



VA

U.S. Department
of Veterans Affairs

**VA San Diego Healthcare System
Overview of Services**

Enrollment, Social Work Services, Home Based Primary Care, and Mental Health



Become a Patient

What do I need?

To help the enrollment process, it is helpful if you have the following information available when you visit:

- DD214
- Employment data
- Any private health insurance coverage
- Financial information from the previous year
- Information relating to your dependants and spouse such as social security number, date of birth and date of marriage

Basic eligibility

If you served in the active military, naval, or air service and are separated under any condition other than dishonorable, you may qualify for VA healthcare benefits. Current and former members of the Reserves or National Guard who were called to active duty (other than for training only) by a federal order and completed the full period for which they were called may be eligible for VA healthcare as well.

Enroll now!

Fill out the healthcare application. Once you have filled out the form, choose one of the steps below to enroll:

By Phone	By Mail	In Person
Call 1-888-9288	VA San Diego Healthcare System	Hours: Monday - Friday 7am - 4pm
Hours: Monday - Friday 5am - 5pm	3350 La Jolla Village Dr. Health Benefits & Enrollment Office San Diego, CA 92161	Enroll at any of our Community-Based Outpatient Clinics or at the Health Benefits & Enrollment Office located on the first floor at the VA San Diego
A VA representative will have your completed form sent to you for your verification and signature.		

Three things you should know:

1. The VA wants all Veterans to receive health care that improves their health and well-being
2. If you are enrolled in VA health care, you do not need to take additional steps to meet the health care law coverage standards. The Affordable Care Act does not change VA health benefits or Veterans' out-of-pocket costs.
3. If you are not enrolled in VA health care, you can apply at any time.



Minimum duty requirements

Most Veterans who enlisted after September 7, 1980, or entered active duty after October 16, 1981, must have served 24 continuous months or the full period for which they were called to active duty in order to be eligible. This minimum duty requirement may not apply to Veterans who were discharged for a disability incurred or aggravated in the line of duty, discharged for a hardship, or received an “early out.” Since there are a number of other exceptions to the minimum duty requirements, VA encourages all Veterans to apply in order to determine their enrollment eligibility.

Overview of healthcare benefits

VA publishes the “Health Care Benefits Overview” booklet, which is designed to provide general information and frequently asked questions about the VA’s medical benefits package availability for all enrollees, and other information such as eligibility for enrollment.

The publication is available to you at the VA San Diego Healthcare System, and can be downloaded at <http://www.va.gov/healthbenefits/resources/epublications.asp>.



Social Work

VA San Diego Healthcare System's Social Work Services provides program coordination in conjunction with case management services for several specialty programs with the medical center.

Social Work Services' planning and organization involves identification of patient and agency needs with assignment of staff in key areas throughout the medical center and at the following community-based clinics:

Transition and Care Management Team (Formerly known as OEF/OIF/OND)	Specialty Programs
Geriatrics & Extended Care	Primary & Acute Med/Surg
Health Care for Homeless Veterans	

Social workers can assist you with coordination of VA and community services to meet your needs:

- Mental health services
- Referrals to VA and community resources
- Coping with serious illness
- Provide financial information and referral
- Referral to housing
- Durable Power of Attorney for healthcare/living will



Home Based Primary Care

Home Based Primary Care is health care services provided to Veterans in their home. A VA physician supervises the health care team who provides the services. Home Based Primary Care is for Veterans who have complex health care needs for whom routine clinic-based care is not effective.

The program is for Veterans who need skilled services, case management and help with activities of daily living. Examples include help with bathing, dressing, fixing meals or taking medicines. This program is also for Veterans who are isolated or their caregiver is experiencing burden. Home Based Primary Care can be used in combination with other Home and Community Based Services.



Mental Health

VA San Diego Healthcare System offers a wide variety of comprehensive mental health treatment programs. This includes individual and group counseling, specialized therapies and medication based on the Veteran's individual needs and their treatment plan. We provide treatment for the following:

Alcohol and drug treatment (Substance Use Disorders)	Anxiety Disorders
Mood Disorders	Obsessive-compulsive spectrum Disorders
Schizophrenia and Psychotic Disorders	Family mental health programs (Couples/Conjoint Therapy)
Loss & Bereavement	Suicide prevention
Post-Traumatic Stress Disorder	Tobacco Cessation Programs
Geriatric Mental Health	Support in transitioning from military to civilian life
Spiritual distress/Spiritual pastor care	

Enrolled patients have three options for access to mental health care at the medical center or clinics:

1. For emergencies between 8am and 4pm, come to the Psychiatry Emergency Clinic at the VA Medical Center (2nd Floor, North Wing). After 4pm and on weekends/holidays, please come to the Emergency Department at the VA Medical Center.
2. Request a referral from your primary care provider.
3. Come to the same-day walk-in clinic at the medical center (2nd Floor, North Wing).

For more information, call 858-642-3391

****Geriatric Mental Health (within VA Mental Health)****

Geriatric Mental Health provides outpatient mental health services to Veterans who have complex mental and health issues. Target population are Veterans 65 years and older with cognitive impairment, anxiety, depression, post-traumatic stress disorder or other mental health concerns. Clinic services include medication management, group psychotherapy, individual psychotherapy, case management and coordinated care with VA and community programs.