



**SACRAMENTO
STEPS FORWARD**

Ending Homelessness. Starting Fresh.

RESOURCE GUIDE FOR PEOPLE EXPERIENCING HOMELESSNESS

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Daytime Shelters Services+Food

LOAVES & FISHES

Off Richard's Blvd, 12th and North C Street

FRIENDSHIP PARK: bathrooms, coffee and pastries served at 8am in the morning.

DINING ROOM: serves a balanced noon-time meal to 600-1000 guests each day.

MARY HOUSE: Hospitality shelter for women and children. M, T, TH, F: 8am-2pm. W: 8am-12pm. Breakfast served 8-9am. Toiletries, diapers, phone and mailing address. Quiet rooms and showers – sign up for showers at 7:45am.

WASHHOUSE: showers for men every weekday.

KENNEL: for vaccinated cats and dogs.

LIBRARY: M-TH 7:30-11am and 12- 2pm, Fridays 7:30-11am.

MUSTARD SEED SCHOOL: pre-school - 8th grade sign-up 8:15-8:45am daily.

GENESIS: mental health services and referrals.

N.A. AND A.A. MEETINGS: Clean & Sober Office M-F 10-11am.

JAIL VISITATION: Delaney Center M-F 8:00am-12:00pm.

SACRAMENTO FOOD NOT BOMBS

(916) 451-6503 / www.sacramentofnb.org

Serves a free vegetarian meal. Sundays 1:30 at Cesar Chavez Plaza (10th & I Street, Sacramento).

WELLSPRING WOMEN'S CENTER

(916) 454-9688 / 3414 4th Avenue, Sacramento 95817

For women and children. A nutritious meal is served M-F from 7:30 am–11:30 am. Supervised play and enrichment opportunities for children. Free counseling services, case management, group therapy, resource materials, crisis management assistance, parenting classes, chiropractor services and craft classes. Occasional assistance with transportation, education, employment, housing, health services, diapers and hygiene products.



Night Shelters

FAMILY SHELTERS

SAINT JOHN'S PROGRAM FOR REAL CHANGE

(916) 453-1482 / 4110 Power Inn Rd, Sacramento 95826

A live-in closed campus 18-month program for women and children. The program provides mental health services, supportive services & career education. Saint John's also offers respite service to women in immediate crisis for up to 14 days. Must call program to stay on waiting list. Accommodates 120 clients at a time – teenage boys allowed.

FAMILY PROMISE

(916) 443-3107 / 321 N 12th St, Sacramento 95811

A network of local congregations provides overnight accommodations for families (including fathers and teenage sons). Guests have a private room, sleep on cots and are fed dinner and breakfast. During the day, guests have access to the Family Promise day shelter where they can shower, store

food, do their laundry and access computers. Clients must call Family to apply to participate in the program – preference is given to applicants with jobs. It can take up to two months to be placed into the program.

FAMILY SHELTER PROGRAM (NEXT MOVE)

(916) 455-2160

55-bed Family Shelter provides emergency housing and supportive services to 18 homeless families for up to 30 days. Families (including fathers and teenage sons) stay in private rooms, are served 3 meals a day and are allowed to come and go as they please as long as they are back at 10 pm. Showers and laundry facilities are available. To get into the program, families must call and complete a phone screening and then call on a daily basis after 8:30am and after 4:00pm to check for availability.

VOLUNTEERS OF AMERICA FAMILY SHELTER

(916) 443-4688 / www.vo-a-sac.org/SAC-Family-Shelter Families

including (fathers and teenage sons) must be on Calworks to be considered for up to a 120-day stay. Families go to Maryhouse to fill out intake form on Thurs. between 8 am- 11:30 am to apply for shelter. Clients stay in dorm-like setting and must participate in a program to prepare for next steps. The shelter provides three meals a day, laundry machines and showers. Clients are asked to take part in weekly chores.

SINGLE ADULT SHELTERS

NORTH A STREET SHELTER

(916) 448-5507 / 1400 North A Street Building B

Shelter for single men. Applicants may call to receive updated daily information about shelter availability. Applicants must show up to the shelter on Monday at 8 pm to add their names to a weekly priority list with identification and proof of a TB test. Available beds will be given away and other applicants will be placed on a priority list that will give them first dibs on a bed over applicants for the week. Provides up to 90 days of services to 80 residents. Services include shelter, meals, transportation, personal-need items, housing and employment services as well as life-skills and anger management classes. The shelter can serve as the entry point to additional services such as transitional housing and employment services.

OPEN ARMS

(916) 451-1765 / 1900 Point West Way #270, Sacramento 95818

Applicants must be referred by a doctor, be homeless, HIV positive or have Aids. Picture ID and a TB test is needed to access the 90-day shelter. Guests stay in rooms shared with three other people. Each guest has an individualized case plan directed towards gaining balance and stability.

SALVATION ARMY

(916) 442-0331 / 12th and North B Street

For single men and women 18 years of age and over. Applicants get on the waiting list by calling the office. Once on the waiting list, they must call and check in between 8:30 am and 1 pm Monday through Friday to be eligible to stay in any available beds. Guests in the program are expected to leave the shelter Monday thru Saturday from 7:30 am-3pm. On Sunday, they can be in the shelter all day. They are served meals and provided with showers, laundry, case management, AA meetings, a job workshop and bible study.

SISTER NORA'S PLACE

(916) 669-7000 / 1351 North C Street

A shelter and crisis facility for women with mental disabilities. Shelter applicants must go through Genesis to get a referral for the shelter. If the client is considered a good fit, they will interview with the director of the shelter. There are 13 shelter beds and four beds for women in crisis. Food, clothing and counseling are provided to guests.

UNION GOSPEL MISSION

(916) 447-3268 / www.ugmsac.com

Shelter for single men. To apply to be in the shelter, applicants should come

between 5:00 pm and 5:30 pm with a photo identification and TB test. Guests can stay in the shelter for 7 days. They are provided with showers, rehab services, clothing and dinner.

CRISIS SHELTERS

WEAVE (women escaping a violent environment)

(916) 920-2952 or (866) 920-2951 24hr Crisis Line

Applicants must be 18 years of age or older and call crisis support line while experiencing intimate partner violence. After this, they are asked to complete an over the phone screening and then will be given a pick-up date and time at an undisclosed location. Guests can stay at the shelter for up to 60 days and are provided with case management, counseling and legal resources. Childcare and meals are not provided for guests—though children are welcome at the shelter.

SACRAMENTO CRISIS NURSERIES

4553 Pasadena Ave. Sacramento 95821 / (916) 679-3600
6699 South Land Park Dr. Sacramento 95831 / (916) 394-2000

Provides an alternative place for parents to leave their children in a home-like setting while they are experiencing a crisis. Children between 0 to 5 years are eligible to enter the program. Parents must speak to a case manager at Crisis Nurseries and then schedule an intake appointment before their child can access the shelter or day services. Children can stay at the shelter for 30 days in a 6-month period. They are served meals. There is limited transportation to take school age children back and forth to school. The North location can accommodate 15 children during the day and then 12 at night and the South location can house 12 children during the day and then 8 at night.

MY SISTER'S HOUSE

(916) 428-3271 / www.my-sisters-house.org

My Sister's House offers culturally and linguistically appropriate services to clients who are experiencing human trafficking or domestic violence (including men and children). Clients must call the crisis hotline – if the client is assessed as needing shelter and there is room at My Sister's House, the client will be offered shelter. The shelter has six bedrooms and clients can stay for up to three months. Meals, showers, laundry facilities, counseling, legal advice and a Women at Work program is provided for participants of the program.

WOMEN'S REFUGE PROGRAM (NEXT MOVE)

(916) 455-2160 x315

Co-located at family shelter site provides emergency food, housing and support services for 10 single women experiencing homelessness for up to 30 days. Participants receive basic living supplies and a variety of counseling and life skills services aimed at helping women stabilize their lives. Intensive case management, support groups and workshops. Homeless to Housed program: 1 year follow-up.

FRANCIS HOUSE

1422 C St., Sacramento, CA 95814 / (916) 341-0593

We strive to profoundly change the lives of families and individuals struggling with homelessness and poverty.

YOUTH EMERGENCY SHELTERS

CHILDREN'S RECEIVING HOME OF SACRAMENTO

(916) 482-2370: 24hr hotline

3555 Auburn Blvd. Sacramento / www.crhkids.org

WIND YOUTH SERVICES

Sacramento Emergency Services for youth ages 12-17.

Shelter: (800) 339-7177: 24hr hotline

1722 J St, 3rd Floor. Sacramento 95811 / www.windyouth.org Call shelter hotline. Six-bed shelter provides youth aged 14-17 immediate release from the streets until they can be reunited with their families or find more permanent housing. Youth are provided with a warm place to sleep, food, clothes, showers, laundry services, and crisis counseling.

Drop-In Day Center: (916) 561-4900

701 Dixie Ave., Sacramento 95815

Day center provides food, a shower, lessons and case management. Open M-F 8:30am-4:30pm, Sat. 8:30am-1pm, closed Sunday. Clinic provides immunizations and vaccinations on Tuesdays and Thursdays.

NATIONAL RUNAWAY SWITCHBOARD

(800) 621-4000 / www.nrscrisisline.org

ADOLFO – LUTHERAN SOCIAL SERVICES

(916) 453-2900

Serves emancipated foster youth who are homeless and have a disability. Provides intensive and comprehensive case management that allows youth to become self-sufficient.

LAVERNE ADOLFO – VOLUNTEERS OF AMERICA

(916) 879-1784

For homeless youth ages 18-24. All youth must be legally emancipated, working towards a GED and have an income. Provides support and housing for youth emerging from foster care – guests are given a fully funded studio apartment, bus passes, groups, counseling and food every Tuesday.

SEASONAL SHELTER

WINTER SANCTUARY

Program runs from late November thru March 31. Applicants must go to 1400 North C Street at 3:30 pm to register for a spot in the shelter which accommodates single men and women. Guests are assigned a sleeping bag for the entirety of their stay and stay at a rotating host of religious congregations. They are bussed to and from Loaves and Fishes and are provided with a warm dinner and a simple breakfast.



Crisis Hotlines

THE EFFORT - SUICIDE PREVENTION CRISIS LINE

(916) 368-3111

The region's Suicide Prevention Crisis Line. The hotline serves Sacramento County residents 24/7, 365 days per year. Receives calls from people of all ages who are experiencing depression, hopelessness, loneliness, desperation and who are considering suicide. Also receives calls from people concerned about friends or loved ones who are suicidal.

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (800-273-8255)

The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Calls are routed to the nearest crisis center in a national network of 150 crisis centers. Provides crisis counseling and mental health referrals day and night.

SACRAMENTO CO. MENTAL HEALTH CRISIS CENTER

(916) 732-3637 (after hours, on weekends or holidays)
(916)875-1055 or (888)881-4881 Monday-Friday 8am-5pm
If a person who is being treated at a local Regional Support Team (RST) clinic is in crisis, you can call that agency's main number at any time for crisis help. On weekends, holidays or after the hours of the community clinics, you can call the Crisis Center resources. The Adult Access Team does triage, assessment, linkage and referrals for adults in need of outpatient mental health services. Interpreter services are available.

MINOR EMERGENCY RESPONSE TEAM (MERT)

(916) 875-1113 or (916) 875-1114 / 2150 Stockton Blvd.
7am-11pm. Mental health assessments and crisis services to children and adolescents. Clinical and diagnostic services from MERT are available around the clock on a walk-in basis for children and families. In addition to providing triage and crisis stabilization services the MERT team provides support and guidance in response to calls from concerned parents and caretakers.

TURNING POINT'S CRISIS RESIDENTIAL PROGRAM

(916) 737-9202 / 4801 34th Street
Clients are referred through the Sacramento County Mental Health Treatment Center, outpatient psychiatric services mental health clinics, Regional Support Teams and through partnerships with Emergency Rooms at UC Davis and Sutter hospitals. Crisis Residential Programs provide short term treatment for adults who have become suicidal, critically depressed, or otherwise psychiatrically incapacitated.

SACRAMENTO COMMUNITY SUPPORT TEAM

(916) 874-6015 (M-F 8am-5pm)
Bilingual/bicultural staff and interpreters are available at no cost. The Community Support Team is a collaboration that brings county and community-based organization staff into one team with a variety of clinical and outreach skills. The Community Support Team serves individuals of all ages and diversity in the community with supports, education, resources and connections to services. Provides services in a culturally and linguistically competent manner to promote recovery, resilience, well-being and reduce the risk of suicide.

SACRAMENTO COUNTY MENTAL HEALTH TREATMENT CENTER

(916) 875-1000 / (916) 688-2000 / 2150 Stockton Blvd.
Sacramento Crisis intervention and stabilization for adults in crisis with psychotic symptoms, suicidal or violent behavior, for up to 23 hours. Also provides 24-hour full-range psychiatric services in a locked setting for people who are a danger to themselves or others or require 24-hour care in a locked setting.

YOUTH CRISIS HOTLINES

CALIFORNIA YOUTH CRISIS LINE (CYCL)

(800) 843-5200
A statewide, toll free, 24-hour, confidential Hotline available to teens and young adults ages 12-24 and/or any adults supporting youth. They can help individuals find homeless youth shelters, youth-serving medical clinics, on-going counseling services and much more throughout California.

NATIONAL RUNAWAY SAFELINE

(800) 786-2929
NRS is the federally-designated national communication system (hotline and website) for runaway and homeless youth. Youth and family members call 24 hours a day to work through problems and find local help from social service agencies and organizations. Some callers just need to talk, and others need help finding a shelter, food, medical assistance, or counseling.



Mental Health Respite Care

TLCS

916-RESPITE (916-737-7483)
Provides up to 23 hours of respite care if you are 18+ and a Sacramento County resident currently struggling with an urgent mental health crisis that does not require medical attention.

ABIDING HOPE

(916) 287-4860
Offers a welcoming home-like environment for peer-directed recovery services for adults with psychiatric disabilities who need relief from the stress of life. Five beds with a communal kitchen and living area are located in a neighborhood with nearby access to a psych tech/registered nurse, therapist, and psychiatrist to attend to client needs. Referrals may come from emergency rooms, law enforcement, outpatient case managers and shelters. To self-refer, an individual may call to see if they are eligible for services.



Drug, Alcohol Dependency +Addiction

EL HOGAR, INC. - GUEST HOUSE HOMELESS CLINIC

(916) 440-1500 M-F 8am-5pm
1400 North A St. Building A, Sacramento 95811
There is no charge for services at Guest House Homeless Clinic. Accepts new adult (18+) patients on a walk-in basis at 8am Tuesdays and Thursdays.

WELLSPACE HEALTH

(916) 737-5555 / 1820 J Street
Call to schedule an appointment. Staff will help patients navigate the enrollment process of no-cost to low-cost health care programs. Bring proof of income and photo ID.

SACRAMENTO RECOVERY HOUSE

(916) 455-6258
This is an 18 bed social model facility designed to help men in their recovery from substance abuse. SRH is a fully licensed facility serving men 18 years of age or older. Mandatory intake interview, must be able to do chores, must be free of seizures and must have gone 72 hours without substances.

TLCS HOPE LINE – NEW DIRECTION

(916) 247-7178
Substance abuse and recovery TLCS consumer-run support hotline.



Transitional Housing

INDEPENDENT LIVING READINESS PROGRAM - VOLUNTEERS OF AMERICA

Single men and women – applicants need a referral for access. Applicants need an income of SSI or \$900 to live in the program – rent is 30% of income. Guests can stay up to a year as long as they comply with the program.

MATHER COMMUNITY CAMPUS

To be eligible for entry into Mather Community Campus, clients must be referred by a Sacramento County Homeless Shelter, Drug and Alcohol treatment facility or approved transitional living program. All applicants must be employable. 12-month program provides transitional housing and case management.

LUTHERAN SOCIAL SERVICES-BUILDING BRIDGES

(916) 455-2160 x315

Partners with Shelter Plus Care and the Achieving Change Together housing subsidy programs by providing required case management services to clients who live in permanent supportive housing. Case managers work closely with clients to build on their strengths and maintain permanent supportive housing.

TRANSITIONAL HOUSING PROGRAM FOR FAMILIES (THPF)

(916) 453-5982 / 3200 V Street

Most families are referred from local shelters. All families must be homeless and submit a homeless verification and have some form of income. Rapid transitioning two-year program that allows families the opportunity to heal from their experience of being homeless and assists them in taking steps to move towards more permanent housing. The program has three tracks that assist families in varying stages of overcoming homelessness. Community resources from CalWorks, Child Action, Women's Empowerment and recovery programs are utilized to provide families with a broad base of information and assistance.

CONNECTIONS PROGRAMS

(916) 455-2160 x315

Works to prevent young people who have been homeless from returning to homelessness. They strive to foster their personal and economic self-sufficiency, strengthen their support systems and empower them to make the most of their abilities. Provides up to two years of transitional housing for homeless youth.

WILMA'S PLACE

(916) 455-2160

Provides services for six single women in transitional housing for up to four months. Women may apply after completing 14 days at the women refuge. Participants receive life coaching and a success plan to obtain and maintain independent living.

SACRAMENTO SELF HELP HOUSING

PO Box 188445, Sacramento, CA 95818 / (916) 341-0593

Sacramento Self Help Housing assists persons who are homeless or at risk of becoming homeless to find and retain stable and affordable housing.



Permanent Supportive Housing

NEXT MOVE - CASAS DE ESPERANZA

(916) 496-0514 x315

Eighteen units house chronically homeless and disabled men and women. The program provides housing and comprehensive and continuous case management services, assessments and referrals to other services based on participants needs. When there are openings, guests are usually referred from shelters. Guests live in single apartments.

HOME AT LAST

(916) 455-2160 x315

Twenty-two units of permanent supportive housing serve chronically homeless men and women – 55+ years old. Comprehensive, continuous and coordinated supportive services to clients and assistance with employment through AARP. Clients can access the housing through referrals.

MUTUAL HOUSING AT THE HIGHLANDS

(916) 338-3189

6010 34th St. at Freedom Park Dr, North Highlands

Housing for low-income families and chronically homeless individuals. 90 affordable housing units – 66 of which are for people experiencing homelessness who are disabled. The units are clustered around small courtyards and are roomy efficiency units with a small living room area, bedroom space, kitchen, bathroom and a small patio. LSS works with Sacramento's Homeless organizing Committee (SHOC), Safe Ground, and Loaves and Fishes to identify, assess and qualify participants for housing services.

FRIENDSHIP HOUSING (NEXT MOVE)

916-455-2160 x315

Serves 2 families in subsidized, permanent housing.

LUTHERAN SOCIAL SERVICES SAYBROOK

(916) 453-2900 / 4390 47th Ave.

Permanent Supportive Housing for families who have experienced homelessness. Case management, employment services, child and family development, mental health and alcohol and drug concerns. Case managers' work with families to create their own case plans to achieve both short- and long-term goals in a variety of areas based on their priorities. Program provides groups, a homework club for children, substance abuse recovery for adults and licensed childcare services Works with residents to develop a trauma-informed approach. It is site-based section 8 – controlled by SHRA. Log onto Sacwaitlist.com for an application and the application must be filled out.

OMEGA PROJECT 1 & 2

(916) 455-2160 x315

Coordinated with VOA to provide permanent supportive housing and continued supportive services to 15singles and 22 families who have multiple and severe disabilities. This program provides permanent housing with continued case management, housing, mental health and youth development services.

BISHOP FRANCIS A. QUINN COTTAGES

(916) 492-9065 / 1500 North A Street.

Sixty cottages offer permanent supportive housing to people who are homeless. Clients must be sober for 30 days before entering and be referred by another community agency. Only serves households of 2 people. Applicants must commit to pursue self-defined personal development goals, maintain sobriety and participate in community service.

COTTAGE HOUSING'S & MERCY HOUSING'S SERNA VILLAGE

(916) 339-2746 / 5836 Dudley Blvd, McClellan

Must have a child under 18. Must be clean and sober – not requiring six month before the entry. Clients must get on sacwaitlist.com and apply through SHRA. They will get a letter from SHRA saying that there is an opening. They advise clients to come out to orientation before they apply. The orientation for Serna is the 1st and 3rd Tuesday of each month –check in at 1:15pm and it starts at 1:30pm.



Pet Care, Animal Shelter+Services

MERCER PET CLINIC

(530) 752-1143 / www.vetmed.ucdavis.edu/clubs/mercerc

Mercer Veterinary Clinic for the Homeless is a 501(C)3 non-profit, student- operated organization providing free care for the animal companions of the homeless. The Clinic is held the second Saturday of every month at the Loaves and Fishes complex at 1321 West C St. in Sacramento, between 8 AM and 3 PM. All clients must check-in by 9am.

ANIMAL EMERGENCY SERVICES AT LOAVES AND FISHES

(916) 446-0874

Kennel available to house and feed the pets of guests while they are eating in the dining room or participating in other services at Loaves and Fishes. Dogs and cats with verifiable vaccinations that are spayed/neutered can stay M-F 7am- 2:30pm, and Sat-Sun 8am-1pm. Dog & cat food available at 1pm.

HAPPY TAILS

(916) 556-1155 / 6001 Folsom Blvd, East Sacramento 95819
purrball@happytails.org

Helping Paws helps seniors, disabled, homeless and low-income people obtain the necessary minimum health-screening panel and/or minor medical care for their beloved pets so they can keep their companion animals with them and healthy for as long as possible. Open to the Public: Wednesday - Sunday.

CHESTER FOUNDATION

(916) 783-0208

All requests for support are to be made by email at info@chesterfound.org. The Chester Foundation is a 501(c)3 nonprofit organization with a mission to provide medical care for stray and disadvantaged pets. With an amazing record forming collaborations with animal rescue groups and participating veterinarian hospitals, the Chester Foundation has saved the lives of pets that would otherwise have been lost due to a lack of funds.