

## I. **Crisis Intervention**

**LOCAL CRISIS HOTLINE NUMBERS:**

- California (Central) (209) 524-1888
- California (Southern) (310) 655-6098

### **A. SUBSTANCE ABUSE (DRUGS/ ALCOHOL)**

#### **1. Covenant House**

- a. Crisis line for youth, teens, and families. Gives callers locally based referral throughout the United States. Provides help for youth and parents regarding drugs, abuse, homelessness, runaway children, and message relays. Operates 24 hours, seven days a week.
- b. HOTLINE #: (800) 999-9999

#### **2. National Youth Crisis Hotline**

- a. Provides counseling and referrals to local drug treatment centers, shelters, and counseling services. Responds to youth dealing with pregnancy, molestation, suicide, and child abuse. Operates 24 hours, seven days a week.
- c. HOTLINE #: (800) 448-4663

#### **3. Didi Hirsch Community Mental Health Center**

- a. Alternative Sentencing Program: aimed for those mandated to participate in Driving Under the Influence (DUI) 'First Offender' Program focused on heightening awareness of the consequences of alcohol and other drug impairment, and preventing further incidents of driving under the influence, through education and counseling groups. The Drug Diversion Program serves court-referred individuals who have been identified as having a substance abuse problem. Our program creates awareness about the negative effects of substance abuse and teaches healthy coping mechanisms to prevent further arrest and incarceration.
- b. HOTLINE #:
  - Headquarters #: (310) 390-6612  
4760 S. Sepulveda Blvd, Culver City, CA 90230
- c. Drug and Alcohol Treatment for Adolescents and Adults: provides individual, family, and group outpatient drug, alcohol, and other substance abuse counseling. At Mar Vista, specialized services are provided to adolescents, with a particular focus on family intervention.
- d. HOTLINE #s:
  - Headquarters #: (310) 390-6612  
4760 S. Sepulveda Blvd, Culver City, CA 90230
  - Mar Vista Center #: (310) 751-1200  
12420 Venice Blvd. Los Angeles, CA 90066
  - Metro Center #: (310) 381-3676  
672 S. La Fayette Park Place, Ste. #6, Los Angeles, CA 90059
- e. Residential Treatment (via Avanta): provides long-term substance abuse, mental health, and domestic violence treatment to women in a safe, supportive, communal living environment. Children up to age six can live with their mothers while the mothers are in treatment. The children participate in developmentally appropriate activities, while mothers attend parenting classes, improve life and job skills, and participate in group therapy.

- f. HOTLINE #s:
  - Pacoima #: (818) 897-2609

**4. Asian American and Pacific Islander Technical Assistance Project**

- a. Provides drug prevention, treatment and recovery services, supporting youth leadership and development; providing child and family services, housing referrals; and participation in collaborative activities with other health and human service providers and institution
- b. HOTLINE #: (213) 625-5795  
340 East Second Street, Ste 409, Los Angeles, CA 90012

**5. National Intervention Referral**

- a. Provides quality intervention services for families and individuals who are struggling with addiction, alcoholism and other forms of crisis. Intervention services include adult, executive and teen interventions, as well as transport services and crisis interventions. A collaboration effort with NIDA (National Institute on Drug Abuse, Alcoholics Anonymous, Narcotics Anonymous and NTR (National Treatment Referral).
- b. HOTLINE #: (800) 399-3612

**6. Self-Help Support – HOTLINE #s**

- a. Alcoholics Anonymous - (800) 923-8722
- b. Al-Anon family Groups – (818) 760-7122
- c. Recovery Inc. – (310) 322-6411
- d. SHARE! (Self-Help And Recovery Exchange) – (310) 305-8788  
5521 Grosvenor Boulevard, Los Angeles, Ca 90066

**B. GANG PREVENTION**

**1. L.A. Bridges at John Adams Middle School**

- a. a community-driven gang prevention and intervention effort using an integrated delivery system to provide more effective social services to youth and their families. Our efforts are directed at improving academic achievement, developing positive peer relations and communication skills for student at John Adams Middle School. Collaborative Partners: Adams Middle School- El Santo Nino- Constitutional Rights Foundation- L.A. Conservation Corp. Clean & Green- L.A.P.D. Newton Division- Public Counsel.
- b. HOTLINE #: Dayami Lopez at (213) 747-6357 x20

**2. All Peoples Christian Center**

- a. Provides a broad spectrum of social services to all, regardless of faith or race, and to empower the community to meet its needs by promoting equality, unity, respect and self-determination among all who participate in its programs, one of them is the anger management class held every Monday from 4:30pm-5:30pm. Ten classes are needed to receive a certificate of completion.
- b. HOTLINE #: (213) 747-6357 x19 (Haydee Flores)  
822 East 20th Street, Los Angeles, CA 90011

**C. DOMESTIC VIOLENCE/CHILD ABUSE, SEXUAL ABUSE**

**1. National Domestic Violence Hotline**

- a. Provides crisis intervention and counseling and referrals to local services and shelters for victims of partner or spousal abuse. English and Spanish speaking advocates are available 24 hours a day, seven days a week.
- b. HOTLINE #: (800) 799-7233; (800) 787-3224 TDD; (310) 370-5902 x310

**2. CHILDHELP USA**

- a. Provides multilingual crisis intervention and professional counseling on child abuse. Gives referrals to local social service groups offering counseling on child abuse. Operates 24 hours, seven days a week.
- b. HOTLINE #: (800) 448-4663; (00) 540-4000

3. ***Didi Hirsch Community Mental Health Center*** - a founding member of the Los Angeles Child Abduction Task Force, a multidisciplinary team which includes the Los Angeles County Department of Child and Family Services, the Los Angeles City District Attorney's Office, local law enforcement bureaus, and the Federal Bureau of Investigation. The task force works to find, reunite, and counsel children and families who have been affected by abduction.
  - a. *Child Alert*: offers specialized mental health services for children who have experienced or are at risk of physical, sexual, or emotional abuse or neglect. The program helps children and families to cope with the resulting problems, and also to prevent further instances of abuse; outpatient services including assessment, individual, group, and family psychotherapy, parenting education groups, psychiatric medication management, and case management for children and parents
  - b. HOTLINE #:
    - Headquarters #: (310) 390-6612  
4760 S. Sepulveda Blvd, Culver City, CA 90230
4. **Government Agencies – HOTLINE #s:**
  - a. ***Child Protective Service, Los Angeles County Dept. of Children's Services***  
HOTLINE #: (800) 540-4000
  - b. ***Abused Child Unit, Los Angeles Police Department***  
HOTLINE #: (213) 485-4220
  - c. ***Internet Crimes Against Children, Los Angeles Police Department***  
HOTLINE #: (213) 847-5358
  - d. ***Los Angeles County Sheriff Department***  
HOTLINE #: (323) 526-5541
  - e. ***L.A. County District Attorney's Office***  
HOTLINE #: (800) 978-3600
5. **Archdiocese of Los Angeles** – under the Office of Victims Assistance Ministry
  - a. HOTLINE # - (213) 637-6650

#### **D. OTHERS**

1. **Elder Abuse Hotline – (877) 477-3646**
2. **Rape Treatment Center – (310) 319-4503**
3. **Santa Monica Hospital**, 1250 16<sup>th</sup> Street, Santa Monica, CA 90404
4. **Sexual Assault Hotline – (310) 392-8381**
5. **Sojourn Services for Battered Women – (310) 264-6644**
6. **Victims of Crime Resource Center – (800) 842-8467**
7. **Emergency Outreach & Mobile Response Teams – (310) 268-2519**  
(After hours & weekends) (800) 854-7771

#### **E. REFERENCE MATERIAL**

1. **Crisis Intervention Handbook by Dr. A Roberts** – most comprehensive and up-to-day application of the crisis intervention model by 37 international recognized experts for addressing crisis issues such as date rape, school violence, substance abuse, adolescent suicide, marital abuse, HIV positive, and hospital intensive care clients.

## **II. Divorce**

### **A. REFERENCE MATERIALS:**

1. ***Marriage & Family: Gospel Insights* – Stephen R. Covey & Truman G. Madsen**

Two prominent authors, speakers and leaders bring the wealth of their combined high educational exposure and experience to bear on the spiritual roots of human relationships as found in the Gospels, believed to contain the spiritual guidance which offers solutions to contemporary marriage and family problems. Covey espouses aligning one's values with so-called universal and timeless principles.

## **2. *Love Must be Tough (New Hope for Families in Crisis)* – Dr. James C. Dobson**

Dr. Dobson shows in his bestseller that at the core of most marital conflicts, such as infidelity, alcoholism, spousal abuse, emotional distance, etc., is indifference. He believes that the source of this creeping separateness is only one partner, and he offers practical advice for the other spouse who wants to hold the marriage together. This “tough love” offers the best chance of rekindling romantic interest and drawing the offending partner back home. This “loving toughness” principle, inspired insights and wise counsels will save other marriages and other lives as it has in the past 20 years since the book came out.

## **3. *Restoring the Christian Family* – John & Paula Sandford**

The Sandfords face the issues confronting many families today with wise counsel based on Gospel truths. Insights gained from more than thirty years of counseling experience enable them to provide sound and valuable advice to couples concerned about the unity of their family.

## **4. *Marriage Counseling – An Essential Guide* – Marylou Hughes**

This book is an effective guide to counseling individuals, couples and groups, seasoned professionals as well as beginners – to be more competent in engaging in a complex process as counseling. It explains how to set up the first interview, what to observe, and what questions to ask. It presents topics for the second and ongoing sessions, proven techniques to suggest to couples, and ideas for working with the partners together, separately or in groups.

**B. PARISH MINISTRIES:** weekend programs aimed to provide a venue and forum to save marriages where the gospel teachings, communication techniques and support system are lived out and sustained in the context of community

### **1. *Retrouvaille Program***

### **2. *Marriage Encounter***

**3. *Beginning Experience*** – honored by the North American Conference of Separated and Divorced Catholics and the National Association of Catholic Family Life Ministers; its program offers the opportunity to move toward a new beginning in life, rooted on spiritual teachings and applied psychology to deal with the natural grief process and turning the pain of loss into an experience of positive growth

**4. *Solo Parents Encounter*** – aimed to re-discover God’s plan

**5. *Children’s Beginning Experience*** – helps children ages 8-16 to sort out and begin working through feelings of children who have experienced their parents’ separation, divorce or death

**C. ARCHDIOCESE of Los Angeles** – under the Office of Family Life

**1. *Ministry to the Separated and Divorced*** – provides spiritual help; a source of spiritual strength and wisdom; to process the grief; to ease the pain; to give comfort and hope to those recovering from separation, divorce or death of a spouse and for families which are hurting because of broken relationships

**2. *Contact Persons*** – St. Columban/Los Angeles Chapter

- Margarita Bonoan, President (213) 484-1591
- Julie de los Reyes, Vice President (213) 383-6972
- Fe Moscosco, Recording Secretary (213) 389-7235
- Teresa Callejo, Treasurer (213) 484-1591
- *Office of Family Life* – (213) 637-6681  
3424 Wilshire Blvd., Los Angeles, CA 90010

### III. SUICIDE / DEPRESSION

#### A. SUICIDE

##### 1. ***Boys Town Suicide and Crisis Line***

- a. Provides short-term crisis intervention and counseling and referrals to local community resources. Counsels on parent-child conflicts, marital and family issues, suicide, pregnancy, runaway youth, physical and sexual abuse, and other issues. Operates 24 hours, seven days a week.
- b. HOTLINE #: (800) 448-3000; (800) 448-1833 TDD

##### 2. ***Didi Hirsch Community Mental Health Center***

- a. *Suicide Prevention Center*: operates Los Angeles County's 24-hour suicide prevention crisis line, for people of all ages at risk of suicide. Operates with over 100 volunteers who have been trained by professionals specializing in suicide prevention through telephone crisis intervention, bereavement support, and community education and outreach. Also a resource for callers who are worried that someone they know may be suicidal, as well as for law enforcement agencies, who receive crisis response training from our suicide prevention experts.
- b. HOTLINE #s: 1-877-7-CRISIS or 1-877-727-4747; (310) 391-1253  
National Hopeline Network #: 1-800-784-2433 (TOLL FREE Nation Wide)
- c. *Survivors After Suicide Program*: offer support for people who have lost a loved one to suicide, including 8-week groups, monthly drop-in groups, and telephone counseling.
- d. HOTLINE #s: 1-877-7-CRISIS or 1-877-727-4747; (310) 391-1253  
National Hopeline Network #: 1-800-784-2433 (TOLL FREE Nation Wide)
- e. *Outpatient Program*: provides outpatient mental health services to adults with serious mental illnesses, including schizophrenia, bipolar disorder, and severe depression. Trained mental health staff provides individual and group therapy, case management, and psychiatric medication management.
- f. HOTLINE #s:
  - Headquarters #: (310) 390-6612  
4760 S. Sepulveda Blvd, Culver City, CA 90230
  - Inglewood Center #: (310) 677-7808  
111 N. La Brea Ave., 5<sup>th</sup> & 7<sup>th</sup> Fl. Inglewood, CA 90301

#### B. DEPRESSION

##### 1. ***Depression & Bipolar Support Alliance***

- a. HOTLINE #s: (800) 273-TALK

### IV. Aging and the Elderly

#### A. READING MATERIAL

##### 1. ***Tuesdays with Morrie (An Old Man, a Young Man, and Life's Greatest Lesson)*** **By Mitch Albom**

This is a touching and moving true account about an old man, a retired professor, giving one great lesson to a former student-friend on how it is to live and die graciously. Mitch Albom, syndicated talk show host based in Detroit, Michigan, had a rare chance to see his old mentor, Morrie Schwarz, after 20 years. Albom rediscovered Morrie in the last months of the old man's life. Mitch visited with Morrie at the study of his home every Tuesday just as they did when they were back in college. The young man chronicled these visits of their time together and learned from his old professor poignant lessons on how to live and face the inevitable end with gentle acceptance and courage.

## **B. MEDICAL FACILITIES**

### **1. *The Center for Geriatric Health at Olympia Medical Center***

- a. Dedicated to preserving the health and independence of older adults. To accommodate our senior population by offering specialized programs:
  - **Geriatric Day Hospital** – a comprehensive outpatient program
  - **Reflections** – outpatient mental health program
- b. HOTLINE #: (323) 932-5333; 5901 West Olympic Blvd. Ste 313, Los Angeles, Ca 90036

## **C. HOUSING and CARE – level of care: *New LifeStyles, The Source for Seniors* (available in booklets or check out the website: [www.NewLifeStyles.com](http://www.NewLifeStyles.com); contact no. (800) 869-9549)**

### **1. CCRC (Continuing Care Retirement Community)** – combine independent living, assisted living and nursing in a single setting Normally requiring an entry fee, offering a living unit, meals, and health care, up to the nursing level.

- a. **The Cantenbury** – an Episcopal Home Community serving seniors for over 80 years.
  - 5801 West Crestridge Road, Rancho Palos Verdes, CA 90272
  - HOTLINE #: (310) 541-2410

### **2. Retirement Communities** – independent living with amenities such as meals, transportation and activities usually included in a monthly fee.

- a. **Ocean House** – all inclusive monthly rent control rates.
  - 1477 17<sup>th</sup> Street, Santa Monica, CA 90404
  - HOTLINE #: (310) 829-5904

### **3. Assisted Living Facilities** – a combination of housing, personalized supportive services and health care, designed to meet the needs of those needing help with the activities of daily living.

- a. **Sunrise of Playa Vista**
  - 5555 Playa Vista Drive, Playa Vista, CA 90094
  - HOTLINE #: (310) 437-7178

### **4. Residential Care Facilities** – usually single family homes licensed to provide assistance with medications, bathing and dressing.

- a. **Casa del Sol II**
  - 11600 W. Washington Blvd., CA
  - HOTLINE #: (310) 390-9045

### **5. Alzheimer's/Dementia Care** – facilities offering specialized programs for residents suffering from Alzheimer's disease or other forms of memory loss. These programs can be offered by Residential, Assisted Living or Nursing facilities.

- a. **Belmont Village of Rancho Palos Verdes**
  - 5701 Crestridge Road, Rancho Palos Verdes, CA 90275
  - HOTLINE #: (310) 377-9977

### **6. Nursing/Rehab Centers** – facilities licensed to provide health care and services involved in managing complex and potentially serious medical problems.

- a. **Country Villa South HealthCare Center** – 80 bed facility; SNF, RHB, IV, TPN, TCH, HOS, RSP
  - 3515 Overland Avenue, Los Angeles, CA 90034
  - HOTLINE #: (310) 839-5201

### **7. Home Care Providers** – includes providers of licensed health care services in the home and companies that provide non-medical assistance with such tasks as bathing, dressing, meal preparation and transportation.

- a. **Accredited Nursing Care**
  - 10801 National Blvd., Ste 225, CA 90064
  - HOTLINE #: (310) 551-1234; (323) 660-1234

8. **Day Care** – various programs provide a range of geriatric day services, including social, nutrition, nursing, and rehabilitation.
  - a. **ECF Westside Developmental Activity Center**
    - 8740 W. Washington Blvd., CA
    - HOTLINE #: (310) 204-3300 60 ADC
  
9. **Hospice Care Providers** – hospice care may be provided in the home or a senior care facility. Services can include pain management and a variety of emotional, spiritual and physical support issues.
  - a. **Trinity Care Hospice**
    - 2601 Airport Drive #230, Torrance, CA 90505
    - HOTLINE #: (800) 535-8446
  
10. **Behavioral Health** – usually hospital-based programs that provide a range of geriatric psychiatric or mental health services in either an in-patients or outpatient basis.
  - a. **Glendale Memorial Hospital and Health Center – Crossroads Behavioral Health Services**
    - 1420 South Central Avenue, Glendale CA 91204
    - HOTLINE #: (818) 502-2362
  
11. **Care Management** - offer advisory services addressing a wide range of senior issues, such as selecting a senior residence, choosing in-home care providers, and various financial options. Typically care manager evaluate a senior’s situation with regard to health needs, housing choices and financial needs and then provide a recommended care plan.
  - a. **Silverado Senior Services**
    - 25100 Calabasas Road, Calabasas, CA 91302
    - HOTLINE #: (818) 222-0955
  
12. **Medical Equipment** - companies, which rent or sell durable medical equipment and supplies. Outpatient care – freestanding facilities that provide outpatient care and services.
  - a. **Accredited Medical Equipment & Supply**
    - HOTLINE #: (800) 974-1234 x551

V. **Social Outreach Needs**

A. **MENTAL HEALTH**

1. **Didi Hirsch Community Mental Health Center**

- a. **Intensive Mental Health Services**: provides specialized services for adults with serious illnesses which have led to frequent hospitalization or homelessness. Case management in community settings (work, home, hospitals, court) to help them remain in community and achieve the highest possible level of functioning.
- b. HOTLINE #:
  - Inglewood Center #: (310) 677-7808  
111 N. La Brea Ave., 5<sup>th</sup> & 7<sup>th</sup> Fl. Inglewood, CA 90301
  - Culver-Palms Center #: (310) 895-2300  
11133 Washington Blvd. Culver City, CA 90232
- c. **Outpatient Mental Health Services for Children and Families**: provides outpatient mental health services to children and youth experiencing depression, anxiety, psychosis, attention deficit/hyperactivity disorder, child abuse, delinquency, and/or other issues.
- d. HOTLINE #:
  - Headquarters #: (310) 390-6612  
4760 S. Sepulveda Blvd, Culver City, CA 90230
  - Inglewood Center #: (310) 677-7808  
111 N. La Brea Ave., 5<sup>th</sup> & 7<sup>th</sup> Fl. Inglewood, CA 90301
  - Mar Vista Center #: (310) 751-1200  
12420 Venice Blvd. Los Angeles, CA 90066

- Metro Center #: (213) 381-3626  
572 S. La Fayette Park Place, Ste #6, Los Angeles, CA 90059
  - S. Mark Taper Foundation Center #: (323) 778-9593  
1328 W. Manchester Ave., Los Angeles, CA 90044
- e. *Crisis Residential Care*: provides a 28-day program for adults who are experiencing serious problems due to mental illness. Two facilities are crisis residential treatment centers whose clients are residents who may have been homeless or at risk of homelessness helping them to get stabilized, find long-term housing and connects them to on-going treatment programs.
- f. HOTLINE #:
- Jump Street #: (310) 855-0031  
1233 S. La Cienega Blvd., Los Angeles, CA 90035
  - Excelsior House #: (310) 412-4191  
1007 Myrtle Ave., Inglewood, CA 90301

## **2. Saint John's Mental Health Services for Deaf & Hard of Hearing**

- a. HOTLINE #: TTY (310) 829-8528; (310) 829-8536  
1339 20<sup>TH</sup> Street, Santa Monica, CA 90404

## **B. HEALTH & HUMAN SERVICES**

### **1. Call 211**

- a. A joint Health and Human Services provided by the LA County, First 5 LA Champions for Our Children, United Way and Alliance of Information & Referral Services. The services, which are free and confidential, multilingual, and TTY accessible, are available 24 hrs/ 7 days a week such as:
- where to go to get a hot meal
  - where to get free or low-cost health care; information on child care
  - help with care for aging parents
  - employment resources
  - how to find a bed when you have no place to sleep
  - how to get help for a drinking problem
  - where to volunteer to make a difference in someone's life.
- b. HOTLINE #: 1-800-339-6993. Call 911 for emergencies. TTY 800-660-4026.

### **2. Jewish Family Service of Los Angeles/Home Secure**

- a. Provides free safety modifications for renters and homeowners with limited income. Their services enable people of all ages to live safely and comfortable in their homes for as long as possible.
- Grab bars – provide support and prevent falls in the tub, shower and near the toilet
  - Hand-held shower hoses (in designated areas) – for more comfortable bathing – particularly when a caregiver assists
  - Adjustable shower chairs (in designated areas) – when standing in the shower is difficult
  - Door and window locks – to secure entry doors and windows
  - Peepholes – to identify visitors before opening door
- b. HOTLINE #s: (323) 937-5855; (818) 762-5892

### **3. Mobile Pet Grooming**

- a. Provides full service grooming for all breeds, cats too!
- b. HOTLINE #: (800)-PET-MOBILE or (800) 738-6624

### **4. MedicAlert**

- a. A body-worn MedicAlert emblem that has critical health information inscribed on it to aid emergency responders
- b. HOTLINE #: (800)-ID-ALERT or (800) 432-5378; website: [www.medicalert.org](http://www.medicalert.org)

5. **DMV (Department of Motor Vehicles)**
  - a. To report a potentially unsafe driver to improve highway safety.
  - b. Website: [www.dmv.ca.gov](http://www.dmv.ca.gov)
6. **Common Ground (HIV-Social Services)**
  - a. 2012 Lincoln Blvd., Santa Monica, CA 90405
  - b. HOTLINE #: (310) 314-5480
7. **Santa Monica College Disabled Students**
  - a. 1900 Pico Blvd., Santa Monica, CA 90405
  - b. HOTLINE #: (310) 434-4265
8. **U.S. Department of Health & Human Services** – particularly for disasters and emergencies
  - a. Website: <http://www.os.dhhs.gov/emergency/index.shtml>
9. **Helping Hand Ministry** – St. Monica Catholic Community Pastoral Center
  - a. Provides information on community, state, and federal services and resources – social service agencies, medical, mental health counseling, financial assistance, legal assistance, substance abuse treatment, and family service agencies
  - b. HOTLINE #: (310) 566-1577  
725 California Avenue, Santa Monica, CA 90403
10. **Saint John's in the Community**
  - a. Caritas Benefits program provides goods and financial resources of dedicated physicians who volunteer their professional diagnostic and other services by community agencies at no charge to the poor and undeserved.
  - b. HOTLINE #: (310) 829-5511  
1328 Twenty-Second Street, Santa Monica, CA 90404

## **VI. Ethics and Pastoral Care -**

### **A. Archdiocese of Los Angeles** - 3424 Wilshire Blvd., Los Angeles, CA 90010; (213) 637-7550

1. **Office of Justice and Peace** – specifically, **immigration issues**
  - a. Educates the people of the Archdiocese of Los Angeles on the principles of Catholic social teaching and its application to contemporary local, national, and international issues; advocates for public policy which affirms human life and human dignity and reflects a consistent life ethic; and to develop a constituency on social concerns
  - b. Contact persons:
    - Bishop Oscar Solis – Director
    - Joan Harper, Program Coordinator
  - c. Website: <http://www.la-archdiocese.org/ministry/justice/peace/index.php>
2. **Office of Restorative Justice** – particularly, **Detention Ministry**
  - a. As a catalyst that sparks the radical transformation of society's treatment of the incarcerated from retribution and punishment to restoration and reconciliation
  - b. Website: <http://www.la-archdiocese.org/ministry/justice/restorative/index.php>
3. **Office of Respect Life** – particularly, **pro-life activities**
  - a. Promotes the dignity and sanctity of human life from conception to natural death through programs advocating prayer, education, pastoral care and advocacy
  - b. References:
    - Parish Respect Life Ministry Handbook
    - Pastoral Plan for Pro-life Activities for the United States
  - c. Website: <http://www.la-archdiocese.org/ministry/justice/life/index.php>

#### **4. Ministry with Lesbian and Gay Catholics (MLGC)**

- a. Recognizes that all persons with a homosexual orientation are capable of living a full Catholic life in union with all the members of the Church
- b. Website: <http://www.la-archdiocese.org/ministry/mlgc/index.php>

#### **5. AIDS/HIV Ministry**

- a. Provides liturgical, educational and networking resources and referrals. It offers pastoral care, visits, speakers, resource manuals, and training. It brings a Catholic voice to the experience of HIV/AIDS.
- b. Contact Person:
  - Rev. Fr. Chris Ponnet – AIDS Ministry Council Liaison c/o St. Camillus
  - 1911 Zonal Avenue, Los Angeles, CA 90033
  - Tel. No.: (323) 225-4461 x221
- c. Website: <http://www.la-archdiocese.org/ministry/hiv/index.php>

### **C. Legal Services**

#### **1. Catholic Charities**

- a. Provides free legal assistance re: immigration issues
- b. HOTLINE #: (310) 672-2208

#### **2. SM Police Department – Homeless Liaison Program**

- a. A police resource for homeless people, businesses, residents and visitors
- b. HOTLINE #: (310) 458-8953  
M-F, 5am – 10pm

#### **3. Public Counsel – L.A. Legal Aid Foundation**

- a. Provides legal advocacy for homeless people
- b. HOTLINE #: (310) 899-6200  
1640 5<sup>th</sup> Street #124, Santa Monica, CA  
M-F, 9am – 12N; 1-5pm (appointments required)

### **D. Fair Housing: It's Your Right – U.S. Department of Housing & Urban Development (HUD)**

- a. A federal law that protect minorities, families with children and people with disabilities who are denied housing because of the unfair and illegal practice known as housing discrimination. Tenants and prospective home buyers of any race, color, religion, national origin or sex – including people with disabilities and families with children – have a right to equal housing opportunities.
- b. HOTLINE #: (800) 669-9777 for information about filing a complaint
- c. Website: [www.hud.gov](http://www.hud.gov)
- d. References – educational materials published by **Consumer Action**
  - Fair Housing: It's Your Right
  - Discrimination in Housing is Illegal
  - Fighting Back Against Housing Discrimination
- e. Contact Details – Consumer Action (for request for free copies)
  - 523 West Sixth St., Ste 1105, Los Angeles, CA 90014
  - Fax: (213) 624-0574
  - Email: [info@consumer-action.org](mailto:info@consumer-action.org)
  - Website: [www.consumer-action.org](http://www.consumer-action.org)

### **E. Identity Security/Fighting Against Identity Theft – Federal Trade Commission**

- a. A federal law that protects any violation to securing personal information. Identity theft is a serious crime. It occurs when your personal information is stolen and used without the knowledge to commit fraud or other crimes.
- b. HOTLINE #: (877)-ID-THEFT or (877) 438-4338
- c. Website: [www.ftc.gov/idtheft](http://www.ftc.gov/idtheft)

- d. Contact Details – Consumer Response Center (to learn more about how to deter, detect, and defend against ID theft)
  - Federal Trade Commission
  - 600 Pennsylvania Ave., NW, H-130, Washington DC 20580

**F. Others - Common Ground**

- a. HIV testing Tues. 10am-1pm & Wed. 1-5pm (walk-in) and Thurs 5-8pm (by appt.) Case management for AIDS/HIV patients; HIV testing, support services, peer education, homeless outreach, men's care program – Youth drop in Tues. 5:45-10pm; Fri. 5:45-8:30pm, & Sat. 11:45am-5pm
- b. HOTLINE #: (310) 314-5480  
2012 Lincoln Blvd., Santa Monica, CA

**VII. Illness, Death and Bereavement**

**A. REFERENCES:**

**1. *The Wheel of Life (A Memoir of Living and Dying)* – Elisabeth Kubler – Ross, M.D.**

It may well be said that this Swiss-born psychiatrist was the first person who changed what most people thought about death and dying. When she began her medical practice, Elisabeth Kubler-Ross was appalled by the hospital treatment of patients who were dying. This led to her groundbreaking psychological study, *On Death and Dying*. Through her many lectures, books, and years of working with terminally ill children, the elderly, and AIDS patients, Mrs. Kubler-Ross brought understanding and comfort to millions coping with their own deaths or those of their loved ones. In this other book, this world-renowned woman tells her own remarkable life story with disarming warmth and frankness, where she traces her own intellectual and spiritual development from growing up in her native Switzerland to her pioneering counseling of the terminally ill, to her eye-opening discussions with those who had been revived after death. From this emerged her conviction that death does not exist. Fired with compassion and a great sense of mission, this powerfully-charged woman left a lasting legacy to the world when she passed away at age 71 in 2004.

**2. *How We Die (Reflections on Life's Final Chapter)* –Sherwin B. Nuland**

An eminent surgeon, Sherwin Nuland, with his superior gift for descriptive narration, gives readers a clinical eye view of what happens to those who get afflicted by heart attack, stroke, cancer, Alzheimer's disease, and AIDS and eventually die of one of them. In our day and age, patients of illnesses such as these usually end in the hands of the super specialists, highly skilled professionals who confine them to intensive care units, secluded high tech rooms where they are isolated, while given the most advanced treatment available to modern medical science. Nuland recalls the loss of loved ones in his early years who faced their worst fears of this kind of enforced abandonment among strangers in their last hours. "Though it may be sullied by the incursive havoc of disease, it must not be permitted to be further disrupted by well-meant exercises in futility." He urges readers to obtain enough knowledge of the end of life for themselves and those dear to them so that they may be enabled to choose their options. "The more knowledge we have about the realities of lethal illness, the more sensible we can be about choosing the time to stop or the time to fight on...A realistic expectation is the surest path to tranquility. Nuland also hints on the return of the family doctor...one "familiar with our values and the lives we have led...and not just virtual strangers we have called upon. At such times, it is not the skill of strangers we need, but the understanding of a longtime medical friend" if those of us who are dying must die in dignity.

**3. *Intimate Death (How the Dying Teach Us How to Live)* – Marie de Hennezel**

Marie de Hennezel is a gifted psychologist who works as part of a remarkable team of doctors and nurses in a hospital for the terminally ill in Paris. She joined the staff of the hospital's first palliative care unit, where she has written about the experiences she shares in this book. The

patients who are confined there do not always know they are dying. With infinite patience and gentleness, Marie de Hennezel gradually imparts to them this knowledge and then encourages them to live each day remaining to them as fully as possible, to move beyond the pain, confusion or despair, to make peace with themselves and their families, and learn to accept their approaching end. Dealing with the individual patients has given De Hennezel the most intense experiences of her life. Death has been her daily companion for years, where in spite of being witness to so much pain and suffering, she feels she has been enriched by the way these people lived their final hours, “moments of incomparable humanity and depth that I would not exchange for anything in the world, and incredible as that may seem, moments of joy and sweetness.”

**4. *The Art of Dying (How to Leave This World with Dignity and Grace, at Peace with Yourself and Your Loved Ones)* -- Patricia Weenolsen Ph.D.**

This is obviously a book written for people facing death as well as their families, support groups and health-care providers. Weenolsen is a psychologist specializing in counseling the terminally ill. Her books touches on a variety of end-of-life concerns – from the practical to the spiritual – to help the dying make the most of the remainder of their lives and find meaning in death. Practical and encouraging in tone, it leads readers through conflicts at the “end time” – from early physical concerns about pain and changes in appearance, to emotional concerns over relatives, reconciliation, to psychological concerns over loss of control, loss of identity, and the need to feel that life has been meaningful, to spiritual concerns about what dying is like and what happens “next.”

**5. *The Grace of Dying (How We are Transformed Spiritually as We Die – Kathleen Dowling Singh, Ph. D.***

In this illuminating book, Kathleen Downing Singh discusses the psychological and spiritual transformations experienced by the dying as the natural process of death reconnects them with the source of their being.. Combining her training and education in developmental psychology with moving accounts drawn from her experiences working with hundreds of dying patients at a large hospice, Singh reveals the stages of dying: letting go, radiance, focusing inwards, a sense of the sacred, wisdom, intensity, and in the end, a merging with Spirit, the source of being from which we originated. *Grace in Dying* is written for those aware that their life is drawing to an end, and those who care for them, as well as for all of us who must ultimately face the inevitable and the deaths of the people we love. It offers comforting assurance to those who fear death and what lies beyond.

**6. *Sacred Dying (Creating Rituals for Embracing the End of Life)* – Megory Anderson**

The author, an educator, theologian and liturgist, has created a handbook to guide families of the dying (and/or newly deceased) in creating rituals based on the family’s faith or religion to bring a sense of peace, acceptance, and reconciliation both to themselves and the ones they are leaving behind. Megory Anderson discusses all aspects of this final transition, including how to help a dying person put “unfinished business” to rest; using massage to help the dying let go of his or her body; and how to use music to help the dying focus on specific times, places, or events. The book is a rich resource guide intended for those who are going through the death of a loved one as well as facing death personally, suggesting use of familiar rituals traditional to the family’s religion (prayers, poetry, music).

**B. VIDEO MATERIALS:**

1. ***Chicken Soup for the Soul*** – brings to life the most cherished and heartwarming stories on life, love and learning
2. ***Journey Towards Forgiveness*** – dwells on the theme of forgiveness:
  - The abduction and murder of their 3-yr old daughter
  - Facing the unresolved anger from their daughter’s death by a drunken driver
  - How storytelling can help people heal from life’s many griefs

- How a couple faced cancer and how the spouse dealt with the anger over the illness
- The shooting of his brother led him to work for social justice
- A time of reconciliation for a massacre that happened centuries ago
- A journey from rage and temporary insanity to forgiveness after daughter died in a bombing

**C. PARISH MINISTRY:**

**1. *Stephen Ministry***

- a. A confidential care-giving program, offered to individual who are going through difficult times in their life. It is a one-on-one ministry of trained parishioners who will visit weekly, listen, offer resources and referrals, pray with and for you, an offer Christian love and support.
- b. St. Monica's Parish – 725 California Ave., Santa Monica, CA 90403; (310) 393-9287 x375
- c. American Martyrs – 624 15<sup>th</sup> St., Manhattan Beach, CA 90266; (310) 545-5651
- d. Good Shepherd of BH – 505 N. Bedford St., Beverly Hills, CA; (310)285-5425

**2. *Santa Monica-UCLA Medical Center and Saint Monica Parish***

- a. A volunteer program as Extraordinary Ministers of Holy Communion
- b. Contact Details:
  - Saint Monica's Pastoral Care Ministry
  - HOTLINE #: (310) 319-9764

**D. OTHERS:**

**1. *American Cancer Society in Culver City* – Road to Recovery Program**

- a. Supports cancer patients by providing transportation to and from their cancer treatments
- b. Contact person: Gayle Gilbert-Hammerling; (310) 348-0357