

Updated COVID 19 Resource Guide

MVLA High School District (Last Updated 9/21/20)

Free Community Resource Info 24/7 access to info and referral sources. Available in all languages.	Santa Clara County COVID 19 Housing Hotline 78-6420 Referrals to Homeless Shelters 7days a week (9:00 am to 6:00 pm)	Health/Wellness 24-hour Suicide & Crisis Line: 855-278-4204 / Crisis Text Line Text HOME to 741741. Uplift Mobile Crisis Team: 408.379.9085 / toll-free 877.412.7474	Mental Health Call Center -800-704-0900 24/7 access for all individuals and families currently covered by medi-cal or uninsured.
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Wellness Resources

MVLA High School District (Mountain View, Los Altos and Alta Vista High School) Wellness Support is available to all MVLA students. Teachers, parents or students can fill out the referral form. Student will be contacted within 48 hours. If this is an emergency, please contact 9-1-1.	Student Support Referral Forms are available online bit.ly/mvlasupport (English) bit.ly/mvlaayuda (Spanish)
CHAC (Community Health Awareness Council) Provides counseling services to all ages in different languages. For questions or information about our clinic services or to schedule an intake.	(650) 965-2020. https://www.chacmv.org
Uplift Family Services Provides an array of services including counseling, case management and crisis intervention services. Uplift Mobile Crisis Team offers 24-hour intervention to children and teens in the community who are in acute psychological crisis.	General Inquiries: Client Services (408) 379-3796. If you have a child in crisis, call the Mobile Crisis Program's 24-hour crisis hotline at (408) 379-9085 or toll-free 1-877-41-CRISIS. https://upliftfs.org/our-services/services-by-region/bay-area/
CHC (Children's Health Council) Provides teletherapy services for all ages.	CHC Help: 650.688.3625. Español: 650.688.3650. https://www.chconline.org/appointments/?utm_source=Make%20A%20Teletherapy%20Appointment%20Link&utm_medium=Homepage&utm_campaign=Covid-19%20Home%20Page%20Appointment%20Link#chc-crisis-resources
KARA (Grief Support/Counseling/Groups). Services available to all ages. Currently offering phone and video sessions.	Request Services: 650-321-5272 https://kara-grief.org/about/contact/

Substance Use Resources

Santa Clara County Behavioral Health/ Youth Substance Use Treatment Services	Referral Process: If you have a youth with substance use treatment needs please call our confidential SUTS Youth Services Call Center line at: (408) 272-6518, Monday – Friday 9:00 a.m. – 6:00 p.m. https://www.sccgov.org/sites/bhd/info/CYF/Pages/youth-suts.aspx
Advent Ministries -Social-service agency providing counseling and addiction recovery services to people of all ages and income levels. Services are free to MVLA High School Students.	Contact Services Coordinator Huong Vo (huong.vo@mvla.net) LAHS: Contact Student Services Coordinator Kristin Castillo(kristin.castillo@mvla.net) AVHS: Community Resources Coordinator at alba.garza@mvla.net

Food Resources

Organization	Contact Info	Dates and Times	Notes
MVLA High School District	https://mvlafoodservice.com/index.php?usp=sharing&sid=1908131605284815	MVLA students can choose either location: Mountain View High School or Los Altos High School. Breakfast and lunch will be distributed Mondays and Wednesdays from 11:00 am to 1:00 pm.	Currently, no ID or registration needed. After 9/30/20- Students will need to show ID card or ID number.
A La Carte (Food Truck)	Flyers: https://drive.google.com/file/d/1KVAKAGL6z9GREgGtDJGLb4fLbhyMFZWM/view?usp=sharing https://drive.google.com/file/d/1kSD6LVy141VOWWzhs0z6-iFOwQoRV3eZ/view?usp=sharing https://drive.google.com/file/d/1JQbqZj5JNF72G2d0fY25Qp8rDa6PIOOB/view?usp=sharing	Wednesdays from 3:00-4:15pm stationed outside the District Office building. Thursdays from 3:00-4:00 pm at Los Altos High School.	Provides a refrigerated food truck service that provides available prepared meals free of charge and no identification required. Note: Please refrigerate all food immediately, consume or freeze food within the next few days and reheat food to 165F before consuming.
CSA Food Pantry	https://www.csacares.org/services/food-nutrition-center/	Open Tuesdays 2-4, Thursdays 11:30-1:30 and Fridays 1:30-3:30. Pick up at 204 Stierlin Rd. in Mountain View.	All food distributions will be a pre-bagged allocation of food items, with a focus on providing quality nutritious groceries. Food distributions will take place in the CSA parking lot. Please note that clients are required to wear a face covering or mask when picking up food.
Hope's Corner	http://www.hopes-corner.org/	Saturday (8-10 a.m.) and lunch every Wednesday (11:30-12:30pm) at the corner of Hope and Mercy Streets in Mountain View.	No ID required. Option to drive thru in car.
Saint Athanasius Church	Drive Thru Food Distribution	160 N.Rengstorff Ave Mt.View. The 2nd and 4th of Saturday of every month from 10-12pm.	No prior registration needed.
CalFresh	https://www.getcalfresh.org/?source=cdss	Call 1-800-984-3663 to see if you qualify or apply online.	Please see website for specific eligibility requirements.

COVID 19 Relief Basic Needs- Food, Rental Assistance, Utilities ect.			
Organization	Contact Info	Dates and Times	Notes
Emergency Assistance Network	https://sacredheartcs.org/wp-content/uploads/2020/06/EAN-Flyer-For-Zip-Code-Restricted-Programs-2.pdf	Covers all of Santa Clara County- please see flyer for the assigned agency to your zip code.	The Emergency Assistance Network (EAN) agencies in Santa Clara County providing a variety of basic needs, programs and case management services.
Community Services Agency	Serves the Mountain View, Los Altos and Los Altos Hills areas. https://www.csacares.org	Rent relief email RentHelp@csacares.org or call (650) 968-0836 and leave a message to schedule a phone appointment (no in person visits/paper applications can be picked-up). Call 650-968-0836 and leave a message or email RentHelp@csacares.org Download our Rent Assistance packet on website.	*Latest Update regarding rent moratoriums and rental assistance. https://www.csacares.org/wp-content/uploads/2020/08/COVID19-rental-assistance-FAQ-eng-8-31-20.pdf
WIFI/ Tech Resources (If your student needs a chromebook and/or hotspot)			
Internet Essentials from Comcast WIFI and Hotspots. You may qualify if you are eligible for public assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, SSI, and others. Learn how to get connected today! https://www.internetessentials.com/	Mountain View High School Assistant Principal: Daniela Quiñones daniella.quinones@mvla.net	Los Altos High School. Assistant Principal: Galen Rosenberg. galen.rosenberg@mvla.net	Alta Vista High School Manager: Debi Rudd. debi.rudd@mvla.net . Community Resources Coordinator: Alba Garza alba.garza@mvla.net
COVID 19 Testing Sites			
FREE COVID 19 TESTING SITES WEBSITE operated by Flugent and Santa Clara Valley Medical Center. Visit the website and click on "Schedule An Appointment" for the nearest location. https://www.sccgov.org/sites/covid19/Pages/covid19-testing.aspx			
Organization	Contact Info/Website	Dates and Times	Notes
Stanford Health Van	(650) 736-7172. https://www.stanfordchildrens.org/en/service/teen-van/schedule Find us on Instagram @stanfordteenvan.	The Health Van will be located at Rengstorff Park on the following dates: 10/7, 11/4, and 12/2.	Free COVID 19 testing for MVLA high school students and their families that are currently uninsured or are underinsured. In addition, many other health services are provided at no cost Please refer to flyer link: updated 9/30/20. https://drive.google.com/file/d/1yYnWxoHorJDj0aE_N_4_Kc6ejuY-DNy6/view?usp=sharing
El Camino Health Hospital	https://www.elcaminohealth.org/landing/schedule-covid-19-test?s=testingLocations	Testing is available Monday – Friday from 7:30 a.m. – 7 p.m. Schedule an appointment online https://www.elcaminohealth.org/landing/schedule-covid-19-test?s=testingLocations or call 650-940-7022 and select option 4. In addition, there are pop up sites, please check website for most updated information.	El Camino Health’s Mountain View hospital offers COVID-19 testing funded by the El Camino Healthcare District for those who live, work or go to school within the District (including most of Mountain View, Los Altos and Los Altos Hills, a large portion of Sunnyvale, and small sections of Cupertino, Santa Clara and Palo Alto). There is no cost to be tested and tests are for individuals who do not have symptoms (asymptomatic) of COVID-19. A short, half-inch swab is utilized to obtain nasal samples needed for the COVID-19 tests.
Planned Parenthood Mar Monte	https://www.plannedparenthood.org/planned-parenthood-mar-monte/campaigns/covid-testing-my	Testing Site Shoreline Athletic Fields parking lot 2450 Garcia Ave Mountain View, CA 94043 Drive-Through Testing, No appointment necessary Tuesdays, Wednesdays, and Thursdays, 8am-12:30pm	Please check website weekly for updates. testing is available to all community members, with or without symptoms. There will be some paperwork required when you arrive. Please bring: a photo ID, your insurance card or insurance information, if you have insurance. You will not be charged for testing: California passed a law requiring all health insurers, including Medi-Cal, to cover the full cost for COVID-19 testing. Please bring your insurance card, if you have insurance.
Los Altos Youth Center	https://scl.fulgentgenetics.com/appointment/screen/landing	1 North San Antonio Road, Los Altos, CA 94022 Thursday, October 15, 9:30am – 4:00pm. Must schedule appointment online.	Appointments will be open for scheduling 7 days before the testing date. Once all appointments are filled, this location will no longer appear for scheduling on the website.
Los Altos Hills Council Chambers	https://scl.fulgentgenetics.com/appointment/screen/landing	26379 West Fremont Road, Los Altos Hills, CA 94022 a. Friday, October 2, 9:30am – 4:00pm	Appointments will be open for scheduling 7 days before the testing date. Once all appointments are filled, this location will no longer appear for scheduling on the website.
Legal/Immigration Assistance			
Community Legal Services in East Palo Alto (Serves San Mateo County and Mountain View)	Project Sentinel (Serves the Bay Area)(650) 321-6291	Immigrants Rising	Rapid Response Network 408-290-1144. https://sacredheartcs.org/wp-

<p>(650) 326-6440 https://clsepa.org/ Focused on economic advancement, housing and immigration.</p>	<p>housing.org. We are here to assist with disputes over rent payments, evictions or any other housing issues during COVID-19 and beyond. Mountain View Housing Mediation Program : (650) 960-0495 or mediate4mv@housing.org. https://www.mountainview.gov/civicax/filebank/blobdload.aspx?BlobID=32060</p>	<p>IMMIGRATION LEGAL INTAKE SERVICE Immigrants Rising's Immigration Legal Intake Service is an online survey to help undocumented young people learn about possible immigration options. Available to undocumented young people who do not yet have legal residency or citizenship in the United States and currently reside in the U.S. https://immigrantsrising.org/legalintake</p>	<p>content/uploads/2018/01/RRN-flyers-0218.pdf</p>
<p>Santa Clara County-City of Mountain View (COVID Eviction Moratorium UPDATES): https://www.mountainview.gov/depts/comdev/preservation/rentstabilization/evictionmoratorium/default.asp</p>			
<p>Students/Families Currently Experiencing Homelessness Due to COVID 19</p>			
<p style="text-align: center;">MVLA Support</p> <p>If your student's housing situation has changed this new school year, please fill out a confidential "Student Housing Questionnaire" provided by your Student Service Coordinator or Registrar's Office. You will be contacted shortly and further resources will be offered. We are here to support you. To learn more please check out the following information sheet: https://drive.google.com/file/d/1O_8uUL7mKtzn3ZdIERNGaX_7Vt123BC0/view?usp=sharing</p>	<p style="text-align: center;">Emergency Housing</p> <p>Santa Clara County COVID 19 Housing Hotline 78-6420 Referrals to Homeless Shelters 7 days a week (9:00 am to 6:00 pm)</p>	<p style="text-align: center;">Mobile Homelessness Services</p> <p>WeHOPE's Mobile Homeless Service meet the needs of the homeless where they are through initiatives that include access to free showers, laundry, safe parking for vehicle dwellers, virtual medical assessments and comprehensive case management to assist in securing permanent housing. Please check calendar for next date. https://www.wehope.org/mobile</p>	<p style="text-align: center;">Drop In Center for Youth</p> <p>Services at the Bill Wilson Drop-In Center include basic necessities such as food, clothing, personal care items, lockers, and access to phone, computers and email. Showers and washer and dryer facilities are also available free of charge. https://www.billwilsoncenter.org/services/all/drop.html</p>