

OTHER USEFUL RESOURCES AVAILABLE 24/7

Mental Health Support: 800-854-7771

Sexual Assault Support: 818-886-0453

Domestic Violence Support: 800-978-3600

Veterans Support Services: 877-4AID-VET

Substance Abuse Hotline: 888-777-8565

WHAT CAN YOU DO?

1. Know your resources. Refer to the backside of this brochure.
2. Carry the Homeless Services cards with you or display at your place of business.
3. Make copies of this brochure to pass out to family and friends in your community and to display at your place of business.
4. If you want to become more involved, contact L.A. Family Housing (LAFH) for volunteer training and opportunities 818-822-6886, ask for Christina Miller. Or contact Pattee Colvin at "Making It Happen," Cell 818-433-2148, Office 818-398-6232.
5. Become the difference you want to see happen.

This brochure is for informational purposes and in no way advocates any involvement that would endanger yourself.

5 RESOURCES TO UTILIZE

Utilizing our community resources, use the 5 tools of services listed that best fit the homeless person:

1. Call 911 when he or she is:
 - A danger to themselves or others or acting in a threatening manner
 - Seriously injured
 - Passed out and doesn't respond when spoken to in a loud voice – "Sir, Ma'am, are you okay?"
 - Acting erratic or incoherent or suicidal
- 2a. Emergency - Call PMRT - Psychiatric Mobile Response Team when a homeless person is refusing 911 or police assistance and are suicidal or a danger to themselves or others: 1-818-832-2410
- 2b. Non-Emergency - Call the Los Angeles Department of Mental Health - H.O.M.E. - Homeless Outreach and Mobile Engagement Unit M-F 8 a.m. - 5 p.m. at 1-818-610-6726. Allow 24 to 48 hour response time when non-emergency outreach is needed.
3. Call "211," option #3, to help the homeless individual or family obtain emergency food and shelter.
4. Call Police 818-634-0705 - ask for Transient Unit or Senior Lead Officer when:
 - A homeless person is occupying an area that is obstructing a public walkway or on private property.
 - A homeless person is residing in a make shift shelter that is creating a health hazard.
5. Call Councilman Fuentes office at 818-352-3287 when a homeless issue is not being addressed.

Remember to utilize one or more of the resources that best fit the homeless person's situation and treat them with respect the way you would want to be treated.

S-T Homeless Service cards and this brochure can be obtained at the following locations.

Councilman Fuentes Office: 7747 Foothill Blvd., Tujunga

Foothill Trails District Neighborhood Council:
9747 Wheatland, Shadow Hills

Sunland-Tujunga Chamber of Commerce

Sunland-Tujunga Neighborhood Council:

8250 Foothill Blvd. Suite A, Sunland
or at **C&M Print Shop:** 10034 Commerce Ave., Tujunga

HELPING OUR Community & OUR Homeless in Sunland-Tujunga

HAVE YOU SEEN HOMELESS PEOPLE ON OUR STREETS?

Are you frustrated because you don't know what to do or how to help?

If you have answered yes to either of the above questions, then read on because this brochure can help.

THOUGHTS TO PONDER

When you were seven years old, what did you want to be when you grew up?

Few of us grew up dreaming, "Someday, when I grow up, I want to be homeless."

Being Homeless is not a crime.

WHAT IS HOMELESSNESS

Homelessness: is a temporary condition, lacking a fixed, regular, and adequate nighttime residence.

Chronic Homelessness: is an unaccompanied homeless person(s) with a disabling condition who has either been continuously homeless for a year or more or has experienced four or more episodes of homelessness in the last 3 years.

STATISTICS ON HOMELESSNESS

2014

82% of persons becoming homeless find housing within 2 weeks.

578,000 U.S. total Homeless

84,291 are chronic homeless

58,000 Los Angeles County

Go to Google and search: U.S. Homeless Count

2015

5,216 Service Planning Area 2

1,062 District 7

321 Sunland-Tujunga

For more information, go to:

http://www.lahsa.org/homelesscount_optin

2016 results will be posted in the Spring

CAUSES OF HOMELESSNESS VARY BUT THE MAIN REASONS ARE:

- Lack of affordable housing
- Tragic life occurrence such as: death in the family, domestic violence, illness or job loss
- Lack of safety net
- Untreated mental illness or drug and alcohol addiction

RESULTS OF PROLONGED HOMELESSNESS

The stress and chaos of prolonged homelessness results in the following:

- Higher level of alcohol and substance use and more severe addiction
- More frequent and more severe symptoms of mental illness
- More advanced and complicated medical conditions
- Severing of relationships with mainstream community and family
- Loss of self-confidence and hope

“The longer people remain homeless the greater the challenges they face returning to housing.”

MYTHS ON HOMELESSNESS

MYTH #1 — ‘Homeless are Lazy’

Fact: It is hard to shower and wear clean clothes daily when there is no access to showers and laundry which makes every job interview a great challenge.

MYTH #2 — ‘Homeless Do Not Want Housing’

Fact: The homeless have had unfulfilled promises so they do not believe housing can happen for them and homeless resources are scarce.

Fact: Believe they will lose their freedom and autonomy and are afraid of change even when they are good changes.

MYTH #3 — ‘All Homeless are Homeless because they are addicts or mentally ill.’

Fact: While 1/3 do suffer from either drug or alcohol abuse, and 1/4 from mental illness, most abuse happens or becomes worse once a person is on the streets.

Fact: It is very difficult to get sober and maintain sobriety as well as receive mental health services while still living on the streets because one is having to focus on obtaining food to eat and a safe place to sleep.

HOUSING FIRST

“Housing First” is an approach that centers on providing people who are homeless with permanent housing right away, and then offering other services as needed.

HOUSING FIRST DOES END HOMELESSNESS

Every major study has shown that Housing First ends homelessness for the most vulnerable homeless people faster, more often and more permanently than traditional, treatment-based approaches.

CHECK IT OUT FOR YOURSELF

<http://www.cbsnews.com/news/100000-homes-housing-homeless-saves-money/>

S-T HOMELESS SERVICES INFO

FOOD PANTRIES/COMIDA

Tujunga United Methodist Church Bailey Human Care Center

9901 Tujunga Canyon Blvd.
Tujunga, CA 91042
818-352-1481
Food Cupboard Wed & Fri, 11am-1pm
Clothes Closet Fri 11am-1pm
Food Cupboard & Clothes Closet
2nd & 4th Sat., 10am-12pm

Chapel of the Hills Compassion Ministries

11120 Oro Vista Ave., Sunland, CA
91040, 818-433-2148
Food Pantry - Every Sat. 2pm-4pm
Hot Meal - Every Sun. 3:30pm-5:pm

Our Lady of Lourdes “Pasture”

7315 Apperson St., Tujunga, CA
91042, 818-352-3218
Food Bank
1 & 3rd Saturday – 9am-11am
FREE Blood Pressure Check
1st Saturday – 9am-11am

MAKING IT HAPPEN, INC.

Pattee Colvin, President
Cell: 818-433-2148
Office: 818-398-6232
P.O. Box 4372, Sunland, CA 91041
Email:
pattee.colvin@makingithappeninc.org
SERVICES: Hot Meals, Clothing,
Food Pantry, Hope Through Prayer
ASSISTANCE: Housing, Medical,
Employment, Drug & Alcohol
Counseling

HEALTH SERVICES / SERVICIOS DE SALUD

Hillview Mental Health Center

818-896-1161
Call for intake appointment times.

Tarzana Substance Abuse Outreach

Call 818-996-1051 ext. 2217
www.tarzanatc.org

Free Rehab for Young Women

Call 818-582-8832
email: info@freehab.net

AA & NA MEETINGS

Tujunga United Methodist Church

AA Meetings M-W 7pm
NA Meetings Tues 7:30 pm,
Sat 10 pm, Sun. 7 pm
9901 Tujunga Cyn Blvd.,
Tujunga, CA 91042

Sunland Park/Clubhouse

AA Meetings M-Th-F 7pm
8701 Foothill Blvd., Sunland, CA 91040

Sunland Park/Senior Center

NA Meetings M-W-F 7pm
8640 Fenwick St., Sunland, CA 91040

Chapel of the Hills

Most Excellent Way—Christian Recovery
11120 Oro Vista Ave., Sunland,
CA 91040, 818-433-2148
Friday evening 7:30pm-9pm

FREE WASH & DRY CLOTHES LIBRE DE LAVAR Y SECAR ROPA

Speed Wash Laundromat

6659 Foothill Blvd., Tujunga, CA 91042,
818-951-2258
2nd Wed. 6:30-9pm (sign-in at 6pm)
First come, first serve basis.

211 – EMERGENCY ASSISTANCE SERVICES / SERVICIOS DE ASISTENCIA DE EMERGENCIA

Info on L.A.County Services Call 211

Assistance with: Food and Shelter
Medi-Cal and Food Stamps,
Health & Legal;
Employment & Parenting Resources,
Help with Landlord-Tenant issues.

LAFH – L.A.Family Housing – Transitional Family & Individual

7843 Lankershim Blvd.
N. Hollywood, CA 91605

Individuals attend Assessment for
Referral Services 4th Wed. @ 9am,
Or call 818-255-2703 or 211

Families call 211 or 818-255-2766
to set an appointment

Youth Services for Persons Aged 14-25

The Village Family Services-TAY Drop-in
Center, 6801 Coldwater Canyon #200
N. Hollywood, CA 91605
Monday to Friday 11 am to 5 pm