

Traumatic Brain Injury Resource

Neurotrauma Outreach Program



**BRAIN AND SPINAL
INJURY CENTER**

San Francisco General Hospital
University of California at San Francisco

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I. SFGH

- a. Neurosurgery Clinic 4M
 - i. Held every Tuesday morning from 8:30 am to 12:00 am; For patients with general neurosurgical problems; appointments necessary please call (415) 206-4420; clinic nurses: (415) 206-4132
- b. Traumatic Brain Injury Clinic 4M
 - i. Held on the first Thursday of every month from 9:00 am to 12:00 am; for neurosurgery patients with Traumatic brain injury; patients are provided with the opportunity to meet with the entire care team at once in order to assist with medical as well as psychosocial needs. Appointment necessary. Please call Dr. Christina Weyer Jamora at 206-8646 or Sean Braden, NP at (415) 206-4093.
- c. Neurosurgery message line
 - i. (415) 206-4093 for patients to leave messages for NP/MD; Patients will receive a call back
- d. Funding Eligibility:
 - i. call for help with obtaining insurance (415) 206-8558
- e. Social Security Insurance worker:
 - i. call for help with your social security insurance (415) 206-4103
- f. Rehabilitative Services:
 - i. call for appointments with physical therapy, occupational therapy or speech therapy; located on the ground floor (415) 206-8014
- g. Social Services:
 - i. call to speak with a social worker; (415) 206-8436 1st floor.
- h. Medical Care for San Mateo County residents
 - i. Department of Public Health: (650) 573-2346
 - ii. San Mateo County's San Mateo Medical Center:
www.co.sanmateo.ca.us

II. Dental Care

- a. Denti-Cal
 - i. (800) 322-6384; www.denti-cal.ca.gov
- b. UCSF School of Dentistry (by appointment only) (415) 476-1891
- c. University of Pacific School of Dentistry (415) 929-6501

III. Ophthalmology/Optometry

- a. San Francisco DPH: referral from primary care to 4M Ophthalmology Clinic
- b. Oasis Optometry (415) 282-4544
- c. EY' CON 88 (415) 984-1960
- d. Dr. Cecilia Mui (415) 421-6666

IV. Diabetes Care

- a. (415) 206-8911

V. Entitlements

- a. Medi-Cal
 - i. Department of Human Services (415) 863-9892
- b. Medicare
 - i. Department of Human Services (800) MEDICARE or (800) 633-4227
- c. Denti-Cal
 - i. (800) 322-6384; www.denti-cal.ca.gov
- d. General Assistance/Food Stamps
 - i. 1235 Mission (between 8th and 9th), (415) 558-1000; Home visits are available for those with disabilities at (415) 558-1047; www.cdss.ca.gov
- e. Social Security Insurance (SSI)
 - i. (800) 772-1213; www.ssa.gov
- f. SSI Lawyer
 - i. If you have been denied, call for appeal assistance. Nancy McCombs (415) 678-2626
- g. State Disability Insurance (SDI)
 - i. (800) 480-3287, Spanish (866) 658-8846; For evaluation assistance call: (415) 353-5094 www.edd.ca.gov
- h. Cash Assistance Program for Immigrants (CAPI)
 - i. Provides cash to immigrants who do not qualify for SSI due to immigration status (must be qualified immigrant or Permanently Residing in the US Under Color of Law); (877) 481-1044; www.disabilitybenefits101.org
- i. Social Security Disability Insurance (SSDI)
 - i. (800) 772-1213; www.dss.cahwnet.gov
- j. State Disability for San Mateo County residents
 - i. San Mateo County Health Plan (650) 573-3595
 - ii. Community Health Advocates (650) 573-2431

VI. Transportation

- a. Paratransit
 - i. (415) 351-7000; Applications may be requested by phone; www.1800taxicab.com
- b. Regional Transit Connection Discount Card Program
 - i. For disabled adults; MD must verify disability; (415) 923-6070 or (415) 701-4485; available 9 am to midnight, no wait list, co-pay may apply, small fee refund
- c. Disabled Placard
 - i. MD must verify disability; (800) 921-1117; www.dmv.org
- d. Apex School of Driving
 - i. Mobility training division for driver assessment, evaluation, education and training; (888) 374-8333 or www.apexdrivingschool.com

- e. Department of Motor Vehicles-Department of Driver Safety
 - i. (415) 557-1170; www.dmv.ca.gov
 - f. MAP Van
 - i. (415) 431-7400
- VII. Independent Living/In Home Assistance
- a. Independent Living Skills Resource Center
 - i. Offers financial counseling, occupational therapy, respite, mental health and attendant referral; (415) 543-6222, Spanish: (415) 543-6743, Chinese: (415) 543-6768; www.ilrcsf.org
 - b. In Home Support Services
 - i. Provides in home assistance with activities of daily living (personal care, housekeeping, shopping, etc) MD referral required; Must have Medi-Cal. (415) 557-5251; www.sfhsspa.org
 - c. Meals on Wheels
 - i. Consumers call: (415) 920-1111, Professionals making referrals for clients: (415) 648-5592, Sliding scale-call for update; www.mowsf.org
 - d. Home on the Range
 - i. (415) 333-1787
 - e. Meals that Heal
 - i. (415) 777-5350
 - f. Project Open Hand
 - i. (415) 447-2326
 - g. Salvation Army
 - i. Tenderloin: (415) 648-5592; Mission: (415) 861-8761
 - h. San Francisco Department of Aging and Adult Services
 - i. For seniors and adults with disabilities information and referral line; (415) 355-3555; www.sfgetcare.com
 - i. Health at Home
 - i. (415) 753-8116
 - j. Equipment such as Wheelchairs and Walkers
 - i. (415) 206-8485
 - k. Clothing Project
 - i. (415) 206-4465
- VIII. Outpatient TBI Programs
- a. Neurotrauma Outreach Program at the Trauma Recovery Center
 - i. A collaboration between SFGH Neurosurgery Department and the Trauma Recovery Center. Provides case management and psychotherapy for adult San Francisco residents with recent traumatic brain injuries. Obtain a referral from our SFGH or Community Health Network Provider. (415) 437-3000; 2727 Mariposa St., Ste. 100, San Francisco, CA 94110.
 - b. The Janet Pomeroy Center
 - i. The Brainstorm Program: Day program (community integration and social recreation program) for adults with

acquired or traumatic brain injury. Classes include expressive arts, fitness, independent living skills, cognitive and vocational rehabilitation. Charges fee. To learn more about the Brainstorm Program, please contact: ttwitchell@janetpomeroy.org or call (415) 665-4109 ext. 1894. (415) 665-4100; 206 Skyline Blvd., San Francisco, CA 94132; www.janetpomeroy.org

c. TBI Network

- i. Case management program for individuals with TBI. Provides information, referral, and service coordination, including community reintegration, vocational support, supported living services, and caregiver support. To learn more about SF TBI Network, please contact: Todd Schirmer at tschirmer@janetpomeroy.org or call (415) 665-4109 ext. 1782.

d. Marin Brain Injury Network / Larkspur Center

- i. Rehabilitative, supportive, creative and educational services are offered at the Larkspur Center for brain-injured adults, their caregivers and professionals in the field. The Larkspur Center day program offers classes, groups, and other activities to help adult survivors of acquired brain injury (ABI) maintain stability in their lives, achieve greater independence, and participate more fully in their communities. 1132 Magnolia Ave., Larkspur, CA 94939; (415) 461-6771; www.mbin.org

IX. Support

a. Support Group for TBI Survivors and Caregivers

i. SFGHMC BASIC Support Group

1. 1st Thursday of the month from 4:30 to 6 pm. Building 30 Medical Library. Call Christine Martin 415-206-4476 or Tara Croan at 415-437-3035 for referral. This support group is for TBI survivors and their caregivers.

ii. TBI Network Support Group

1. call Esther Kwoc 665-4100 x1728 for more info; 415-665-4100 agency offers a free service that offers assistance with applying for financial entitlements, employment and offers job coach on site at job, will connect to Rehab and pay for neuropsychology testing; substance use can be exclusionary criteria, particularly for employment services; Held 3rd Thursday of every month from 3:00 to 4:00 pm at St. Mary's medical Center, 450 Stanyan St. (room #3 East-Conference Room).

iii. Head Injury Support Group (peer support) at the Independent Living Resource Center (ILRC)

1. 649 Mission St., 3rd Flr, San Francisco; Weekly on Wednesdays from 1:00 to 2:30 pm, Contact Cheryl Price at (415) 543-6222 ext. 183 for suitability for group.
- iv. East Bay Brain Injury Support Group
 1. Rockridge Library, 5366 College Avenue, Oakland, CA; Contact Dr. Pamela Paradowski at (510) 433-9955 for suitability and meeting schedule (generally twice per month)
- v. Brain Injury Life Skills Support Group
 1. Alta Bates Summit Medical Center, 2001 Dwight Way, Berkeley, CA; Meets the 2nd and 4th Thursday of each month, 6:30 to 8:00 pm; Call (510) 204-3307 to learn the location and be screened for participation in the group
- vi. Mid-Peninsula Brain Injury Support Group
 1. Meets the 2nd and 4th Thursday of each month, 7:00 to 8:30 pm; Contact Bob or Marna Page at (650) 851-0925 for further information
- vii. San Ramon head Injury Support Group
 1. Contact JoAnne Swift at (925) 443-4366 to find out where and when the meetings are held
- b. Support for Caregivers
 - i. Independent Living Skills Resource Center (ILSRC) of San Francisco
 1. Disability rights advocacy and support organization. Provides information and referral and peer counseling. Assists people to access housing, benefits, health care access. 649 Mission Street, 3rd Floor, San Francisco, CA (415) 543-6222; www.ilrcsf.org
 - ii. Family Caregiver Alliance/SF Bay Area Caregiver Services
 1. For residents of the six county San Francisco Bar Area, FCA serves as a point of entry to specialized caregiver services: information, emotional support, consultation on care planning, links to community programs, legal/financial consultation, respite services, counseling, publications and educational programs. All services are free or low cost. 180 Montgomery St., Ste. 1100, San Francisco, CA 94104; (415) 434-3388, (800) 445- 8106, www.caregiver.org
 - iii. San Francisco Adult Day Services
 1. Adult day services are low-cost, licensed alternatives to nursing homes that enable you or your loved one to live at home and to lead a more active, independent life. Programs provide stimulating activities in safe and therapeutic environments, and allow participants to live fuller, healthier, more active lives. 221 Main St., Ste. 300,

San Francisco, CA 94105, (415) 808-7371,
www.sfadulthood.org

iv. ARCH National Respite Network

1. The National Respite Locator Service helps parents, caregivers, and professionals find respite services in their state and local area to match their specific needs.
<http://chtop.org/ARCH.html>

X. Housing

- a. San Francisco Housing Authority (SFHA)
 - i. Call for a list of Public or Senior Housing: (415) 241-1017; If Section 8 housing list opens (has been closed for 5 years), then individuals can sign up at 440 Turk Street, (415) 554-1200
- b. Tenderloin Neighborhood Development Corporation
 - i. 201 Eddy Street, (415) 776-2151; Leasing agency office with current SF availability is located at 215 Taylor, hotline for available housing: (415) 358-3938. Pts. can get available housing list from the hotline and go down to the individual housing location to apply; www.tndc.org
- c. Next Door Shelter
 - i. Offers a 6 month shelter bed with case management; There is a waitlist; (415) 487-4300
- d. Hotline at Resource Centers for Seniors & Adults with Disabilities
 - i. Call Karen at (415) 794-8442
- e. Tenderloin Health
 - i. Tenderloin Health has access to all San Francisco shelter beds. They close the line at 8:30 pm. (415) 431-7476
- f. Tenderloin Housing Clinic
 - i. They only take referrals from individuals with General Assistance and individuals from shelters; They provide assistance with housing and enrollment in entitlements. (415) 771-2427; 126 Hyde St., San Francisco
- g. Board and Cares
 - i. Referral source for San Francisco (mostly elderly): (415) 775-4508. www.stegnerregistry.com
- h. Group Homes
 - i. Found through Community Care Licensing: (650) 266-8800; www.cclld.ca.gov
- i. Free San Francisco Help Charts
 - i. Download 11 charts with resources for free food, shelter, medical aid and help with neighborhood problems.
www.FreePrintShop.org

XI. Vocational/Educational Services

- a. Independent Living Skills Resource Center (ILSRC)
 - i. (415) 543-6222; www.ilrcsf.org
- b. TBI Network

- i. This agency offers free assistance with applying for financial entitlements, employment and offers job coaching on site at job; will connect to rehabilitation services and pays for neuropsychology testing; (415) 665-4100; www.janetpomeroy.org Must first register with the California Department of Rehabilitation (see below)
 - c. California Department of Rehabilitation
 - i. Serves individuals with most severe disability first; San Francisco: (415) 904-7100; San Mateo: (650) 343-5636; www.rehab.cahwnet.gov
 - d. One Stop Center
 - i. 3120 Mission St., San Francisco; Provides job leads and workshops as well as computer access; must register first at (415) 401-4800
 - e. John Adams Campus Annex
 - i. non-credit computer classes: (415) 561-1001; Phelan Campus: credit courses (415) 452-5481
 - f. Stonestown YMCA-Senior Annex
 - i. (415) 242-7135 or (415) 242-7101; www.ymcasf.org
 - g. Communicative Disorders Clinic San Francisco State University
 - i. (415) 338-1001
 - h. City College of San Francisco-Disabled/Brain Injured Students Program and Services
 - i. computer classes (415) 561-1005; www.ccsf.edu
 - i. Community Vocational Services
 - i. Job placement and training: (415) 544-0424
- XII. Substance Abuse Services
- a. Behavioral Health Access Center
 - i. 1380 Howard St. at 10th St.; (415) 503-4730; Central referral system for substance abuse treatment in SF
 - b. Alcoholics Anonymous
 - i. (415) 674-1821; <http://www.aasf.org/>
 - c. SF Narcotics Anonymous
 - i. (415) 621-8600; <http://www.sfna.org/>
 - d. Al-Anon Alateen Information Services of SF
 - i. (415) 834-9940; <http://www.al-anon.alateen.org>
 - e. Baart
 - i. Comprehensive substance abuse treatment, including methadone; BAART MARKET, 1111 Market St. San Francisco, CA 94103, (415) 863-3883; BART TURK, 433 Turk St., San Francisco, CA 94102, (415) 928-7800; <http://www.baartprograms.com>
 - f. Haight Ashbury Free Clinics
 - i. Outpatient substance abuse services; Integrated Care Center, 1735 Mission Street at 13th, Appointments: (415) 746-1940; <http://www.hafci.org/substanceabuse.html>

- g. Walden House
 - i. Residential and outpatient substance abuse services; (415) 554-1100; <http://www.waldenhouse.org/>
- h. Opiate Treatment Outpatient Program (OTOP)
 - i. Ward 93 at SFGH: (415) 206-8412
- XIII. Mental Health Services
 - a. Neurotrauma Outreach Program at the Trauma Recovery Center
 - i. 2727 Mariposa St., Ste. 100, San Francisco, CA 94110; (415) 437-3000; A collaboration between SFGH Neurosurgery Department and the Trauma Recovery Center. Provides case management and psychotherapy for adult San Francisco residents with recent traumatic brain injuries. Obtain a referral from your SFGH or Community Health Network Provider.
 - b. Mental Health Access Lines
 - i. Central referral system for mental health treatment: San Francisco: (415) 255-3737; San Mateo: 1-800-686-1010; Alameda: 1-800-491-9099; Contra Costa: 1-888-678-7277
 - c. SFGH Psychiatric Emergency Service
 - i. (415) 206-8125
 - d. Suicide Prevention Hotline 24 hours/7days
 - i. (415) 781-0500; <http://www.sfsuicide.org/>
 - e. Mobile Crisis
 - i. (415) 255-3610
- XIV. Legal Services/Police Information
 - a. Legal Assistance to the Elderly
 - i. Health insurance counseling and advocacy program, for individuals 60 years and older: (415) 861-4444; www.seniorlegalhotline.org
 - b. Bay Area Legal Aid Lawyer Referral Service
 - i. Provides referrals to attorneys for initial consultation, no fee for injury referrals, screens for eligibility for volunteer legal services, referrals to mediators, has disability rights panel: (415) 989-1616; www.sfbar.org
 - c. Legal Aid Society Employment Law Center
 - i. Offers Workers' Rights Clinics to provide free and confidential information to low-income workers about their legal rights and the steps they may take to protect and assert those rights. Clinic counselors provide free legal information and counseling; our staff does not generally represent clinic clients in court. Call the Legal Information Line at (415) 864-8208 for the most current updates on times and places. www.las-elc.org
 - d. Immigration legal services
 - i. <http://www.usdoj.gov/eoir/probono/freelglchtCA.htm>
 - e. San Francisco Police Department
 - i. non-emergent: (415) 553-0123; records: (415) 553-2177 or (415) 553-1277; www.sfgov.org

- f. Victim Services
 - i. 850 Bryant, Rm. 320, San Francisco, (415) 553-9044
www.victimservicesf.org
- g. Conservator's Office
 - i. San Francisco County: (415) 355-3680
- h. Appeal of Social Security Insurance (SSI)
 - i. Nancy McCombs (lawyer): (415) 678-2626
- XV. TBI Information/Resources
 - a. California Brain Injury Association
 - i. 661-872-4903, www.calbia.org
 - b. Centre for Neuro Skills (CNS)
 - i. 2658 Mt. Vernon Ave., Bakersfield, CA 93306; 1-800-922-4994
or (661) 872-3408; www.neuroskills.com
 - c. Brain Injury Information Line
 - i. (800) 444-6443
 - d. Head Injury Hotline
 - i. Offers information & consultation, (206) 621- 8558;
www.headinjury.com
 - e. Traumatic Brain Injury Services of California
 - i. www.tbisca.org
 - f. Traumatic Brain Injury Resource Guide (TBIRD)
 - i. www.tbi-sci.org/tbird
 - g. Traumatic Brain Injury Chat Room
 - i. Chat room is open to survivors, caregivers, etc.;
www.tbichat.org
 - h. 211
 - i. Dial 2-1-1 to connect to community services. Free, confidential, 24-hour multilingual service that provides phone numbers/addresses for basic human needs, employment, mental health etc.