatives with mental illness.

**P.O. Box 1225, Eureka, CA 95502**  
**Message: (707) 444-1600**

### **North Coast Association Mental Health Professionals (NCAMHP)**

Non-profit association provides information regarding rights as a consumer, advocacy and support in health care and information about member therapists such as training, specialty, location.

**P.O. Box 5363, Eureka, CA 95502**  
**(707) 441-3832**

# DISABILITY SPECIFIC

## BRAIN INJURY SERVICES

### **Making Headway Center for Brain Injury Recovery**

Services for people with brain injuries and their families.

**730 K Street, Eureka, CA 95501  
(707) 442-7668**

### **Redwood Caregiver Resource Center**

Provides education, counseling, support groups, and legal services for caregivers and families of brain-impaired adults with onset after age 18.

**1901-B California Street, Eureka, CA 95501  
(707) 443-9747 ext. 3220  
or (800) 834-1636**

# EDUCATION

### **Disability Services & Programs for Students / College of the Redwoods (CR)**

Serves any student enrolled in CR college classes. Services include advising, alternate format of printed materials, assistive computers and related equipment, referrals, on-campus transition, sign language interpreters, testing accommodations and more.

**Campus: Student Services Building  
7351 Tomkins Hill Road,  
Eureka, CA 95501 (707) 476-4280**

**Del Norte Education Center:  
883 W. Washington Blvd.,  
Crescent City, CA 95531  
(707) 465-2324**

**Garberville Instructional Site:  
286 Sprowl Creek Rd.,  
Garberville, CA 95542 (707)923-2550**

**Klamath-Trinity Instructional Site:  
65 Orchard St.,  
Hoopa, CA 95546 (530) 625-4821**

**Eureka Downtown:  
Adult Education  
525 D St., Eureka, CA 95501**

**Eureka Downtown:  
Community Education  
310 3<sup>rd</sup> St., Eureka, CA 95501**



**BRAIN INJURY**



**EDUCATION**



# EDUCATION

## **Eureka Adult School**

Provides affordable and flexible educational/employment opportunities. Programs and classes include: Credit Recovery for Concurrent High School Students, English as a Second Language, High School Diploma and GED Preparation, Computer and Business Training and Certified Nursing Assistant training.

**2100 J Street, Eureka, CA 95501  
(707) 441-2448**

## **Osher Lifelong Learning Institute (OLLI) / Humboldt State University**

Offers a large variety of classes and experiences for learners age 50+.

**(707) 826-5880**

## **Social Security PASS Plan: Tri-County Independent Living (TCIL)**

The PASS Program allows Social Security recipients to receive income and resources for a specified work/educational goal. Recipients must apply to, and be approved by, the Social Security Administration. Contact TCIL or Social Security to apply.

**139 5th Street, Eureka, CA 95501  
(707) 445-8404**

## **Student Disability Resource Center / Humboldt State University**

Services available to HSU students include: Assistive Technologies, exam accommodations, priority registration & registration assistance, transportation (on-campus), accessible classroom furniture, Deaf & Hard of Hearing services, alternate media, note-taking services, support group, Learning Disability Resource Specialist and equipment available for check-out.

**Learning Commons, Lower Library  
1 Harpst Street, Arcata, CA 95521  
(707) 826-4678  
TDD: (707) 826-5392**

# EMERGENCY

## DOMESTIC VIOLENCE / SUSPECTED ABUSE SERVICES AND SUPPORT



### **Adult Protective Services**

Services to individuals age 65 and older and dependent adults ages 18-64 unable to protect their own interests or care for themselves. Investigates reports of abuse, neglect and financial exploitation.

**808 E Street, Eureka, CA 95501**

**(707) 476-2100**

**24 hours: (707) 445-7715**

### **Child Welfare Services**

Investigates reports of child abuse or neglect and provides services to those children and their families.

**2440 6<sup>th</sup> Street, Eureka, CA 95501**

**(707) 445-6180**

### **Humboldt Domestic Violence Services**

Services include: individual, peer and group counseling, support groups, court accompaniment, 24-hr support line, emergency shelter (survivors and their children), alcohol and other drug support, emergency food and/or clothing (survivors and their children), referrals, community resources, children's services, community outreach programs and restraining order assistance. Services are free of charge.

**P.O. Box 969, Eureka, CA 95502**

**Toll free: (866) 668-6543**

**24-hour support line: (707) 443-6042**

### **Long-Term Care Ombudsman Program / Area 1 Agency on Aging**

Investigates and works to resolve elder abuse of individuals in long-term care facilities.

**434 7th Street, Eureka, CA 95501**

**Emergency/crisis 24 hours: (800) 231-4024**

**Confidential reporting: (707) 269-1330**

**ABUSE**



# EMERGENCY



## EMERGENCY RESPONSE

EMERG.

### **City Ambulance of Eureka**

Provides ambulance services such as Basic and Advanced Life Support services.

**135 W 7<sup>th</sup> Street, Eureka, CA 95501  
(707) 445-4907**



# EMPLOYMENT

EMPLOYMENT

### **Northern California Indian Development Council (Economic & Educational Support)**

Services include work experience, classroom training, job and career counseling, placement and referral, on-the-job training, emergency services, resource center, use of computers, job referral board and disaster planning resources.

**241 F Street, Eureka, CA 95501  
(707) 445-8451**

### **The Job Market**

A one stop center for job-seekers to help with employment needs. Offers a variety of free workshops and classes, access to computers, computer training and one-on-one vocational counseling.

**409 K Street, Eureka, CA 95501  
(707) 441-5627**

### **Social Security PASS Plan / Tri-County Independent Living (TCIL)**

PASS allows Social Security recipients to earn income and obtain resources for a specified work/educational goal. Recipients must apply to, and be approved by, the Social Security Administration. Contact TCIL to apply.

**139 5<sup>th</sup> Street, Eureka, CA 95501  
(707) 445-8404**

# FINANCES & BENEFITS



## **Area 1 Agency on Aging (A1AA)**

Services include assistance with government benefits and applications, advocacy and other services.

**434 7<sup>th</sup> Street, Eureka, CA 95501  
(707) 442-3763**

## **Humboldt County Public Guardian**

Serves as a conservator for people with various types of impairments. Acts as the representative payee to provide money management services.

**1105 6<sup>th</sup> Street, Eureka, CA 95501  
(707) 445-7343**

## **Tri-County Independent Living (TCIL)**

Assistance with applications for Social Security and other benefits, CalFresh, developing budgets, applying for PASS plans and ABLE savings accounts.

**139 5th Street, Eureka, CA 95501  
(707) 445-8404**

## **Social Security Administration (office in Eureka or Online)**

Processes applications for Social Security Benefits, Supplemental Security Income, survivor benefits and disability insurance. Determines eligibility for the Medicare Extra Help Program which helps with prescription drug plan costs.

**3144 Broadway Street, Eureka, CA 95501  
[www.ssa.gov](http://www.ssa.gov)  
(866) 828-1991**

### **PASS Plan Leads to Professional Success**

Michelle, who has muscular dystrophy, used the PASS plan to pay for educational expenses and modifications to her vehicle so she would have reliable transportation to school and later to work. She earned her M.A. in Counseling Psychology and now is successfully employed as a Community Work Incentives Coordinator.





# FOOD

## CalFresh (Food Stamps)

CalFresh is a nutrition program that helps households buy healthy foods. There are eligibility requirements. Special eligibility requirements for households with a member who has a disability or is 60 years and older help more people qualify for the program. **Persons receiving Supplemental Security Income (SSI), and some who receive SSDI, now also qualify for Calfresh benefits.**

**Tri-County Independent Living, 139 5<sup>th</sup> St, Eureka, CA 95501  
(707)445-8404**

**Humboldt County Dept of Health and Human Services  
929 Koster Street, Eureka 95501  
1 (877) 410-8809**

FOOD

## Food for People

Serves as a safety net for individuals and households whose circumstances have left them at risk of hunger and food insecurity. Providing emergency and supplemental food. (One box per month).

### Homebound Delivery Program

Provides food delivery for persons under age 60 unable to leave home due to disability or illness. Free.

**307 West 14<sup>th</sup> Street, Eureka, CA 95501  
(707) 445-3166 ext. 303**

## Orick Community Resource Center Pantry

Food pantry.

**120918 Hwy 101, Orick, CA 95555  
(707) 488-2803**

## Salvation Army Emergency Food Pantry

Can help with bag/box of food once per month.

**2123 Tydd Street, Eureka, CA 95501  
(707) 442-6475**



## **St. Vincent de Paul Food Pantry**

Hot meal served every day 11am to 12:30pm.

**35 West 3<sup>rd</sup> Street, Eureka, CA 95501  
(707) 445-9588**

## **Women, Infants & Children (WIC) Supplemental Nutrition Program**

WIC provides special checks for nutritious foods, nutrition assessment and education, breastfeeding education and support and referrals. The program is for income-eligible pregnant, breastfeeding, and non-breastfeeding women, and children under the age of 5 who have a nutritional need. Working families may be eligible.

**Arcata WIC Clinic  
1600 Weot Way,  
Arcata, CA 95521  
(707) 825-5000**

**Fortuna WIC Clinic  
1108 Main Street  
Fortuna, CA 95540  
(707) 726-9427**

**Crescent City WIC Clinic  
286 M Street, Suite D  
Crescent City, CA 95531  
(707) 464-7293**

**Garberville WIC Clinic  
727 Cedar St  
Garberville, CA 95540  
(707) 923-2779**

**Eureka WIC Clinic  
317 2nd Street  
Eureka, CA 95501  
(707) 445-6255**

**McKinleyville WIC Clinic  
1450A Hiller Road  
McKinleyville, CA 95519  
(707) 445-6255  
or (707) 839-1173**

### **Disability and Nutrition**

A recent study has shown that healthy consumption of fruit and vegetables and dietary fat predicted a better quality of life and less likelihood of higher disability among people with Multiple Sclerosis than their peers with poor diets.

*Source: Nutritional Neuroscience, 2015*



# HEALTH



## EQUIPMENT & DEVICES FOR INDEPENDENT LIVING

### **Broadway Medical**

Offers long term and short-term rental products and sales. Health-care professionals on staff. Has a wide range of services for home medical equipment, respiratory equipment, accessibility and mobility.

**1034 Broadway, Eureka, CA 95501  
(707) 442-3719**

### **Everything Medical**

Offers for sale medical supplies, mobility aids, scooters, power chairs, lifts, ramps.

**2376 Athens Av. Redding, CA 96001  
(530) 223-3633**

### **Tri-County Independent Living (TCIL)**

Offers Assistive Technology consulting and assistance. AT devices can be borrowed from TCIL AT Lending Library to try out before purchasing from a supplier.

**139 5<sup>th</sup> Street, Eureka, CA 95501  
(707) 445-8404**

### **Vector Rehabilitation Equipment Loan Program & Physical Therapy**

A non-profit, outpatient, rehabilitation clinic that provides durable medical equipment, generally free of charge. Inventory changes daily. Please call the office for availability.

**2121 Myrtle Avenue, Eureka, CA 95501  
(707) 441-6463**

### **Disability, Employment and Reasonable Accommodation**

A reasonable accommodation is assistance or changes that will enable an employee to do his or her job despite having a disability. It can include providing Assistive Technology. Under the ADA, employers are required to provide reasonable accommodations to qualified employees with disabilities, unless doing so would pose an undue hardship. For more information go to:

**<https://askjan.org/> or Contact TCIL at (707) 445-8404 or [aa@tilinet.org](mailto:aa@tilinet.org)**

# HEALTH

## MEDICAL CARE



### **American Cancer Society, Humboldt**

Free lodging near, and free rides to, cancer treatment; 24/7 live helpline and more.

**611 Harris Street, Eureka, CA 95501**  
**(707) 442-1436**  
or **(800) 227-2345**

### **Burre Dental Center / Open Door Community Health Center**

Dental Services. Accepts MediCal. Sliding scale fees for low income people. Call to see if accepting new patients.

**959 Myrtle Avenue, Eureka, CA 95501**  
**(707) 442-7078**

### **K'ima:w Medical Center**

Health care to Native American people and others seeking services for the Hoopa Valley Indian Reservation and surrounding areas. Patient transportation is available for medical and dental appointments.

**535 Airport Road, Hoopa, CA 95546**  
**(530) 625-4261**

### **Mad River Community Hospital**

Acute care hospital, offering emergency care, OB, radiological and surgical services, pain management, wound care and other services.

**3800 Janes Road, Arcata, CA 95521**  
**(707) 822-3621**

### **Medi-Cal Eligibility / Social Services**

Sign up for Medi-Cal here. (Supplemental Security Income (SSI) recipients not eligible for Medi-Cal.)

**929 Koster Street, Eureka, CA 95501**  
**(707) 268-3447**  
or **1 (877) 410-8809**

CARE



## MEDICAL CARE

### **OPEN DOOR CLINICS**

Family practice services for all primary medical needs, including diagnosis, treatment for acute illnesses (such as flu, colds, aches and pains, fatigue) and chronic conditions (including diabetes, high blood pressure, asthma).

Established patients can be referred to other Open Door Clinics for additional and specialty services. Assists in determining eligibility for Medi-Cal, Medicare, CMSP, Family PACT and other programs. Those without insurance are eligible for discounts based on income. Most private insurance accepted.

#### **Humboldt Open Door Clinic – Arcata**

Additional services at the Arcata Clinic include: Pediatrics, Behavioral Health Counseling, Nutritional Counseling, Teen Clinic, Nutritional Counseling, Transgender Clinic and Women’s Health. Appointments only.

**770 10th Street, Arcata, CA 95521  
(707) 826-8610**

#### **NorthCountry Clinic – Arcata**

Additional services at the NorthCountry Clinic include: Behavioral Health Counseling and Support, Opiate Dependency Treatment and Women’s Health. Patients can also be referred to see a Case Manager for assistance with housing, employment, paperwork and numerous other services.

**785 18th Street, Arcata, CA 95521  
(707) 822-2481**

#### **NorthCountry Prenatal Services – Arcata**

Provides all necessary check-ups, examinations and laboratory work, and offers education on a wide range of topics for women during pregnancy. The clinic supports midwifery and provides medical intervention as necessary. Some patients choose to have home births or use midwives or other providers not affiliated with Open Door to assist at the birth.

**3800 Janes Road, Suite 101, Arcata, CA 95521  
(707) 822-1385**

## MEDICAL CARE



### **Eureka Community Health & Wellness Center**

Additional services at Eureka Center include: Behavioral Health Counseling and Support, Opiate Dependency Treatment, Diabetes Education, Nutritional Counseling and Women's Health. Walk-ins accepted.

**2200 Tydd Street, Eureka, CA 95501  
(707) 441-1624**

### **Ferndale Community Health Center**

Additional services at Ferndale Community Health & Wellness Center include: Behavioral Health Counseling and Support, Opiate Dependency Treatment, Diabetes Education, Nutritional Counseling and Women's Health.

**638 Main Street, Ferndale, CA 95536  
(707) 786-4028**

### **Fortuna Community Health Center**

Additional services at Fortuna Community Health & Wellness Center include: Behavioral Health Counseling and Support, Opiate Dependency Treatment, Diabetes Education, Nutritional Counseling and Women's Health.

**3750 Rohnerville Road, Fortuna, CA 95540  
(707) 725-4477**

### **McKinleyville Community Health Center**

Additional services at the McKinleyville Center include Teen Clinic, Nutritional Counseling and Women's Health. Walk-ins accepted.

**1644 Central Avenue, McKinleyville, CA 95519  
(707) 839-3068**

### **Willow Creek Community Health Center**

Additional services at the Willow Creek Center include: Behavioral Health Counseling and Support, Pediatric Behavioral Health, Diabetes Education, Prenatal Care, Women's Health and X-ray.

**Hwy 299 #38883, Willow Creek, CA 95573  
(530) 629-3111**





## MEDICAL CARE

### **Medicare / Area 1 Agency on Aging HICAP program**

Free counseling to people with Medicare about benefits, rights and options.

**434 7<sup>th</sup> Street, Eureka, CA 95501**

**(707) 444-3000**

### **Parkinson's Support Group**

For people with Parkinson's disease and family members. Meets second Friday of each month from 3-4 p.m. in the Eureka area.

**Adorni Center, 1011 Waterfront Drive, Eureka, CA 95501**

**(707) 442-5245**

### **Partnership HealthPlan of California**

A non-profit community-based health care organization that contracts with the State to administer Medi-Cal benefits through local care providers to ensure Medi-Cal recipients have access to high-quality comprehensive cost-effective health care. Serves all ages.

**1036 5<sup>th</sup> Street, Suite E, Eureka, CA 95501**

**(707) 430-4861 or 1(800) 863-4155**

### **Redwood Coast PACE / Humboldt Senior Resource Center**

An all-inclusive health care program for older adults age 55+, covered by Medi-Cal, Medicare, and private payment. Provides medical, nutritional, rehabilitation, social and support services to older adults who live in their home and would otherwise be in a nursing home.

**1910 California Street, Eureka, CA 95501**

**(707) 443-9747 ext. 1203**

### **Alzheimer's Services/ Humboldt Senior Resource Center**

Provides education, information and services regarding Alzheimer's disease and related dementias throughout Humboldt County. Services provided at low or no charge include: support groups, training for professionals, large Eureka resource library, educational events, one-on-one consultation and free educational materials.

**1910 California Street, Eureka, CA 95501**

**(707) 443-9747 ext. 1203**

## MEDICAL CARE



### **Redwood Memorial Hospital (RMH)**

RMH services include Women's and Children's Services in the Maternity Center; Cardiopulmonary Services, Intensive Care Unit and a Radiology Department which offers bone density testing and digital mammography, outpatient physical, occupational & speech therapy rehabilitation services.

**3300 Renner Drive, Fortuna, CA 95540**

**(707) 725-3361**

### **St. Joseph Hospital**

Acute care hospital, with clinical specialties in cancer treatment, emergency care, neurosurgery, heart program, rehabilitation and orthopedic care.

**2700 Dolbeer Street, Eureka, CA 95501**

**(707) 445-8121**

### **Angel Fund / Humboldt Health Foundation**

Provides rapid help for defined healthcare and medical needs for people residing in Humboldt County. Serves both children and adults. Funds are generally granted on a one-time basis per person for every 365-day period. Applications for funds are made through service providers such as Tri-County Independent Living (TCIL).

**363 Indianola Road, Bayside, CA 95524**

**(707) 442-2417**

**[www.humhealth.org](http://www.humhealth.org)**

### **United Indian Health Services (UIHS) / Potawot Health Village**

Medical, dental, pharmacy, vision, child & family, community health & wellness and nutrition/WIC services. Serves eligible Native American patients. Services vary by location, please call.

**1600 Weot Way, Arcata, CA 95521**

**(707) 825-5000**

**or (800) 675-3693**



# HEALTH



## SUBSTANCE RECOVERY SERVICES

SUBSTANCE RECOVERY

### **Al-Anon**

A fellowship offering a program of recovery for families and friends of alcoholics.

**Eureka, CA / (707) 443-1419**

### **Alcoholics Anonymous**

A mutual aid fellowship to enable members to stay sober and help other alcoholics achieve sobriety.

**730 K Street, Eureka, CA  
(844) 442-0711**

### **Alcohol/Drug Care Services Administration**

Drug and alcohol addiction rehabilitation center.

**528 5<sup>th</sup> Street, CA 95501  
(707) 445-1369**

### **Humboldt Alcohol Recovery Treatment (HART) / DUI Program**

Assists the client in recognizing their level of chemical dependency, acquaint them with life problems associated with dependency and aids them in their recovery.

**2331 Rohnerville Rd., Fortuna, CA 95540  
(707) 725-9381**

### **Healthy Moms**

Alcohol and drug addiction treatment program assisting women in treating their addictions and supporting them to become healthy, productive women and mothers. Child care is provided for children under 6.

**2910 H St, Eureka, CA  
(707) 441-5220**

### **Humboldt Recovery Center**

Licensed and certified residential substance abuse treatment facility.

**1024 N St, Eureka, CA 95501  
(707) 443-0514**

## SUBSTANCE RECOVERY SERVICES



### **Narcotics Anonymous**

A mutual aid fellowship to enable members to address drug abuse and support others in addressing their drug abuse.

**Eureka, CA / (707) 444-8645**

### **NCSAC / Crossroads**

Sober living home providing an extended-stay residential treatment program and outpatient drug rehab for people struggling with drug addiction or alcoholism.

**1205 Myrtle Ave, Eureka, CA 95501  
(707) 445-0869**

### **Redwood Teen Challenge**

Faith based residential recovery program that aids youth, adults and families that are struggling with life-controlling problems such as drugs and/or alcohol.

**2212 2nd St, Eureka, CA 95501  
(707) 268-8727**

### **Singing Trees Recovery Center**

Residential recovery program provides medical support, intensive education and counseling, as well as reinforces the concepts and principals of Alcoholics Anonymous and Narcotics Anonymous.

**2061 US-101, Garberville, CA  
(707) 247-3495**

### **Waterfront Recovery Services / Redwood Community Action Agency (RCAA)**

Both residential recovery services and an in-house, medically monitored detox program. Resident stays vary from 72 hours to six months. Must be referred by Humboldt County DHHS Mental Health, Street Outreach Services or Open Door Health Services.

**904 G Street, Eureka, CA 95501  
(707) 269-9590**



# HEALTH



## WELLNESS

### WELLNESS

#### **Vector Aquatic Center**

Non-profit organization providing accessible warm water recreational swimming, aquatic exercise and aqua therapy. Drop-in fee. No membership requirement.

**3289 Edgewood Road, Eureka, CA 95501**

**Aquatic Center: (707) 441-9262**

**For Physical Therapy, call Vector Rehabilitation: (707) 442-6463**



# HOUSING



## ENERGY ASSISTANCE

### ENERGY

#### **California Alternate Rates for Energy (CARE)**

Monthly discounts for income-qualified households served by PG&E. Contact PG&E or Tri-County Independent Living (TCIL) to enroll.

**PG&E: (866) 743-2273**

**TCIL: 139 5<sup>th</sup> Street, Eureka, CA 95501**

**(707) 445-8404**

#### **Family Electric Rate Assistance (FERA)**

Monthly discounts for income-qualified homes of three or more people.

**PG&E: (800) 743-5000**

#### **Low Income Home Energy Assistance Program (LIHEAP / HEAP)**

Emergency assistance for eligible households with payments/purchases of electricity, propane, natural gas, heating oil or firewood. Call on Mondays only between 9 am and 11 am to schedule appointment.

**RCAA: (707) 444-3831**

## ENERGY ASSISTANCE



### **Medical Baseline**

A utility discount program for people who depend on electrical equipment due to a medical condition. No financial eligibility requirement. PG&E customers only.

**TCIL: (707)445-8404 or PG&E: (800) 743-5000**

### **PG&E Assistance Programs**

Offers balanced payment plan, bill guarantee, payment arrangements.

**2555 Myrtle Avenue, Eureka, CA 95501  
(800) 743-5000**

**Smarter energy line: (800) 933-9555**

### **Redwood Community Action Agency (RCAA) / Energy Assistance**

Services include: energy efficiency & weatherization, energy assistance (HEAP/Wood/Propane/Oil), health & safety testing and repairs, lead based paint hazard reduction & inspection services, and energy, environmental & telecommunications education.

**539 T Street, Eureka, CA 95501  
(707) 444-3831**

### **Redwood Coast Energy Authority (RCEA)**

Offers energy efficiency services for homes, businesses and other facilities.

**633 3<sup>rd</sup> Street, Eureka, CA 95501  
(707) 269-1700  
or (800) 931-7232**

### **Relief for Energy Assistance through Community Help (REACH)**

Emergency assistance for a 15-day shutoff notice as a result of a catastrophic event occurring within 4 months prior to notice.

**2123 Tydd Street, Eureka, CA 95501  
(800) 933-9677**



# HOUSING



## TRANSITION SERVICES & HOME DIVERSION / OMBUDSMAN

TRANSITION

### **Home Transition Services / Tri-County Independent Living (TCIL)**

Provides supportive services and service coordination to people with disabilities living in institutions enabling them to move into the community and live independently. Also provides services to prevent people from entering a nursing home or other institutional setting due to a disability by teaching Independent Living Skills and locating services and supports to help them remain living as independently as possible.

**139 5<sup>th</sup> Street, Eureka, CA 95501  
(707) 445-8404**

DIVERSION

### **Multipurpose Senior Services Program (MSSP) / Humboldt Senior Resource Center**

Helps qualifying elderly adults stay in their home by preventing or delaying placement in a skilled nursing facility. Some of their services include: emergency response systems (e.g. Lifeline), non-medical home equipment, In-Home Supportive Services (IHSS), minor home/safety repairs/enhancements, respite care, home delivered meals and transportation.

**1901 California Street, Eureka, CA 95501  
(707) 443-9747 ext. 3259**

### **Long-Term Care Ombudsman Program / Area 1 Agency on Aging**

Investigates and works to resolve elder abuse complaints made by, or on behalf of, individual residents in long-term care facilities.

**434 7<sup>th</sup> Street, Eureka, CA 95501  
ombudsman@a1aa.org / (707) 269-1330**

### **The Right to Live in the Community: The Olmstead Decision**

The U.S. Supreme Court's 1999 landmark decision known as the Olmstead Decision found the unjustified segregation of people with disabilities is a form of unlawful discrimination. States are required to place persons with disabilities in community settings rather than in institutions under certain conditions. For more info, **contact TCIL (707) 445-8404 or aa@tilinet.org**

# HOUSING



## HOUSING ASSISTANCE



### **Affordable Homeless Housing Alternatives (AHHA)**

Provides information, education, advocacy and policy development for affordable housing for people who are homeless in Humboldt County.

**Nezzie Wade: (707) 267-4035**

**Edie Jessup: (707) 407-0047**

### **Arcata House Partnership**

Arcata House Partnership provides permanent housing, emergency shelter, case management, CalFresh outreach, and drop in services to individuals and families who are homeless in Humboldt County.

**501 9th Street, Arcata, CA 95521**

**(707) 633-6236**

### **Betty Kwan Chinn Day Center**

Available resources: transitional housing program, family services including after school program, homework help, positive parenting program, family literacy group, pregnant and parenting teens, dinner, phone and mail services, drop-in childcare, Open Door mobile health services, learning center, employment services.

**133 7<sup>th</sup> Street, Eureka, CA 95501**

**(707) 407-3833**

### **California Department of Fair Employment and Housing**

Make state-level complaints about housing conditions.

**(800) 884-1684**

**TTY: (800) 700-2320**

### **HUD Office / Housing Authority**

Local Housing Authority office. Section 8 and HUD housing.

**735 West Everding Street, Eureka, CA 95503**

**(707) 443-4583**





# HOUSING



## SHELTERS

SHELTERS

### **Eureka Rescue Mission (Men)**

Provides food, clothing, showers and shelter for men only. Must be sober and respectful to others. Drop-ins at 5:30 p.m. every day.

**110 2<sup>nd</sup> Street, Eureka, CA 95501**

**(707) 443-4551**

**or (707) 445-3787**

### **Eureka Rescue Mission (Women & Children)**

Provides food, clothing, showers and shelter for women with or without children. Must be sober and respectful of others. Schedule an interview at 4:45 p.m. every day.

**107 3<sup>rd</sup> Street, Eureka, CA 95501**

**(707) 443-5016**

**or (707) 445-3787**



# HOUSING



## WHEELCHAIR RAMPS & HOME MODIFICATION

MODIFICATIONS

### **Residential Ramp Loan Program / Tri-County Independent Living (TCIL)**

Provides temporary loaner modular ADA compliant free-standing ramps to eligible clients. Assists clients in exploring options and creating a plan to obtain their own permanent ramp.

**139 5th Street, Eureka, CA 95501**

**(707) 445-8404**

# INFO & REFERRAL



## **2-1-1 Humboldt**

Provides information and referrals to services in Humboldt County.

**(707) 441-1001**  
or 211

## **Area 1 Agency on Aging (A1AA)**

Provides senior information, assistance and referrals.

**434 7<sup>th</sup> Street, Eureka, CA 95501**  
**(707) 442-3763**

## **Redwood Community Action Agency (RCAA)**

Provides information and referral to local services.

**904 G Street, Eureka, CA 95501**  
**(707) 269-2001**

## **Tri-County Independent Living (TCIL)**

Provides access to a wide spectrum of information on disability related issues and services and resources to help live independently, such as independent living skills, obtaining Social Security and other benefits, accessible housing, assistive equipment, peer counseling and advocacy.

**139 5<sup>th</sup> Street, Eureka, CA 95501**  
**(707) 445-8404**

REFERRAL

# LEGAL & ADVOCACY



## **California Indian Legal Services**

Provides help and information about legal topics unique to Native Americans. No cost or low-cost services.

**324 F Street, Eureka, CA 95501**  
**(707) 443-8397**

LEGAL



# LEGAL & ADVOCACY

LEGAL

## Legal Services of Northern California

Serves low-income clients in Del Norte and Humboldt Counties regarding Family Law, public benefits (SSI, CalFresh, CalWorks, SSDI, IHSS), veterans' benefits, housing, debt defense, guardianship, consumer law, bankruptcy and qualified domestic relations orders (QDRO's).

**123 3<sup>rd</sup> Street, Eureka, CA 95502  
(707) 445-0866**

## Pacific ADA Center

Provides information, resources, problem solving assistance, training and referrals regarding the Americans with Disabilities Act (ADA) and a hotline for technical assistance on the ADA.

**555 12<sup>th</sup> Street, Suite 1030, Oakland, CA 94607  
Toll free: 1 (800) 949-4232 (Voice/TTY)  
(510) 285-5600 (Voice/TTY)**



# RESOURCE CENTERS

RESOURCE CENTERS

## Arcata Family Resource Center

Services include School Counseling Program, health and wellness, food security, holiday support and parent support.

**2400 Baldwin Street, Arcata, CA 95521  
(707) 826-1002**

## Blue Lake Community Resource Center

Services include educational programs, bus passes, information and access to community resources, housing application assistance, food pantry & hygiene supplies closet, clothing for adults and children (including diapers), medical & dental referrals and employment information and assistance with applications.

**111 Greenwood Avenue, Blue Lake, CA 95525  
(707) 668-4281 or (707) 668-5239**

# RESOURCE CENTERS



## **Eureka Community Resource Center**

Offers support groups, workshops, classes, referral and health information.

**35 West 3rd Street, Eureka, CA 95501  
(707) 442-5239**

## **Fortuna Community Services**

Food pantry, clothing and shower services for people who are homeless on Tuesday and Wednesday from 9:30 to 11:30.

**2331 Rohnerville Road, Fortuna, CA 95540  
(707) 725-1166**

## **Humboldt Community Access & Resource Center (HCAR)**

Offers day programs for people with developmental disabilities. Services include education, community outreach, employment services, independent and supported living services and respite care.

**Sequoia Center  
4620 Meyers Avenue, Eureka, CA 95503  
(707) 443-8317**

**Bay Center  
1001 Searles Street, Eureka, CA 95501  
(707) 441-8625**

## **McKinleyville Family Resource Center**

Services include: a twice-weekly food pantry, family art night, case management and McKinleyville Parents Circle.

**1450 Hiller Road, McKinleyville, CA 95519  
(707) 840-0905**



# RESOURCE CENTERS

## **Orick Community Resource Center Pantry**

Food pantry.

**120918 Hwy 101, Orick, CA 95555  
(707) 488-2803**

## **Redwood Caregiver Resource Center**

Provides education, counseling, support groups and legal services for caregivers and families of brain-impaired adults with onset after age 18.

**1901-B California Street, Eureka, CA 95501  
(707) 443-9747 ext. 3220  
or (800) 834-1636**

## **Willow Creek Community Resource Center**

Offers information and referrals on local resources and assistance with benefits applications, utilities and many other topics. Offers emergency food, food pantry and basic needs commodities on Thursdays. Drop-in Monday through Thursday 8:30 a.m. to 1 p.m., or by appointment. Play group for families on Fridays from 10:30 to 12:30.

**38883 Hwy 299, Willow Creek, CA 95573  
(530) 629-3141**

### **What is a Family Resource Center?**

Family Resource Centers (FRC) are community-based flexible, family-focused, and culturally sensitive facilities that provide programs and services based on the needs of the families. FRCs are located in a variety of community settings, including churches, school buildings, hospitals, housing projects, restored buildings, or new structures.

*Source: [www.childwelfare.gov](http://www.childwelfare.gov)*

# SENIOR



## **Area 1 Agency on Aging (A1AA)**

Provides lists for residential care, skilled nursing facilities and senior housing. Services include home safety assessments, assistance with government benefits and applications and advocacy.

**434 7<sup>th</sup> Street, Eureka, CA 95501  
(707) 442-3763**

**SENIOR**

## **Eldercare Locator**

A nationwide service that helps older individuals and their caregivers locate local support and resources. Online chat available.

**[www.eldercare.gov](http://www.eldercare.gov)  
(800) 677-1116**

## **Ferndale Senior Resource Agency**

Connects seniors to vital services and offers a wide variety of programs and opportunities including on-site dining and food delivery/home delivered meals.

**100 Main Street, Ferndale, CA 95536  
(707) 786-4141**

## **Fortuna Senior Center**

Links seniors to health and fitness, social and recreational, educational, legal and financial services and opportunities primarily in the immediate Fortuna area. Most services are free of charge.

**2280 Newburg Road, Fortuna, CA 95540  
(707) 726-9203**



# SENIOR

SENIOR

## **Humboldt Senior Resource Center**

Provides services in Adult Day Health, Alzheimer's services, Multipurpose Senior Services Program (MSSP), nutrition programs, activities, Dial-a-Ride, Are You Ok? ®, Senior Home Repair, Redwood Coast PACE, Senior News publication and volunteer opportunities.

**1901 California Street, Eureka, CA 95501  
(707) 443-9747**

## **Karuk Senior Center**

Provides information and referral services. Offers wide variety of programs and opportunities including on-site dining, food delivery/home delivered.

**459 Asip Road, Orleans, CA 95556  
(530) 627-3056**

## **Multipurpose Senior Services Program (MSSP) / Humboldt Senior Resource Center**

Helps qualifying elderly adults stay in their home by preventing or delaying placement in a skilled nursing facility. Some of their services include emergency response systems (e.g. Lifeline), non-medical home equipment, In-Home Supportive Services (IHSS), minor home/safety repairs/enhancements, respite care, home delivered meals and transportation.

**1901 California Street, Eureka, CA 95501  
(707) 443-9747 ext. 3259**

## **Senior News / Humboldt Senior Resource Center**

A North Coast monthly publication featuring articles and information for adults age 50+.

**1910 California Street, Eureka, CA 95501  
www.humsenior.org  
(707) 443-9747 ext. 1226 (editorials)**

# TRANSPORTATION



## **Volunteer Driver Program / Area 1 Agency on Aging**

Provides transportation to and from healthcare appointments. Serves seniors age 50 and over who are living independently and have limited resources.

**434 7th Street, Eureka, CA 95501  
(707) 442-3763**

## **Angel Flight West**

Volunteer pilots provide transportation to medical appointments. Verification for service eligibility must be made by a service professional.

**3161 Donald Douglas Loop South, Santa Monica, CA 90405  
Toll free: (888) 426-2643  
(310) 390-2958**

## **Dial-a-Ride**

Provides transportation for senior citizens and disabled citizens of Humboldt County. A shared ride system for those unable to use public transportation.

**Register: (707) 443-0826  
Reservations: (707) 442-4555**

## **Humboldt Transit Authority**

Local public accessible bus system.

**133 V Street, Eureka, CA 95501  
(707) 443-0826**

## **Disability, Transportation and Employment**

Studies show that because of transportation inaccessibility, on average, wheelchair users in major cities have access to 46% - 75% of the jobs that are available. In rural areas, where public transportation is scarcer, it is even worse. Accessible public transportation is essential to obtaining and maintaining employment for many people with disabilities. If you use public transportation, your accessibility experiences with their services is important for them to know. Tell them!





# VETERANS

## **Eureka Vet Center**

Readjustment counseling and mental health services for combat veterans and military sexual trauma veterans.

**2830 G Street, Eureka, CA 95501  
(707) 444-8271**

## **Eureka VA Outpatient Clinic**

Offers a wide range of preventive and primary care. Open Monday-Friday from 8 a.m. - 4:30 p.m. Services offered include laboratory tests, audiology, prosthetics, primary medical care, pharmacy, x-rays, optometry, podiatry, telemedicine, home-based primary care and outpatient mental health services.

**930 West Harris Street, Eureka, CA 95501  
(707) 269-7500**

## **North Coast Veteran's Resource Center**

Provides employment counseling & training, counseling, career assessment, support services, supportive housing, transitional housing, health care, supportive services for veteran's families, HUD VASH services and CalFresh screening and assistance.

**109 4<sup>th</sup> Street, Eureka, CA 95501  
(707) 442-4322**

## **Veteran's Service Office**

Provides claim preparation and submission, networking with federal/state/local agencies, comprehensive benefits counseling, appeals assistance, claim follow-up, benefit verification, vocational rehabilitation, medical and dental benefits, education benefits, housebound allowance, life insurance and more.

**1105 6<sup>th</sup> Street, Suite F, Eureka, CA 95501  
(707) 445-7611**

# YOUTH



## **Big Brothers Big Sisters of the North Coast**

Offers community-based mentoring, site-based mentoring; sharing educational, fun, and low-cost activities, youth mentoring programs. Serves ages 6-16.

**428 C Street - Suite G, Eureka, CA 95501**  
**<http://ncbbbs.org> / (707) 445-4871**

## **California Children's Services(CCS)**

Arranges, directs and pays for medical care, equipment, and rehabilitation for children and young adults under 21 who have a CCS-eligible medical condition. Offers services supporting transition from pediatric to adult medical care, medical therapy, diagnostic testing and evaluation, out-of-county travel assistance and more.

**9087 7<sup>th</sup> Street, Eureka, CA 95501**  
**(707) 445-6212**

## **California State Council on Developmental Disabilities / North Coast Regional Office**

Supports families through systems advocacy at the State, County and local levels, providing training, information on rights and appeals for services and strategies for accessing support systems for every Californian with developmental disabilities and their families.

**505 S. State Street, Ukiah, CA 95482**  
**[scdd.ca.gov/northcoast](http://scdd.ca.gov/northcoast) - (707) 463-4700**

## **College of the Redwoods Disability Services and Programs for Students (DSPS)**

Serves any student enrolled in CR college classes. Services include advising, alternate format of printed materials, assistive computers and related equipment, referrals, on-campus transition, sign language interpreters, testing accommodations and more.

**7351 Tompkins Hill Road, Eureka, CA 95501**  
**[www.redwoods.edu/dsps](http://www.redwoods.edu/dsps)**  
**(707) 476-4280**



# YOUTH

## **Department of Health & Human Services / Transition-Age Youth Division**

Programs include: Humboldt County Transition Age Youth Collaboration (HCTAYC), TAY Behavioral Health, Extended Foster Care (EFC), and Independent Living Skills Program (ILS). Offers peer coaches and has a Youth Advisory Board (YAB). Serves ages 16-26.

**433 M Street, Eureka, CA 95501**  
**(707) 476-4944**  
**(707) 476-4922**

## **Department of Rehabilitation / Student Services**

Works in partnership with students, families, schools and other stakeholders to provide services and advocacy resulting in employment, independent living and equality for individuals with disabilities. Services include job exploration counseling, postsecondary counseling, self-advocacy training, work-based learning experiences and work readiness training.

**1330 Bayshore Way #101, Eureka, CA 95501**  
**(707) 445-6300**

## **Humboldt – Del Norte Special Education Local Plan Area (SELPA)**

Offers Behavior Intervention, consultation and training, functional behavior assessments and Behavior Intervention Plans and aide training for students receiving Special Education Services. Offers Educationally Related Intensive Counseling Services (ERICS); including individual counseling, school consultation and parent consultation, Low Incidence Services and Training and Professional Development.

**2822 Harris Street, Eureka, CA 95503**  
**[www.hdnselpa.org](http://www.hdnselpa.org)**  
**(707) 441-2051**

# YOUTH



## **Humboldt State University / Student Disability Resource Center**

Provides service, support and resources for HSU students with disabilities. Services range from assisting students with disabilities in overcoming barriers to acquiring equal or equivalent access to their college education.

**1 Harpst Street, Arcata, CA 95521**  
**<http://disability.humboldt.edu>**  
**(707) 826-4678**  
**TTD: (707) 826-5392**

## **Step Up / The Job Market**

Helps youth in-school and out-of-school access employment and educational opportunities by providing work experience, training, scholarships, supportive services and more.

**409 K Street, Eureka, CA 95501**  
**(707) 499-6300**  
**or (707) 441-5627**

## **The Raven Project / Redwood Community Action Agency**

Offers both county-wide street outreach services and drop-in center services for youth ages 10-21. Drop-in center services include case management, clean bathroom and shower, hot meals, clean clothes, referral to other community services, vocational services, peer-support, washer and dryer, art supplies, blankets, backpacks, pet food, ID fee waivers and help in attaining documentation, mail and more. Street outreach services include food, hygiene kits, bleach kits, safer sex kits, feminine hygiene kits and first aid kits.

**523 T Street, Eureka, CA 95501**  
**(707) 443-7099**



# YOUTH

## **Redwood Community Action Agency (RCAA) Youth Service Bureau (YSB)**

YSB provides emergency housing and transitional housing for homeless youth, and youth who are fleeing dangerous living situations or severe family conflict, in order to prevent youth from entering the Juvenile Justice or Child Welfare Systems. Also provides transitional housing for post-foster care youth.

**1100 California Street, Eureka, CA 95501  
(707) 444-CARE  
(707) 444-2273**

## **Redwood Teen Challenge**

Faith based residential recovery program that aids youth, adults and families that are struggling with life-controlling problems such as drugs and/or alcohol.

**2212 2nd St, Eureka, CA  
(707) 268-8727**

## **Tri-County Independent Living (TCIL) / Youth Transition Services**

TCIL is developing programs for youth with disabilities to help them transition into adulthood and achieve as much independence as they wish to. These include the Peer Mentor for College Program, Youth Action Board and classroom presentations. TCIL also offers other services which serve youth and adults including building a resume, looking and applying for employment, post-secondary education, obtaining housing, completing applications, obtaining benefits, learning independent living skills and self-advocating, training in using Assistive Technology and other specific support youth may need to achieve their goals towards greater independence.

**139 5<sup>th</sup> Street, Eureka, CA 95501  
[www.tilinet.org](http://www.tilinet.org)  
(707) 445-8404**

# YOUTH



## **Transition Partnership Program (TPP)**

Student services include: interest and ability assessments, career exploration, resume building, cover letters, on the job training, vocational training placements, interview and work clothing, interview and job seeking skills, work site monitoring and evaluation, transportation allowance, referrals to community agencies, college and career technical training programs.

**901 Myrtle Avenue, Eureka, CA 95501**

**<https://hcoe.org/tpp-workability/>  
(707) 445-7086**

## **WorkAbility I / Humboldt County Office of Education**

Services include school-based components such as career assessments, career research and exploration; connecting activities such as partnership collaboration with schools and businesses; and work-based learning - such as career awareness activities, career exploration and preparation for the work site.

**901 Myrtle Avenue, Eureka, CA 95501**

**<https://hcoe.org/tpp-workability>  
(707) 445-7086**

## **The California Youth Leadership Forum (YLF)**

YLF is a self-advocacy and leadership development program for students with disabilities who are sophomores and juniors in high school. The YLF has been held every summer, for a 5-day week in July, for the past 30 years at the California State University, Sacramento.

Students stay overnight in college dorms for the college experience. During the program, students learn about employment resources, additional educational opportunities, independence and assistive technology.

Students also interact with other students their own age including alumni staff and learn from other people with disabilities living independently and working in various careers. The Forum is at no cost for participants.

**If you or a youth you know would like to apply for participating in YLF, please contact TCIL: (707) 445-8404 or [aa@tilinet.org](mailto:aa@tilinet.org)**

# KNOW YOUR RIGHTS AS A VOTER WITH DISABILITIES

**“Vote like your life depends on it, because it does”**

*Justin Dart, Disability Rights Leader and “Grandfather of the ADA”.*

The Help America Vote Act (HAVA) sets voting system standards that protect the rights of voters, including voters with disabilities. Below are provisions taken directly from this Act.

- ❖ Voters with disabilities have the right to vote privately and independently, the right to have a voting station reasonably modified, the right to have barriers removed from the voting process, and the right to receive additional aids and services. At least one accessible voting unit must be available in each polling place where an election is being conducted. (HAVA § 301 (a)(3)(B); § 19242 (b))
- ❖ Voters with disabilities have the right to an accessible polling place. Poll workers need to be trained on how to use every voting machine that is offered in the polling place and on procedures for curbside voting if the voter is unable to enter the polling place. A list of voters who have requested assistance must be maintained and returned to the elections official. (§§ 12280, 14282, 14283)
- ❖ Under federal anti-discrimination laws, poll workers must permit a service animal to accompany a voter with a disability (e.g. a guide dog for a visually impaired person). Poll workers should walk on the side of the voter that is on the opposite side of the service animal. They should not pet or engage a service animal without permission from the owner. A service animal can be any trained domestic animal for the purpose of assisting the voter. Service dogs can be any breed or size. (Code of Federal Regulations, Title 28, § 35.136)
- ❖ A person with a disability who is unable to write may use a signature stamp (which must be approved by the county elections official or the Department of Motor Vehicles prior to Election Day), or authorize another person to use the stamp, on any elections-related document that requires a

signature (including a vote-by-mail ballot envelope). A signature stamp on a vote-by-mail envelope is treated in the same manner as a written signature. (§ 354.5)

❖ All eligible citizens have the right to register to vote unless a court has currently determined them to be mentally incompetent or they are otherwise ineligible because they are imprisoned or on parole for conviction of a felony. It is not up to poll workers to determine a person's registration qualification or competence to vote. Sometimes poll workers, upon encountering a voter who is disabled, may question the person's competence to vote. Poll workers should be trained to provide the same respectful and courteous level of service to a voter with a disability as they would to any other voter. No voter who is on the voter index is required to show any identification unless they are a first-time voter who registered to vote by mail and are so noted in the index, or to prove their competence to receive or cast a ballot. Poll workers should be reminded that if a voter's name is not on the voter index, they are still entitled to cast a provisional ballot. (§§ 2000,2102,2300(a)(1), (2), 14310 Cal. Const., art. II, § 2; HAVA § 303(a)(5); 2 Cal. Code of Regs., tit. 2 § 21017)



❖ Voters with disabilities should not be asked or permitted to fill out their ballots at the table where poll workers are checking in voters, even if the voters have requested assistance in filling out their ballots, because the secrecy of the ballot may be compromised. A separate table or voting booth compliant with the Americans with Disabilities Act (ADA) should be provided nearby.

❖ When elections happen, Election Day Observers witness the election process from start to finish. This is a vital part of election services. It is an especially important service for people with disabilities because the Observers can make sure the polling place is accessible and that voters with disabilities have equal access to voting at the polling place. TCIL is encouraging everyone to serve as Poll Observers in Del Norte, Trinity, and Humboldt Counties on election days. Volunteer observers receive Poll Worker training in their county.



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Disability activists take a hammer to Hollywood Walk of Fame, 1988

## The Americans with Disabilities Act – ADA

The ADA, passed in 1990, gives civil rights protections to individuals with disabilities similar to those provided to individuals on the basis of race, color, sex, national origin, age and religion. It guarantees equal opportunity for individuals with disabilities in public accommodations, employment, transportation, state and local government services and telecommunications.

