# THE HUB
## BASIC NEEDS RESOURCE GUIDE

## TABLE OF CONTENTS

### SHASTA COLLEGE CAMPUS RESOURCES ............... 5

#### FOOD RESOURCES
- Campus CalFresh Assistance ........................................ 5
- Student Senate Food Pantry ........................................... 5

#### HOUSING RESOURCES
- Shasta College Dorms .................................................. 6

#### MENTAL AND PHYSICAL HEALTH
- Student Health and Wellness .......................................... 6

#### FINANCIAL RESOURCES
- Financial Aid Office ...................................................... 6
- Financial Aid Office – Emergency Aid ............................... 7
- Shasta College Foundation – Survive and Thrive Funding .... 7
- Student Employment ...................................................... 8

#### TEXTBOOK RESOURCES
- Financial Aid Textbook Assistance ................................. 9
- Student Senate Lending Library ....................................... 9
- Shasta College Library .................................................... 8

### SHASTA COUNTY RESOURCES .............................. 10

#### FOOD RESOURCES
- CalFresh ......................................................................... 10
- Dignity Health Food Bank ............................................... 10
- Good News Rescue Mission – Food Program ................... 11
- Salvation Army – Weekly Food Pantry ............................ 11
- Shasta Lake Food Closet .................................................. 11

#### HOUSING RESOURCES
- Faithworks! - Transitional Housing Program ................. 12
- Good News Rescue Mission ............................................. 12
- Krista Transitional Housing Program ............................. 13
- Nation’s Finest Redding .................................................. 13
- Redding Housing Authority .............................................. 13
SHASTA COUNTY RESOURCES CONTINUED ............. 14

MENTAL AND PHYSICAL HEALTH
Dunamis Wellness - Mental Health Services .......................................................... 14
North American Mental Health Services ............................................................... 14
Shasta County HHSA - Adult Mental Health Services ........................................... 14

CLOTHING
Northern Valley Catholic Social Service – Clothes That Work! .......................... 15
Shasta County HHSA - General Assistance ........................................................... 15

FINANCIAL
Shasta County HHSA - General Assistance ........................................................... 16

TRANSPORTATION
City of Redding – DASH ..................................................................................... 17
Life Cycles- Living Hope Bike Shop ...................................................................... 17
Redding Area Bus Authority (RABA) ..................................................................... 17
ShastaConnect ....................................................................................................... 17
Sage Stage ............................................................................................................ 17

TEHAMA COUNTY RESOURCES ........................................... 18

FOOD RESOURCES
CalFresh .................................................................................................................. 18
Salt Ranch ................................................................................................................ 18
Tehama County Food Bank – The Gleaners ........................................................... 19
The Salvation Army ............................................................................................... 19

HOUSING RESOURCES
Empower Tehama .................................................................................................. 19
PATH – Pathways Men’s Transitional Housing ..................................................... 20
PATH – Rapid Re-Housing ................................................................................... 20
PATH – SALE House ............................................................................................ 20
Tehama County Community Action Agency ......................................................... 21

MENTAL AND PHYSICAL HEALTH
Tehama County Health Services Agency – Behavioral Health ....................... 21
Tehama County Health Services Agency – Medical Clinic ................................. 22
Tehama County Health Services Agency – Substance Use Recovery .............. 22
Victor Community Support Services (VCSS) ....................................................... 22

TRANSPORTATION
Medical Transportation Services (METS) .......................................................... 23
Tehama Rural Area eXpress (TRAX) .................................................................... 23
FOOD

**CalFresh Assistance**

Students have a direct point of contact who can assist with application help, eligibility screening, interview preparation, etc.

**LOCATION**

Shasta College – Redding Campus
EOPS Office
2000 Building, Room 2005

**CONTACT**

Jilmarie Bentley
(530) 225-0182
jbentley@shastacoe.org

**ELIGIBILITY RESTRICTIONS**

All students are able to contact Jilmarie Bentley to learn more.

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**Student Senate Food Pantry**

A Shasta College student can visit the Food Pantry once every seven days and may receive a meal voucher once every 30 days.

**LOCATION**

Shasta College – Redding Campus
Student Senate Office
2300 Building, Room 2318

**CONTACT**

Ryan Loughrey
Director of Student Success and Basic Needs
(530) 242-7623
rloughrey@shastacollege.edu

**ELIGIBILITY RESTRICTIONS**

Students must purchase the $10.00/semester student ID. Students can use the Food Pantry once every seven days.


**Housing**

**Shasta College Dorms**

Shasta College maintains two dormitories, one for 63 women and one for 63 men with a commons building providing indoor and outdoor recreational space.

**Location**
Shasta College – Redding Campus
Residence Halls, 19733 Shasta College Drive, Redding, CA 96003

**Contact**
Allie Hancock
Interim Assistant Director of Student Services (Dorms)
(530) 242-7739
ahancock@shastacolleg.edu

**Eligibility Restrictions**
Students are admitted on a first-come, first-served basis.

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**Mental & Physical Health**

**Student Health and Wellness**

The Health and Wellness Office offers psychological counseling, doctor and nurse visits, online health screenings, smoking and tobacco cessation assistance, and more.

**Location**
Shasta College – Redding Campus
2000 Building, Room 2020

**Contact**
Sonja Mendes
Director of Student Health and Wellness / College Nurse
(530) 242-7580
StudentHealth@ShastaCollege.edu

**Eligibility Restrictions**
You must be a Shasta College student, registered for credit bearing classes in the current semester, and have paid the health fee, to be eligible for services in the Health & Wellness office.

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**Financial Aid**

**Financial Aid Office**

The Shasta College Financial Aid department is committed to making education accessible and affordable and help students make the most of the financial aid options available to them.

**Location**
Shasta College – Redding Campus
100 Building, Room 139

**Contact**
Natalie Tucker
Associate Dean of Student Services
(530) 242-7700
financialaid@ShastaCollege.edu

**Eligibility Restrictions**
All students are eligible to contact the Financial Aid office to learn more about specific types of financial aid and respective eligibility requirements.
Financial Aid Office: Emergency Aid

The Shasta College Financial Aid Office will accept applications for emergency aid, funded by Federal COVID stimulus funds.

LOCATION
Shasta College – Redding Campus
100 Building, Room 139

CONTACT
Natalie Tucker
Associate Dean of Student Services
(530) 242-7700
financialaid@ShastaCollege.edu

ELIGIBILITY RESTRICTIONS
Enrolled Shasta College student with at least 3 units. These grants appear on a student’s 2021-22 Financial Aid award letter/My Awards as “COV2S - CRRSAA” or “COVD3 - APR.” No available to those who already received an emergency student aid grant. Subject to fund availability.

Foundation: Survive and Thrive Funding

The Shasta College Foundation is the non-profit arm of Shasta College. Thanks to generous donations, they are able to fund emergency aid for students.

LOCATION
Shasta College – Redding Campus
100 Building, Room 152

CONTACT
Eva Jimenez
Assistant Superintendent/Vice President of Economic & Workforce Development / Executive Director of The Shasta College Foundation
(530) 242-7510

ELIGIBILITY RESTRICTIONS
Students enrolled in at least 6 units during the current semester with an expected Family Contribution (EFC) of $10,000 or less and unmet need of $5,000 or greater. Subject to fund availability.
Student Employment

Employment Center is a resource for Shasta College students seeking work while attending classes, after graduation, and at the completion of their training programs.

LOCATION
Shasta College – Redding Campus
2000 Building, Room 2071D

CONTACT
Lisa Petty
Internship Work Experience Coordinator
(530) 242-7572
lpetty@shastacollege.edu

ELIGIBILITY RESTRICTIONS
All students are eligible.

Financial Aid Textbook Assistance

Book Assistance may be either in the form of a Book Grant or Book Loan. Apply for both as book grants are limited and are awarded in order requests are received.

LOCATION
Shasta College – Redding Campus
100 Building
Admissions and Financial Aid

CONTACT
Wendy Akins
Financial Aids Bookkeeper/Scholarship Processor
(530) 242-7709
wakins@shastacollege.edu

ELIGIBILITY RESTRICTIONS
All students are eligible.
Shasta College Library

The Shasta College library is a full collection of books, textbooks, and periodicals for students to check out.

LOCATION
Shasta College – Redding Campus
700 Building

CONTACT
Jenny Brewer
Library Information Technician
(530) 242-7550
Library1@shastacollege.edu

ELIGIBILITY RESTRICTIONS
All students can check out textbooks, as long as they do not owe any past due balances to the library.

Student Senate Lending Library

The Student Senate Lending Library is a resource for anyone with a student ID to check out up to two textbooks for a semester.

LOCATION
Shasta College – Redding Campus
2300 Building, Room 2318

CONTACT
Ryan Loughrey
Senate Advisor
(530) 242-7626
rloughrey@shastacollege.edu

ELIGIBILITY RESTRICTIONS
Any student with a current student ID ($10/semester) and has returned all prior books can utilize this service.
SHASTA COUNTY RESOURCES

FOOD

CalFresh (also known as SNAP)

CalFresh (formerly Food Stamps), is a federal nutrition program that helps people with low or no income purchase healthy food. Benefits are issued on an Electronic Benefits Transfer (EBT) card to use at most grocery stores and farmers’ markets.

LOCATION
PO Box 496005
Redding, CA 96049-6005

CONTACT
Jilmarie Bentley
(530) 225-0182
jbentley@shastacoe.org

ELIGIBILITY RESTRICTIONS
Dependent on family size and income, but all residents must be U.S. citizens and legal residents, or people with a qualified immigration status.

Dignity Health Food Bank

The Dignity Health Connected Living’s Food Bank is the designated Food Bank for Shasta County. They provide food for our communities with distribution on-site at our Redding location or off-site at many locations around the county.

LOCATION
100 Mercy Oaks Dr,
Redding, CA 96003

CONTACT
Shurla Lovejoy
(530) 226-3071
Shurla.lovejoy@dignityhealth.com

https://www.dignityhealth.org/north-state/locations/connected-living/services/food-bank

ELIGIBILITY RESTRICTIONS
Open to the community.
Good News Rescue Mission Food Program

Founded in 1964 by a group of concerned Christians, the Good News Rescue Mission has since offered a hand up out of emotional, physical and spiritual poverty to thousands. Provides three meals a day for all in need.

LOCATION
3075 Veda Street
Redding, CA 96001

https://gnrm.org/services/food-services/

CONTACT
Kitchen
(530) 244-6810

Resource Center
(530) 241-5754

ELIGIBILITY RESTRICTIONS
Must bring a valid photo id and proof of residency dated within 30 days of usage.

Salvation Army Weekly Food Pantry

The weekly food pantry is available Tuesday and Thursday from 9:00 am – 11:30 am. (Veterans can also access it Wednesday 9 am – 11:00 am, with valid proof of veteran status). Food is distributed in a first-come, first-served style.

LOCATION
2691 Larkspur Lane
Redding, CA 96002

CONTACT
Dorinda Cox
(503) 222-2207
Dorinda.cox@uswsalvationarmy.org

https://redding.salvationarmy.org/redding/food-pantry

ELIGIBILITY RESTRICTIONS
Info

Shasta Lake Food Closet

Provides access to a food pantry and clothing items last Friday of the month.

LOCATION
1501 McConnell Avenue
Shasta Lake, CA 96019

CONTACT
(530) 275-8052

ELIGIBILITY RESTRICTIONS
Open to all in Shasta Lake and Mountain Gate who are in need of food or clothing.


**The Hub**

Provides an emergency shelter for homeless individuals and families.

**Location**
2842 S Market St
Redding, CA 96001

**Contact**
Jonathan Anderson
Executive Director
(530) 242-5920

https://gnrm.org/services/emergency-shelter/

**Eligibility Restrictions**
Dependent on room availability, guests may stay in emergency shelter for up to 30 days.

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**Faithworks! - Transitional Housing Program**

Provides transitional supportive housing for families with children and veterans who are experiencing homelessness. Services onsite include developing sustainable income sources, case management, counseling, youth specific services, parenting education, and other skill building workshops.

**Location**
2825 West Street, #1
Redding, CA 96001

**Contact**
(530) 242-1121

https://www.faith-works.cc/

**Eligibility Restrictions**
Open to homeless families with children and Veterans in Shasta County.

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**Good News Rescue Mission**

Provides an emergency shelter for homeless individuals and families.

**Location**
2842 S Market St
Redding, CA 96001

**Contact**
Jonathan Anderson
Executive Director
(530) 242-5920

https://gnrm.org/services/emergency-shelter/

**Eligibility Restrictions**
Dependent on room availability, guests may stay in emergency shelter for up to 30 days.
Krista Transitional Housing Program
Serves youth who have aged out of the foster care system in Shasta and surrounding counties, preparing them for a successful transition into independent living.

LOCATION
1135 Pine Street, Suite 21
Redding, CA 96001

CONTACT
Bob Phillips
Executive Director
(530) 246-1259
bobp@kristafosterhomes.org

https://kristafosterhomes.org/transitional-housing

ELIGIBILITY RESTRICTIONS
Open to youth ages 18-21 who have aged out of foster care.

Nation’s Finest Redding
Nation’s Finest is a non-profit organization dedicated to helping veterans. Our Redding office provides housing assistance for homeless or imminently homeless military veterans. Our Park Marina House provides sober transitional housing for vets.

LOCATION
153 Hartnell Avenue, Suite 100
Redding, CA 960002

CONTACT
Michele Alexander
(530) 223-3211
Info@nationsfinest.org

ELIGIBILITY RESTRICTIONS
Call for more information.

Redding Housing Authority
Operates City of Redding Housing Choice Voucher Program for rental assistance.

LOCATION
Redding Housing Division
777 Cypress Avenue
Redding, CA 96001

CONTACT
Steve Bade
(530) 225-4048
mdavids@cityofredding.org

ELIGIBILITY RESTRICTIONS
Call for more information.
**Dunamis Wellness - Mental Health Services**

Provides general counseling services and other services to enhance the quality of clients’ lives. Services focus on the whole person with an emphasis on improved mental, emotional, physical, spiritual and social well-being.

**LOCATION**
1475 Victor Avenue, Suite B
Redding, CA 96003

**CONTACT**
Tracy Montgomery
(530) 338-0087
info@dunamiswellness.com

https://dunamiscenter.com/

**ELIGIBILITY RESTRICTIONS**
Open to all ages. Different insurances may cover different services.

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**North American Mental Health Services**

Provides outpatient counseling for individuals and families who have Partnership Healthplan or Medicare/Medi-Cal. Offers medication management which includes Medication Assisted Treatment for those with substance use disorders.

**LOCATION**
1742 Oregon Street
Redding, CA 96001

**CONTACT**
(530) 646-7269
https://namhs.com/

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**Shasta County HHSA - Adult Mental Health Services**

Provides outpatient counseling, assessment and evaluation, case management, medication, social rehabilitation, and urgent care/crisis services for adults who struggle with persistent and severe mental illness.

**LOCATION**
2640 Breslauer Way
Redding, CA 96001

**CONTACT**
Darby McAllister
Hhsa@co.shastasa.ca.us
(530) 225-5200

https://www.co.shasta.ca.

**ELIGIBILITY RESTRICTIONS**
Open to adults who need mental health or crisis services and meet the criteria of “medical necessity”.
Northern Valley Catholic Social Service – Clothes That Work!
Clothes That Work! provides two complete interview-appropriate outfits including shoes, undergarments, makeup and accessories, and an additional three complete job-appropriate outfits after employment is found.

LOCATION
2400 Washington Avenue, 3rd Floor Redding, CA 96001

CONTACT
(530) 241-0552

ELIGIBILITY RESTRICTIONS
Call for more information.

Shasta County HHSA - General Assistance
Shasta County has a ‘Career Gear’ with interview and work appropriate clothing that can be donated to General Assistance clients.

LOCATION
2640 Breslauer Way Redding, CA 96001

CONTACT
Darby McAllister Hhsa@co.shasta.ca.us (530) 225-5200

ELIGIBILITY RESTRICTIONS
Open to adults who are receiving General Assistance from Shasta County.
### Shasta County HHSA - General Assistance

Provides temporary cash aid to eligible adults with no children who do not qualify for other public assistance. Provides three months of assistance to eligible, employable adults, and longer-term assistance to eligible adults who have a temporary disability or who have a long-term disability and are awaiting Supplemental Security Income (SSI) approval.

**LOCATION**
2640 Breslauer Way
Redding, CA 96001

**CONTACT**
Darby McAllister
Hhsa@co.shastsa.ca.us
(530) 225-5200

**ELIGIBILITY RESTRICTIONS**
For Shasta County residents 18 and up (and emancipated minors) with no or low income and no dependent children.

### City of Redding – DASH

Provides free shuttle transportation for those who live, work and play in Downtown Redding.

**LOCATION**
777 Cypress Avenue
Redding, CA 96001

**CONTACT**
Steve Bade
Deputy City Manager
(530) 245-7129
sbae@cityofredding

**ELIGIBILITY RESTRICTIONS**
Open to all ages.

### Life Cycles- Living Hope Bike Shop

Supports individuals with low income or at risk of being homeless. Offers low cost bikes, and low cost bike repairs, replacement tubes and minor tuning.

**LOCATION**
1043 State Street
Redding, CA 96001

**CONTACT**
Michael Mojarro
(530) 243-8066
livinghoperedding@gmail.com

https://www.livinghoperedding.com/life-cycles/

**ELIGIBILITY RESTRICTIONS**
Open to those with low income or at risk of being homeless; must have a good bike lock. Monday through Thursday – bikes not offered on Wednesday.
Redding Area Bus Authority (RABA)

Provides local bus service and paratransit in Shasta County in the areas of Redding, Shasta Lake, and Anderson, and other parts of Shasta County. Buses are wheelchair accessible and provide racks for bicycles.

**LOCATION**
1530 Yuba Street
Redding, CA 96001

**CONTACT**
(530) 241-2877
https://www.cityofredding.org/departments/redding-area-bus-authority

**ELIGIBILITY RESTRICTIONS**
Open to all ages.

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Sage Stage Bus Transit

Provides intercity bus transit from Alturas to Reno, Redding and Klamath Falls with direct service to Reno (Airport, Amtrak, Greyhound, Downtown Reno), Redding (Medical Offices, Amtrak, Greyhound, Mt. Shasta Mall), and Klamath Falls (Shopping, Medical Offices, Amtrak).

**LOCATION**
108 S. Main Street
Alturas, CA 96101

**CONTACT**
(530) 233-6410
https://sagestage.com/

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ShastaConnect Door-to-Door Service

Offers door-to-door service for anyone in need of a ride on Sundays only. This service is available for no charge, and serves Redding and surrounding areas, 33 square miles in total.

**LOCATION**
37477 Highway 299 E
Burney, CA 96013

**CONTACT**
Jami Brinson
530-226-3075
Ride@shastaconnect.org

Dispatch Reservations
(530) 226-3075
https://www.shastaconnect.org/

**ELIGIBILITY RESTRICTIONS**
Call for more information.
FOOD

CalFresh

Formerly Food Stamps, also known as SNAP, is a federal nutrition program that helps people with low or no income purchase healthy food. Benefits are issued on an Electronic Benefits Transfer (EBT) card to use at most grocery stores and farmers’ markets.

LOCATION
PO Box 496005
Redding, CA 96049-6005

CONTACT
Jilmarie Bentley
(530) 225-0182
jbentley@shastacoe.org

ELIGIBILITY RESTRICTIONS
Dependent on family size and income, but all residents must be U.S. citizens and legal residents, or people with a qualified immigration status.

Salt Ranch

A nonprofit organization and ministry that provides meals multiples days per week at noon, and offer free meal delivery to Tehama County residents by appointment.

LOCATION
Randy Dueck
530-200-6871
randyfeliciadueck@yahoo.com

https://saltranch.org/

CONTACT
12865 State Highway 99
East Red Bluff, CA 96080

ELIGIBILITY RESTRICTIONS
Open to homeless, low income or anyone in need of a meal.
Tehama County Food Bank – The Gleaners

Referred to as The Gleaners, distributes government surplus foods on a monthly basis for Tehama County residents with low income. Individuals/Families may pick up food at their closest location once per month.

**LOCATION**
1860 Walnut Street, Building A
Red Bluff, CA 96080

**CONTACT**
(530) 529-2264
tcfb@tcfb.net


**ELIGIBILITY RESTRICTIONS**
Dependent on self-certified family size and gross income. A physical address must be provided by recipient.

The Salvation Army

Provides emergency food Monday through Friday for emergency cases only.

**LOCATION**
940 Walnut St
Red Bluff, CA 96080

**CONTACT**
(530) 527-8530
Kit.Wetter@usw.salvationarmy.org
redbluff.salvationarmy.org

**ELIGIBILITY RESTRICTIONS**
Open to Tehama County residents whose income is below 200% of the Federal poverty level and are experiencing a financial emergency.

Empower Tehama

Supports victims of domestic or intimate partner violence in Tehama County. Resources offered through Empower Tehama include emergency shelters, on-site transitional housing, and a rental assistance program.

**LOCATION**
1805 Walnut Street
Red Bluff, CA 96080

**CONTACT**
24-Hour Crisis Hotline: (530) 528-0226
Prevention Center: (530) 727-9423
https://empowertehama.org/domestic-violence-response

**ELIGIBILITY RESTRICTIONS**
Any resident of Tehama County that is a victim of domestic or intimate partner violence, or anyone in danger of experiencing these forms of abuse.
HOUSING

PATH – Pathways Men’s Transitional Housing
Pathways is a transitional living program, specifically designed to provide a safe and sober living environment to help homeless men become stable and self-sufficient.

LOCATION
P.O. Box 315
Red Bluff CA 96080

CONTACT
Jimmy Rolson
(530) 646-7399
info@redbluffpath.org

ELIGIBILITY RESTRICTIONS
To qualify you must be homeless, clean & sober, and willing to make the changes necessary to become self-sufficient.

PATH – Rapid Re-Housing
Offers help with searching for housing, application fee and deposit assistance, moving assistance, and links to other resources.

LOCATION
P.O. Box 315
Red Bluff CA 96080

CONTACT
Jenifer Ragsdale
(530) 727-7191
info@redbluffpath.org

ELIGIBILITY RESTRICTIONS
To qualify you must be homeless, clean & sober, and willing to make the changes necessary to become self-sufficient.

PATH – SALE House
Offers sober living transitional home that serves homeless single women and moms with children.

LOCATION
P.O. Box 315
Red Bluff CA 96080

CONTACT
Jenifer Ragsdale
(530) 727-7191
info@redbluffpath.org

http://redbluffpath.org/path-tehama-programs-womens/

ELIGIBILITY RESTRICTIONS
Recipients must provide homeless documentation (must be literally homeless as defined by HUD), must be low-income, and must be seeking housing in Tehama County.

PATH – Pathways Men’s Transitional Housing
Pathways is a transitional living program, specifically designed to provide a safe and sober living environment to help homeless men become stable and self-sufficient.

LOCATION
P.O. Box 315
Red Bluff CA 96080

CONTACT
Jimmy Rolson
(530) 646-7399
info@redbluffpath.org

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To qualify you must be homeless, clean & sober, and willing to make the changes necessary to become self-sufficient.

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LOCATION
P.O. Box 315
Red Bluff CA 96080

CONTACT
Jimmy Rolson
(530) 646-7399
info@redbluffpath.org

ELIGIBILITY RESTRICTIONS
To qualify you must be homeless, clean & sober, and willing to make the changes necessary to become self-sufficient.
Tehama County Community Action Agency

Connects low-income families with resources designed to help get safe, permanent housing. Working together with HUD and other agencies, when available, we may be able to refer people to programs that help with security deposits, rent, utility payments and low-income housing.

LOCATION
12865 State Highway 99
East Red Bluff, CA 96080

CONTACT
(530) 527-6159
caainfo@tcdss.org

https://tehamacountycaa.com/housing-assistance

ELIGIBILITY RESTRICTIONS
Call for more information.

Tehama County Health Services Agency – Behavioral Health

Provides behavioral health resources via a Community Crisis Response Unit, medication support, and outpatient support for children and adults.

LOCATION
1850 Walnut Street Red Bluff, CA 96080

CONTACT
(530) 527-8491

https://www.tehamacohealthservices.net/administration/about-us/behavioral-health/

ELIGIBILITY RESTRICTIONS
Open to Tehama County residents and Medi-Cal beneficiaries. Eligibility is determined through an assessment process to identify if an individual has a severe and persistent mental illness or is a child with severe emotional disturbance.
Mental & Physical

Tehama County Health Services Agency – Medical Clinic

Provides comprehensive healthcare for individuals who lack access to medical services due to economic or social barriers. Offering a full range of quality services.

LOCATION
1850 Walnut Street Red Bluff, CA 96080

CONTACT
(530) 527-0350

https://www.tehamacohealthservices.net/services/medical-clinic/

ELIGIBILITY RESTRICTIONS
Open to Tehama County residents. The Clinic accepts most insurance including Medi-Cal, Medicare, CMSP, self-pay and private insurance.

Tehama County Health Services Agency – Substance Use Recovery

Provides substance use recovery services via education, assessment, outpatient care, gender-specific treatment groups, co-occurring substance use and behavioral treatment groups, care coordination, recovery groups, and dual diagnosis support groups.

LOCATION
1850 Walnut Street Red Bluff, CA 96080

CONTACT
(530) 527-8491

https://www.tehamacohealthservices.net/administration/about-us/behavioral-health/

ELIGIBILITY RESTRICTIONS
Open to Tehama County residents who are struggling with substance abuse.

Victor Community Support Services (VCSS)

An outpatient specialty mental health services program that serves youth and families in homes, schools, community, office based and telehealth environments with highly trained therapists and paraprofessionals.

LOCATION
1360 East Lassen Avenue Chico, CA 95973

CONTACT
(530) 840-2000

https://www.victor.org/red-bluff/?navigateByCounty-services-selector=%2Fprograms-by-location%2FSolano

ELIGIBILITY RESTRICTIONS
Open to Tehama County based families.
TRANSPORTATION

Medical Transportation Services (METS)
A transportation service program utilizing volunteer drivers to transport patients to and from medical appointments in Tehama County and surrounding regions.

LOCATION
1509 Schwab Street
Red Bluff, CA 96080

CONTACT
Sharon Young
General Manager
(530) 527-0597
sharon.young2015@sbcglobal.net

ELIGIBILITY RESTRICTIONS
Open to Tehama County residents who are ambulatory (no mobility devices) and can show that they have no other means of transportation available; Babies, children, and youth under the age of 18 may ride with an adult (one must provide own car seat for baby or young child).

Tehama Rural Area eXpress (TRAX)
A fixed route bus service connecting Red Bluff, Corning, Los Molinos, Gerber, Tehama and places in between. City routes are available in Red Bluff and Corning. Regional routes are available along the Highway 99E & 99W corridors which connect to city routes and the Diamond Express to Shasta College Tehama Campus.

LOCATION
1509 Schwab Street
Red Bluff, CA 96080

CONTACT
Sharon Young
General Manager
(530) 527-0597
sharon.young2015@sbcglobal.net

ELIGIBILITY RESTRICTIONS
Open to all ages.

https://taketrax.com/
The Shasta-Tehama-Trinity Joint Community College District ("Shasta College") does not discriminate against any person on the basis of race, color, national origin, sex, religious preference, age, disability (physical and mental), pregnancy (including pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), gender identity, sexual orientation, genetics, military or veteran status or any other characteristic protected by applicable law in admission and access to, or treatment in employment, educational programs or activities at any of its campuses. Shasta College also prohibits harassment on any of these bases, including sexual harassment, as well as sexual assault, domestic violence, dating violence, and stalking.