



¡Bienvenido!

Es importante que entienda cómo funciona el Plan del Condado para obtener la atención que necesita. El manual lo ayudará a explicar sus beneficios, cómo obtener atención médica y otras preguntas sobre el Plan del Condado.

A continuación, se encuentran las instrucciones sobre cómo ubicar el Manual Para Miembros de DMC-ODS del Condado de Kern por la internet:

1. Desde su computadora, tableta o teléfono inteligente acceda al sitio web de Kern Behavioral Health & Recovery Services: <https://www.kernbhrs.org/>
2. Una vez que esté en la pantalla de inicio, haga clic en la pestaña "Substance Use".



3. Aquí se ubica la información relacionada con el Tratamiento de Uso de Sustancias.
4. Desplácese hacia abajo hasta que vea "Beneficiary Informing Materials for DMC-ODS."
5. Para acceder al Manual, haga clic en "DMC-ODS Member Handbook."

Beneficiary Informing Materials for DMC-ODS

[DMC-ODS Member Handbook - English](#)

[DMC-ODS Member Handbook - Spanish](#)

[DMC-ODS Provider Directory](#)

Para obtener una copia impresa del Manual Para Miembros de DMC-ODS del condado de Kern, solicite una copia a su proveedor.





Welcome!

It is important that you understand how the County Plan works to get the care you need. The handbook will help explain your benefits, how to get care, as well as answer any questions that you may have.

Below are the instructions on how to locate your Kern County DMC-ODS Member Handbook online:

From your computer, tablet or Smartphone access the Kern Behavioral Health & Recovery Services website at:

<https://www.kernbhhs.org/>



Once you are on the home screen, please click on the tab "Substance Use."



You are now viewing all the information related to Substance Use Treatment.

Please scroll down until you see "Beneficiary Informing Materials for DMC-ODS."

To access the Handbook, click on "DMC-ODS Member Handbook."

Beneficiary Informing Materials for DMC-ODS

[DMC-ODS Member Handbook](#)

[DMC-ODS Provider Directory](#)

For a printed copy of the DMC-ODS Member Handbook, please request a copy from your provider.



Mes:

Ano:

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO

NOTAS:

Month:

Year:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES:

Lista de verificación residencial

- Tarjeta médica
- Tarjeta de identificación /Licencia de conducir
- Formulario físico (dentro de los 30 días)

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Lista de verificación residencial

- Tarjeta médica
- Tarjeta de identificación /Licencia de conducir
- Formulario físico (dentro de los 30 días)



Ayudantes en su comunidad: ¿Es el ayudante capaz, disponible y aceptable?

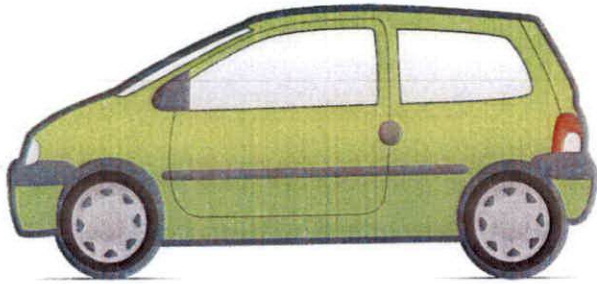
CENTRO DE CRISIS (SOCORRO): Kern BHRS 1-800-991-5272 o Nacional: 1-800-273-8255	
Centro de Prevención del Suicidio: Kern BHRS 1-800-991-5272 o Nacional: 1-800-273-8255	
LÍNEA de ADOLESCENTE CA: 1-800-843-5200	
CENTRO DE VIOLACIÓN / AGRESIÓN SEXUAL: Alianza-Kern County: 1-800-273-7713 o RAINN-Nacional: 1-800-656-4673	
LÍNEA DIRECTA DE VIOLENCIA DOMÉSTICA: Alianza-Kern County: 1-800-273-7713 o Nacional: 1-800-656-4673	
LÍNEA DIRECTA DE ABUSO SEXUAL: Alianza-Kern County: 1-877-233-0073 o RAINN-Nacional: 1-800-656-4673	
LÍNEA DIRECTA DE ABUSO INFANTIL: Conado de Kern: 1-877-233-0073 o CPS-Conado De Kern: 661-631-6011	
POLICÍA: Alguacil del Conado de Kern: 661-861-3110 o Policía de la Ciudad de Bakersfield: 661-327-7111	
UNIDAD DE SERVICIOS MÉDICOS DE EMERGENCIA PARAMÉDICA: 661-861-3110 o Policía de la Ciudad de Bakersfield: 661-327-7111	
CRISIS/RESPONSORIO DE SALUD MENTAL: BHRS Del Condado de Kern: 1-800-991-5272	
SERVICIOS DE EMERGENCIA HOSPITALARIA: Alguacil del Conado de Kern: 661-861-3110 o Policía de la Ciudad de Bakersfield: 661-327-7111	
REFUGIOS DE EMERGENCIA: MISIÓN DE RESCATE BAKERSFIELD: 661-325-0863 o Bethany Homeless Shelter: 661-322-9199	
ALBERGUE JUVENIL: 411	
CLÍNICA DE DIFUSIÓN DE SALUD MENTAL: Kern BHRS: 1-800-991-5272	
CLÍNICA PSIQUIÁTRICA INFANTIL Y JUVENIL: Kern BHRS: 1-800-991-5272	
PROFESIONALES PRIVADOS: 411	
CLÍNICA MÉDICA / MÉDICO GENERAL: 411	
SITIOS DE PRUEBAS Y INFORMACIÓN DE ETS: Departamento de Salud Pública del Condado de Kern: 661-321-3000 o Nacional: 1-800-227-8922	
OFICINAS DE SERVICIOS INFANTILES: Kern BHRS: 1-800-991-5272 o 661-868-6750	
SERVICIOS ESTUDIANTILES: 411	
REFERENCIAS DE CUIDADO INFANTIL: 411	
ENTRENAMIENTO PARA PADRES: Departamento de Servicios Humanos del condado de Kern: 661-631-6000 o línea de asistencia para padres: 1-88-955-9099	
SERVICIOS DE APOYO FAMILIAR: Departamento de Servicios Humanos del condado de Kern: 661-631-6000	
GRUPOS DE AUTOAYUDA: Kern BHRS 1-800-991-5272 o NAMI: 661-868-5061	
ASESORAMIENTO SOBRE ABUSO DE SUSTANCIAS: Kern BHRS: 1-800-991-5272	
ALCOHOLICOS ANONIMOS: Bakersfield: 661-322-4025 o NA-Bakersfield: 661-869-3356	
SERVICIOS DE SALUD MENTAL: Kern BHRS: 1-800-991-5272	
APOYO RELIGIOSO / ESPIRITUAL: 411	
ASISTENCIA LEGAL / ASISTENCIA DE VÍCTIMA-TESTIGO: GBLA: 661-325-5943 o Testigo de la víctima del condado de Kern: 661-868-4235	
FUNCIONARIOS DE CORRECCIONES COMUNITARIAS:	
OTRO: BHRS DEFENSA DE LA FAMILIA: 661-868-6626	OTRO: LÍNEA DE TEXTO: 741-741
OTRO: AUTORIDAD DE VIVIENDA DEL CONADO: 661-631-8500	OTRO: LÍNEA DE ACCESO SUD: 1-800-266-4898
OTRO: CENTRO DE GAY Y LESBIAN DE BAKERSFIELD: 661-843-7995	OTRO: 4898

RECURSOS PARA ADOLESCENTES

LÍNEA DIRECTA SOBRE EL SIDA/VIH	1.800.367.2437
AlaTeen	661.322.1102
Centro de Embarazo de Crisis de Bakersfield	661.326.1907
Centro de Gay y Lesbian de Bakersfield	661.843.7995
Línea directa de Boys Town National	1.800.448.3000
Línea directa de crisis juvenil de CA	1.800.843.5200
Línea de texto de crisis	"Escuchar" al 741-741
Línea directa de violencia doméstica	1.800.799.7233
Línea directa de drogas y alcohol	1.800.662.4357
Línea de Charla Nacional Juvenil GBLTQ	1.800.246.7743
Centralita Nacional de Escapadores	1.800.786.2929
Línea directa de asesoramiento en caso de crisis de Ninline	1.800.999.9999
Planificación familiar	661.634.1000
Programa para menores embarazadas / Cal-Safe	661.852.5651
Adolescentes embarazadas	661.324.0293
Línea directa de violación, abuso, incesto (RAINN)	1.800.656.4673
Línea directa de autolesiones	1.800.366.8288
Línea directa de ETS	1.800.227.8922
Línea de crisis para adolescentes	1.800.852.8336
El Proyecto Trevor-GLBTQ	1.866.488.7386

**Kern Family Healthcare Transporte #:
1-800-391-2000
Opción #3.**

**Health-Net
1-855-253-8683
(Llame con 5 días de anticipación)**



Nesecita Transporte?

Los servicios de transporte de **Kern Family Health Care** pueden llevarlo a su médico, dentista o proveedor de salud mental.

Llamar al 661-632-1590 o 800-391-2000

Seleccione la opción 3 para realizar una reserve

- ✓ El transporte debe solicitarse con al menos 5 días hábiles de anticipación.
- ✓ Requieren un formulario de certificación médica de cualquier médico de atención primaria.
- ✓ Así que por favor, planifique con anticipación, la certificación es buena para 12 meses.

Cuando llame, tenga lista la siguiente información: número de identificación de Kern Family Health Care, nombre del paciente, número de teléfono y número de fax.

También deberá proporcionar información sobre la cita. Nombre de la instalación, nombre del médico, dirección, número de teléfono y número de fax.

Si la cita con el médico es urgente, puede llamar y ver el transporte está disponible.

NO LO OLVIDE, SI CANCELA SU CITA CON EL MÉDICO, TAMBIÉN DEBE LLAMAR Y CANCELAR SU VIAJE. LA CANCELACIÓN DEBE HACERSE CON 24 HORAS DE ANTEMANO.

TIPOS DE TRANSPORTE

- ✓ Los servicios ambulatorios y de silla de ruedas están disponibles.
- ✓ La asistencia del coche a la puerta está disponible.
- ✓ Se puede emitir un pase de autobús a petición.
- ✓ Si un familiar o un amigo le proporciona transporte a su cita, puede recibir el reembolso a través de Kern Family Health Care.



**Kern FamilyTM
Health Care**
The Friendly Face
Of Kern Health Systems

July 14, 2021

Within 10 mile(s) of the center of Bakersfield, CA 93301

Specialties: Any Specialty

Language: Spanish

Javier Bustamante

1215 34th Street

BAKERSFIELD, CA 93301

661-663-4700

Monday: 08:00AM - 05:00PM

Tuesday: 08:00AM - 05:00PM

Wednesday: 08:00AM -

05:00PM Thursday: 08:00AM -

05:00PM Friday: 08:00AM -

04:00PM Saturday: Closed

Sunday: Closed

Distance: < 1 mi.

Specialties: Pediatrics

Gender: Male

Board Certifications: Am Bd

Pediatrics2099-12-31T00:00:00

Languages Spoken: Spanish

Misty Whitbey

1215 34th Street

BAKERSFIELD, CA 93301

661-663-4700

Monday: 08:00AM - 05:00PM

Tuesday: 08:00AM - 05:00PM

Wednesday: 08:00AM -

05:00PM Thursday: 08:00AM -

05:00PM Friday: 08:00AM -

04:00PM Saturday: Closed

Sunday: Closed

Distance: < 1 mi.

Specialties: Pediatrics

Gender: Female

Board Certifications:

Languages Spoken: Spanish

Melody Recio

1215 34th Street

BAKERSFIELD, CA 93301

661-663-4700

Monday: 08:00AM - 05:00PM

Tuesday: 08:00AM - 05:00PM

Wednesday: 08:00AM -

Distance: < 1 mi.

Specialties: Pediatrics

Gender: Female

Board Certifications:

Languages Spoken: Spanish

05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
04:00PM Saturday: Closed
Sunday: Closed

Michael Blyth
1215 34th Street
BAKERSFIELD, CA 93301
661-663-4700
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
04:00PM Saturday: Closed
Sunday: Closed

Distance: < 1 mi.
Specialties: Pediatrics
Gender: Male
Board Certifications: Am Bd
Pediatrics2099-12-31T00:00:00
Languages Spoken: Spanish

Niranjan Dass
2744 F Street Ste. 210
BAKERSFIELD, CA 93301
661-631-2229
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: < 1 mi.
Specialties: Pediatrics
Gender: Male
Board Certifications: Am Bd
Pediatrics2020-12-31T00:00:00
Languages Spoken: Spanish

Rocio Lopez
3801 San Dimas Street
BAKERSFIELD, CA 93301
661-327-3747
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: < 1 mi.
Specialties: Internal Medicine
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Alan Dakak
3941 San Dimas Street Ste.
101
BAKERSFIELD, CA 93301

Distance: < 1 mi.
Specialties: Pediatrics
Gender: Male
Board Certifications: Am Bd

661-864-7944
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Pediatrics2099-12-31T00:00:00
Languages Spoken: Spanish

Theresa Turner
3941 San Dimas Street Ste.
101
BAKERSFIELD, CA 93301
661-864-7944
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: < 1 mi.
Specialties: Pediatrics
Gender: Female
Board Certifications:
Languages Spoken: Spanish

William Bichai
3900 San Dimas Street
BAKERSFIELD, CA 93301
661-327-8000
Monday: 08:00AM - 05:30PM
Tuesday: 08:00AM - 05:30PM
Wednesday: 08:00AM -
05:30PM Thursday: 08:00AM -
05:30PM Friday: 08:00AM -
05:30PM Saturday: Closed
Sunday: Closed

Distance: < 1 mi.
Specialties: Internal Medicine
Gender: Male
Board Certifications: Am Bd Int Med (Sub:
Nephrology)2099-12-31T00:00:00Am Bd Internal
Medicine2099-12-31T00:00:00
Languages Spoken: Spanish

Kimberly Dixon
2000 Physicians Blvd
BAKERSFIELD, CA 93301
661-324-1455
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: < 1 mi.
Specialties: Pediatrics
Gender: Female
Board Certifications: Am Bd
Pediatrics2099-12-31T00:00:00
Languages Spoken: Spanish

Ruth Ogot
2000 Physicians Blvd
BAKERSFIELD, CA 93301
661-324-1455
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: < 1 mi.
Specialties: Family Practice
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Josue Fong Balart
2000 Physicians Blvd
BAKERSFIELD, CA 93301
661-324-1455
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: < 1 mi.
Specialties: Family Practice
Gender: Male
Board Certifications: Am Bd Family
Practice2099-12-31T00:00:00
Languages Spoken: Spanish

Yakdan Al Qaisi
4040 San Dimas Street Ste. A
BAKERSFIELD, CA 93301
661-363-6800
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: Closed
Saturday: Closed Sunday:
Closed

Distance: < 1 mi.
Specialties: Family Practice
Gender: Male
Board Certifications:
Languages Spoken: Spanish

Sarwa Aldoori
4040 San Dimas Street Ste. A
BAKERSFIELD, CA 93301
661-363-6800
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -

Distance: < 1 mi.
Specialties: Family Practice
Gender: Female
Board Certifications:
Languages Spoken: Spanish

05:00PM Friday: Closed
Saturday: Closed Sunday:
Closed

Sarwa Aldoori
4040 San Dimas Street Ste. A
BAKERSFIELD, CA 93301
661-363-6800

Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: Closed
Saturday: Closed Sunday:
Closed

Distance: < 1 mi.
Specialties: Family Practice
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Lennie Ornelaz
500 40th Street
BAKERSFIELD, CA 93301
661-327-3784

Monday: 08:00AM - 04:30PM
Tuesday: 08:00AM - 04:30PM
Wednesday: 08:00AM -
04:30PM Thursday: 08:00AM -
04:30PM Friday: 08:00AM -
04:30PM Saturday: Closed
Sunday: Closed

Distance: < 1 mi.
Specialties: Pediatrics
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Ronnie Claiborne
1925 17th Street
BAKERSFIELD, CA 93301
661-323-2295

Monday: 08:00AM - 05:00PM
Tuesday: 07:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 06:00AM -
05:00PM Friday: 06:00AM -
04:00PM Saturday: Closed
Sunday: Closed

Distance: < 1 mi.
Specialties: General Practice
Gender: Male
Board Certifications:
Languages Spoken: Spanish

Kimberly Dixon
1700 A Street
BAKERSFIELD, CA 93301
661-327-3271

Monday: 08:00AM - 05:00PM

Distance: 1 mi.
Specialties: Pediatrics
Gender: Female
Board Certifications: Am Bd
Pediatrics2099-12-31T00:00:00

Tuesday: 08:00AM - 05:00PM **Languages Spoken:** Spanish
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Cristina Dulcich
210 N Chester Avenue
BAKERSFIELD, CA 93308
866-707-6664
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: 08:00AM -
03:00PM Sunday: Closed

Distance: 1 mi.
Specialties: General Practice
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Matthew Beare
1015 Baker Street Ste. 4
BAKERSFIELD, CA 93305
661-328-4283
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 2 mi.
Specialties: Family Practice
Gender: Male
Board Certifications:
Languages Spoken: Spanish

Cristina Dulcich
525 Roberts Lane Bldg A
BAKERSFIELD, CA 93308
866-707-6664
Monday: 09:00AM - 06:00PM
Tuesday: 09:00AM - 06:00PM
Wednesday: 09:00AM -
06:00PM Thursday: 09:00AM -
06:00PM Friday: 08:00AM -
05:00PM Saturday: 08:00AM -
05:00PM Sunday: Closed

Distance: 2 mi.
Specialties: General Practice
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Brian Tyson
1701 Westwind Drive Ste. 215

Distance: 2 mi.
Specialties: Family Practice

BAKERSFIELD, CA 93301
661-679-7586
Monday: 09:00AM - 05:00PM
Tuesday: 09:00AM - 05:00PM
Wednesday: 09:00AM -
05:00PM Thursday: 09:00AM -
05:00PM Friday: 09:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Gender: Male
Board Certifications: Am Bd Family
Practice2099-12-31T00:00:00
Languages Spoken: Spanish

Guadalupe Galindo
1111 Columbus Street
BAKERSFIELD, CA 93305
661-326-2800
Monday: 08:00AM - 08:00PM
Tuesday: 08:00AM - 08:00PM
Wednesday: 08:00AM -
08:00PM Thursday: 08:00AM -
08:00PM Friday: 08:00AM -
08:00PM Saturday: 08:00AM -
05:00PM Sunday: Closed

Distance: 2 mi.
Specialties: Internal Medicine, Pediatrics
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Lulua Mandviwala
1111 Columbus Street
BAKERSFIELD, CA 93305
661-326-2800
Monday: 08:00AM - 08:00PM
Tuesday: 08:00AM - 08:00PM
Wednesday: 08:00AM -
08:00PM Thursday: 08:00AM -
08:00PM Friday: 08:00AM -
08:00PM Saturday: 08:00AM -
05:00PM Sunday: Closed

Distance: 2 mi.
Specialties: Pediatrics
Gender: Female
Board Certifications: Am Bd
Pediatrics2099-12-31T00:00:00
Languages Spoken: Spanish

Guadalupe Chavez
1111 Columbus Street
BAKERSFIELD, CA 93305
661-326-2800
Monday: 08:00AM - 08:00PM
Tuesday: 08:00AM - 08:00PM
Wednesday: 08:00AM -
08:00PM Thursday: 08:00AM -
08:00PM Friday: 08:00AM -
08:00PM Saturday: 08:00AM -
05:00PM Sunday: Closed

Distance: 2 mi.
Specialties: Family Practice
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Gabriel Garcia Barajas
1111 Columbus Street
BAKERSFIELD, CA 93305
661-326-2800
Monday: 08:00AM - 08:00PM
Tuesday: 08:00AM - 08:00PM
Wednesday: 08:00AM -
08:00PM Thursday: 08:00AM -
08:00PM Friday: 08:00AM -
08:00PM Saturday: 08:00AM -
05:00PM Sunday: Closed

Distance: 2 mi.
Specialties: Family Practice
Gender: Male
Board Certifications:
Languages Spoken: Spanish

Romona Dolan
611 Airport Drive
BAKERSFIELD, CA 93308
661-735-8870
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 2 mi.
Specialties: Internal Medicine
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Javier Hernandez
1611 1st Street
BAKERSFIELD, CA 93304
661-336-5300
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 2 mi.
Specialties: Family Practice
Gender: Male
Board Certifications:
Languages Spoken: Spanish

Amy Arreaza
1611 1st Street
BAKERSFIELD, CA 93304
661-336-5300
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -

Distance: 2 mi.
Specialties: Family Practice
Gender: Female
Board Certifications:
Languages Spoken: Spanish

05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Venkat Merla
1611 1st Street
BAKERSFIELD, CA 93304
661-336-5300
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 2 mi.
Specialties: Internal Medicine
Gender: Male
Board Certifications: Am Bd Internal
Medicine2021-12-31T00:00:00
Languages Spoken: Spanish

Olga Meave
1611 1st Street
BAKERSFIELD, CA 93304
661-336-5300
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 2 mi.
Specialties: Family Practice
Gender: Female
Board Certifications: Am Bd Family
Practice2099-12-31T00:00:00
Languages Spoken: Spanish

Pamela Smith
2123 Niles Street
BAKERSFIELD, CA 93305
661-546-9046
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 3 mi.
Specialties: Family Practice, Internal Medicine
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Fernando Mata
2123 Niles Street
BAKERSFIELD, CA 93305
661-546-9046
Monday: 08:00AM - 05:00PM

Distance: 3 mi.
Specialties: Family Practice
Gender: Male
Board Certifications:
Languages Spoken: Spanish

Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Baudelia Garcia
2123 Niles Street
BAKERSFIELD, CA 93305
661-546-9046

Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 3 mi.
Specialties: Family Practice
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Antoinette Placenti
2145 Niles Street
BAKERSFIELD, CA 93305
661-327-5984

Monday: 08:00AM - 06:00PM
Tuesday: 08:00AM - 06:00PM
Wednesday: 08:00AM -
06:00PM Thursday: 08:00AM -
06:00PM Friday: 08:00AM -
03:00PM Saturday: Closed
Sunday: Closed

Distance: 3 mi.
Specialties: Family Practice, Obstetrics &
Gynecology
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Vicente Benavidez
2145 Niles Street
BAKERSFIELD, CA 93305
661-327-5984

Monday: 08:00AM - 06:00PM
Tuesday: 08:00AM - 06:00PM
Wednesday: 08:00AM -
06:00PM Thursday: 08:00AM -
06:00PM Friday: 08:00AM -
03:00PM Saturday: Closed
Sunday: Closed

Distance: 3 mi.
Specialties: Family Practice
Gender: Male
Board Certifications:
Languages Spoken: Spanish

Harjeet Singh
2415 Niles Street

Distance: 3 mi.
Specialties: General Practice

BAKERSFIELD, CA 93306
661-631-1591
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Gender: Male
Board Certifications:
Languages Spoken: Spanish

Pamela Smith
2734 Ming Avenue
BAKERSFIELD, CA 93304
661-397-0100
Monday: 08:00AM - 06:00PM
Tuesday: 08:00AM - 06:00PM
Wednesday: 08:00AM -
06:00PM Thursday: 08:00AM -
06:00PM Friday: 08:00AM -
06:00PM Saturday: 08:00AM -
06:00PM Sunday: Closed

Distance: 3 mi.
Specialties: Family Practice, Internal Medicine
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Fernando Mata
2734 Ming Avenue
BAKERSFIELD, CA 93304
661-397-0100
Monday: 08:00AM - 06:00PM
Tuesday: 08:00AM - 06:00PM
Wednesday: 08:00AM -
06:00PM Thursday: 08:00AM -
06:00PM Friday: 08:00AM -
06:00PM Saturday: 08:00AM -
06:00PM Sunday: Closed

Distance: 3 mi.
Specialties: Family Practice
Gender: Male
Board Certifications:
Languages Spoken: Spanish

Baudelia Garcia
2734 Ming Avenue
BAKERSFIELD, CA 93304
661-397-0100
Monday: 08:00AM - 06:00PM
Tuesday: 08:00AM - 06:00PM
Wednesday: 08:00AM -
06:00PM Thursday: 08:00AM -
06:00PM Friday: 08:00AM -
06:00PM Saturday: 08:00AM -
06:00PM Sunday: Closed

Distance: 3 mi.
Specialties: Family Practice
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Mirna Chambi
1420 Crestmont Drive
BAKERSFIELD, CA 93306
661-873-7515
Monday: 09:00AM - 06:00PM
Tuesday: 09:00AM - 06:00PM
Wednesday: 09:00AM -
06:00PM Thursday: 09:00AM -
06:00PM Friday: 09:00AM -
06:00PM Saturday: Closed
Sunday: Closed

Distance: 4 mi.
Specialties: Family Practice
Gender: Female
Board Certifications: Am Bd Family
Practice2015-12-31T00:00:00
Languages Spoken: Spanish

Roy Daug
4131 Ming Avenue
BAKERSFIELD, CA 93309
866-707-6664
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 4 mi.
Specialties: Pediatrics
Gender: Male
Board Certifications:
Languages Spoken: Spanish

Roy Daug
1701 Stine Road
BAKERSFIELD, CA 93309
866-707-6664
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 4 mi.
Specialties: Pediatrics
Gender: Male
Board Certifications:
Languages Spoken: Spanish

Margarita Stewart
2400 Wible Road Ste. 14
BAKERSFIELD, CA 93304
661-835-1240
Monday: 08:00AM - 07:00PM
Tuesday: 08:00AM - 07:00PM
Wednesday: 08:00AM -
07:00PM Thursday: 08:00AM -

Distance: 4 mi.
Specialties: Family Practice
Gender: Female
Board Certifications:
Languages Spoken: Spanish

07:00PM Friday: 08:00AM -
07:00PM Saturday: Closed
Sunday: Closed

Idalia Ablin
5917-2 Niles Street
BAKERSFIELD, CA 93306
661-363-7000
Monday: 08:00AM - 04:00PM
Tuesday: 08:00AM - 04:00PM
Wednesday: 08:00AM -
04:00PM Thursday: 08:00AM -
04:00PM Friday: 08:00AM -
04:00PM Saturday: 08:00AM -
04:00PM Sunday: Closed

Distance: 4 mi.
Specialties: Internal Medicine
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Saul De la Rosa
5901 Niles Street
BAKERSFIELD, CA 93306
661-363-7232
Monday: 09:00AM - 06:00PM
Tuesday: 09:00AM - 06:00PM
Wednesday: 09:00AM -
06:00PM Thursday: 09:00AM -
06:00PM Friday: 09:00AM -
06:00PM Saturday: 09:00AM -
02:00PM Sunday: Closed

Distance: 5 mi.
Specialties: Family Practice
Gender: Male
Board Certifications:
Languages Spoken: Spanish

Raymond Menchaca
5901 Niles Street
BAKERSFIELD, CA 93306
661-363-7232
Monday: 09:00AM - 06:00PM
Tuesday: 09:00AM - 06:00PM
Wednesday: 09:00AM -
06:00PM Thursday: 09:00AM -
06:00PM Friday: 09:00AM -
06:00PM Saturday: 09:00AM -
02:00PM Sunday: Closed

Distance: 5 mi.
Specialties: Family Practice
Gender: Male
Board Certifications: Am Bd Family
Practice2099-12-31T00:00:00
Languages Spoken: Spanish

Adrian Rojas
5901 Niles Street
BAKERSFIELD, CA 93306
661-363-7232
Monday: 09:00AM - 06:00PM

Distance: 5 mi.
Specialties: Family Practice
Gender: Male
Board Certifications:
Languages Spoken: Spanish

Tuesday: 09:00AM - 06:00PM
Wednesday: 09:00AM -
06:00PM Thursday: 09:00AM -
06:00PM Friday: 09:00AM -
06:00PM Saturday: 09:00AM -
02:00PM Sunday: Closed

Pamela Smith

6025 Niles Street
BAKERSFIELD, CA 93306
661-404-4744

Monday: 09:00AM - 06:00PM
Tuesday: 09:00AM - 06:00PM
Wednesday: 09:00AM -
06:00PM Thursday: 09:00AM -
06:00PM Friday: 09:00AM -
06:00PM Saturday: Closed
Sunday: Closed

Distance: 5 mi.

Specialties: Family Practice, Internal Medicine

Gender: Female

Board Certifications:

Languages Spoken: Spanish

Fernando Mata

6025 Niles Street
BAKERSFIELD, CA 93306
661-404-4744

Monday: 09:00AM - 06:00PM
Tuesday: 09:00AM - 06:00PM
Wednesday: 09:00AM -
06:00PM Thursday: 09:00AM -
06:00PM Friday: 09:00AM -
06:00PM Saturday: Closed
Sunday: Closed

Distance: 5 mi.

Specialties: Family Practice

Gender: Male

Board Certifications:

Languages Spoken: Spanish

Baudelia Garcia

6025 Niles Street
BAKERSFIELD, CA 93306
661-404-4744

Monday: 09:00AM - 06:00PM
Tuesday: 09:00AM - 06:00PM
Wednesday: 09:00AM -
06:00PM Thursday: 09:00AM -
06:00PM Friday: 09:00AM -
06:00PM Saturday: Closed
Sunday: Closed

Distance: 5 mi.

Specialties: Family Practice

Gender: Female

Board Certifications:

Languages Spoken: Spanish

Pamela Smith

6055 Niles Street

Distance: 5 mi.

Specialties: Family Practice, Internal Medicine

BAKERSFIELD, CA 93306
661-363-0436
Monday: 08:00AM - 06:00PM
Tuesday: 08:00AM - 06:00PM
Wednesday: 08:00AM -
06:00PM Thursday: 08:00AM -
06:00PM Friday: 08:00AM -
06:00PM Saturday: Closed
Sunday: Closed

Gender: Female
Board Certifications:
Languages Spoken: Spanish

Fernando Mata
6055 Niles Street
BAKERSFIELD, CA 93306
661-363-0436
Monday: 08:00AM - 06:00PM
Tuesday: 08:00AM - 06:00PM
Wednesday: 08:00AM -
06:00PM Thursday: 08:00AM -
06:00PM Friday: 08:00AM -
06:00PM Saturday: Closed
Sunday: Closed

Distance: 5 mi.
Specialties: Family Practice
Gender: Male
Board Certifications:
Languages Spoken: Spanish

Baudelia Garcia
6055 Niles Street
BAKERSFIELD, CA 93306
661-363-0436
Monday: 08:00AM - 06:00PM
Tuesday: 08:00AM - 06:00PM
Wednesday: 08:00AM -
06:00PM Thursday: 08:00AM -
06:00PM Friday: 08:00AM -
06:00PM Saturday: Closed
Sunday: Closed

Distance: 5 mi.
Specialties: Family Practice
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Ronnie Claiborne
2303 S Union Avenue Ste. C2
BAKERSFIELD, CA 93307
661-885-7007
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: 08:00AM -
12:00PM Sunday: Closed

Distance: 5 mi.
Specialties: General Practice
Gender: Male
Board Certifications:
Languages Spoken: Spanish

Juan Corona
2303 S Union Avenue Ste. C2
BAKERSFIELD, CA 93307
661-885-7007
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: 08:00AM -
12:00PM Sunday: Closed

Distance: 5 mi.
Specialties: General Practice
Gender: Male
Board Certifications:
Languages Spoken: Spanish

Pamela Smith
8325 Brimhall Road Ste. 100A
BAKERSFIELD, CA 93312
661-589-0003
Monday: 08:00AM - 06:00PM
Tuesday: 08:00AM - 06:00PM
Wednesday: 08:00AM -
06:00PM Thursday: 08:00AM -
06:00PM Friday: 08:00AM -
06:00PM Saturday: 08:00AM -
06:00PM Sunday: Closed

Distance: 5 mi.
Specialties: Family Practice, Internal Medicine
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Fernando Mata
8325 Brimhall Road Ste. 100A
BAKERSFIELD, CA 93312
661-589-0003
Monday: 08:00AM - 06:00PM
Tuesday: 08:00AM - 06:00PM
Wednesday: 08:00AM -
06:00PM Thursday: 08:00AM -
06:00PM Friday: 08:00AM -
06:00PM Saturday: 08:00AM -
06:00PM Sunday: Closed

Distance: 5 mi.
Specialties: Family Practice
Gender: Male
Board Certifications:
Languages Spoken: Spanish

Baudelia Garcia
8325 Brimhall Road Ste. 100A
BAKERSFIELD, CA 93312
661-589-0003
Monday: 08:00AM - 06:00PM
Tuesday: 08:00AM - 06:00PM
Wednesday: 08:00AM -
06:00PM Thursday: 08:00AM -

Distance: 5 mi.
Specialties: Family Practice
Gender: Female
Board Certifications:
Languages Spoken: Spanish

06:00PM Friday: 08:00AM -
06:00PM Saturday: 08:00AM -
06:00PM Sunday: Closed

Homayoun Sohrabi
212 Coffee Road
BAKERSFIELD, CA 93309
661-520-4050
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 5 mi.
Specialties: Family Practice
Gender: Male
Board Certifications: Am Bd Family
Practice2099-12-31T00:00:00
Languages Spoken: Spanish

Ricardo Rodriguez
212 Coffee Road
BAKERSFIELD, CA 93309
661-520-4050
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 5 mi.
Specialties: Family Practice
Gender: Male
Board Certifications: Am Bd Family
Practice2099-12-31T00:00:00
Languages Spoken: Spanish

Angie Shaffner
1451 White Lane
BAKERSFIELD, CA 93307
866-707-6664
Monday: Closed Tuesday:
Closed Wednesday: 08:00AM -
05:00PM Thursday: Closed
Friday: 08:00AM - 05:00PM
Saturday: Closed Sunday:
Closed

Distance: 5 mi.
Specialties: Family Practice
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Emad Shafic
3015 Calloway Drive Ste. 12
BAKERSFIELD, CA 93312
661-587-6464
Monday: 08:30AM - 05:00PM
Tuesday: 08:30AM - 05:00PM

Distance: 5 mi.
Specialties: Pediatrics
Gender: Male
Board Certifications: Am Bd
Pediatrics2099-12-31T00:00:00
Languages Spoken: Spanish

Wednesday: 08:30AM -
05:00PM Thursday: 08:30AM -
05:00PM Friday: 08:30AM -
05:00PM Saturday: Closed
Sunday: Closed

Lyndon Senar
9840 Brimhall Road
BAKERSFIELD, CA 93312
661-587-8882

Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
04:00PM Saturday: Closed
Sunday: Closed

Distance: 5 mi.
Specialties: Pediatrics
Gender: Male
Board Certifications:
Languages Spoken: Spanish

Belinda Santos-Senar
9840 Brimhall Road
BAKERSFIELD, CA 93312
661-587-8882

Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
04:00PM Saturday: Closed
Sunday: Closed

Distance: 5 mi.
Specialties: Pediatrics
Gender: Female
Board Certifications: Am Bd
Pediatrics2099-12-31T00:00:00
Languages Spoken: Spanish

Cristina Dulcich
1014 Calloway Drive
BAKERSFIELD, CA 93312
866-707-6664

Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: 08:00AM -
12:00PM Sunday: Closed

Distance: 5 mi.
Specialties: General Practice
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Ruben Comelli
1014 Calloway Drive
BAKERSFIELD, CA 93312

Distance: 5 mi.
Specialties: Family Practice
Gender: Male

866-707-6664
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: 08:00AM -
12:00PM Sunday: Closed

Board Certifications: Am Bd Family
Practice2099-12-31T00:00:00
Languages Spoken: Spanish

Neloufa Merrill
1014 Calloway Drive
BAKERSFIELD, CA 93312
866-707-6664
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: 08:00AM -
12:00PM Sunday: Closed

Distance: 5 mi.
Specialties: Pediatrics
Gender: Female
Board Certifications: Am Bd
Pediatrics2099-12-31T00:00:00
Languages Spoken: Spanish

Andres Ordonez
5401 White Lane
BAKERSFIELD, CA 93309
661-396-7100
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: 08:00AM -
05:00PM Sunday: Closed

Distance: 5 mi.
Specialties: Internal Medicine
Gender: Male
Board Certifications:
Languages Spoken: Spanish

Romona Dolan
5401 White Lane
BAKERSFIELD, CA 93309
661-396-7100
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: 08:00AM -
05:00PM Sunday: Closed

Distance: 5 mi.
Specialties: Internal Medicine
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Francis Arenas
5401 White Lane
BAKERSFIELD, CA 93309
661-396-7100
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: 08:00AM -
05:00PM Sunday: Closed

Distance: 5 mi.
Specialties: Internal Medicine
Gender: Female
Board Certifications: Am Bd Internal
Medicine2099-12-31T00:00:00
Languages Spoken: Spanish

Lennie Ornelaz
9880 Brimhall Road
BAKERSFIELD, CA 93312
661-663-3122
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 5 mi.
Specialties: Pediatrics
Gender: Female
Board Certifications:
Languages Spoken: Spanish

Katherine Schlaerth
7800 Niles Street
BAKERSFIELD, CA 93306
661-328-4284
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 6 mi.
Specialties: Family Practice, Pediatrics
Gender: Female
Board Certifications: Am Bd Family
Practice2099-12-31T00:00:00Am Bd Family Practice
(Sub: Geri Med)2030-12-31T00:00:00Am Bd
Pediatrics2099-12-31T00:00:00Am Bd Pediatrics
(Sub: Infectious Disease)2099-12-31T00:00:00
Languages Spoken: Spanish

Tana Parker
7800 Niles Street
BAKERSFIELD, CA 93306
661-328-4284
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -

Distance: 6 mi.
Specialties: Family Practice
Gender: Female
Board Certifications: Am Bd Family
Practice2099-12-31T00:00:00
Languages Spoken: Spanish

05:00PM Saturday: Closed
Sunday: Closed

Xenia Roldan
9508 Stockdale Highway Ste.
150
BAKERSFIELD, CA 93311
661-663-7500
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 6 mi.
Specialties: Pediatrics
Gender: Female
Board Certifications: Am Bd
Pediatrics2099-12-31T00:00:00
Languages Spoken: Spanish

Valerie Cayabyab-Garcia
9508 Stockdale Highway Ste.
150
BAKERSFIELD, CA 93311
661-663-7500
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 6 mi.
Specialties: Pediatrics
Gender: Female
Board Certifications: Am Bd
Pediatrics2099-12-31T00:00:00
Languages Spoken: Spanish

Rahul Sharma
9610 Stockdale Highway Ste. B
BAKERSFIELD, CA 93311
661-664-0314
Monday: 08:30AM - 05:00PM
Tuesday: 08:30AM - 05:00PM
Wednesday: 08:30AM -
05:00PM Thursday: 08:30AM -
05:00PM Friday: 08:30AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 6 mi.
Specialties: Obstetrics & Gynecology
Gender: Male
Board Certifications:
Languages Spoken: Spanish

Anamika Shukla
9900 Stockdale Highway Ste.
107
BAKERSFIELD, CA 93311

Distance: 6 mi.
Specialties: Internal Medicine
Gender: Female
Board Certifications:

661-664-0600

Languages Spoken: Spanish

Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Ravinderjit Singh

9900 Stockdale Highway Ste.
205

BAKERSFIELD, CA 93311

661-282-8998

Monday: 08:00AM - 05:30PM
Tuesday: 08:00AM - 05:30PM
Wednesday: 08:00AM -
05:30PM Thursday: 08:00AM -
05:30PM Friday: 08:00AM -
05:30PM Saturday: 10:00AM -
03:00PM Sunday: 02:00AM -
07:00PM

Distance: 6 mi.

Specialties: Family Practice

Gender: Female

Board Certifications: Am Bd Family
Practice2015-12-31T00:00:00

Languages Spoken: Spanish

Javier Bustamante

300 Old River Road Ste. 105

BAKERSFIELD, CA 93311

661-663-4700

Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
04:00PM Saturday: Closed
Sunday: Closed

Distance: 6 mi.

Specialties: Pediatrics

Gender: Male

Board Certifications: Am Bd
Pediatrics2099-12-31T00:00:00

Languages Spoken: Spanish

Misty Whitbey

300 Old River Road Ste. 105

BAKERSFIELD, CA 93311

661-663-4700

Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
04:00PM Saturday: Closed

Distance: 6 mi.

Specialties: Pediatrics

Gender: Female

Board Certifications:

Languages Spoken: Spanish

Sunday: Closed

Melody Recio

300 Old River Road Ste. 105
BAKERSFIELD, CA 93311
661-663-4700

Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
04:00PM Saturday: Closed
Sunday: Closed

Distance: 6 mi.

Specialties: Pediatrics

Gender: Female

Board Certifications:

Languages Spoken: Spanish

Michael Blyth

300 Old River Road Ste. 105
BAKERSFIELD, CA 93311
661-663-4700

Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
04:00PM Saturday: Closed
Sunday: Closed

Distance: 6 mi.

Specialties: Pediatrics

Gender: Male

Board Certifications: Am Bd

Pediatrics2099-12-31T00:00:00

Languages Spoken: Spanish

Mary Collignon

500 Old River Road Ste. 250
BAKERSFIELD, CA 93311
661-459-1010

Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 6 mi.

Specialties: Family Practice

Gender: Female

Board Certifications:

Languages Spoken: Spanish

Jessica Lopez-Moore

500 Old River Road Ste. 110
BAKERSFIELD, CA 93311
661-370-0777

Monday: 09:00AM - 05:00PM
Tuesday: 09:00AM - 05:00PM
Wednesday: 09:00AM -

Distance: 6 mi.

Specialties: Pediatrics

Gender: Female

Board Certifications:

Languages Spoken: Spanish

05:00PM Thursday: 09:00AM -
05:00PM Friday: 09:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Angie Shaffner
4600 Panama Lane Ste. 102B
BAKERSFIELD, CA 93313
866-707-6664

Monday: 08:00AM - 06:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 7 mi.
Specialties: Family Practice
Gender: Female
Board Certifications:
Languages Spoken: Spanish



**Kern Family
Health Care**

The Friendly Face
Of Kern Health Systems

December 17, 2018

Within 20 mile(s) of a manually chosen location

Specialties: General Practice

Joo Kim
2317 17th Street
BAKERSFIELD, CA 93301
661-323-5484
Monday: 09:00AM - 05:30PM
Tuesday: 09:00AM - 05:30PM
Wednesday: 09:00AM -
05:30PM Thursday: 09:00AM -
12:30PM Friday: 09:00AM -
12:30PM Saturday: Closed
Sunday: Closed

Distance: 1 mi.
Specialties: General Practice
Gender: Male
Board Certifications:
Languages Spoken: EnglishKorean

Greg Baker
1925 17th Street
BAKERSFIELD, CA 93301
661-323-2295
Monday: 08:00AM - 05:00PM
Tuesday: 07:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 06:00AM -
05:00PM Friday: 06:00AM -
04:00PM Saturday: Closed
Sunday: Closed

Distance: 2 mi.
Specialties: General Practice
Gender: Male
Board Certifications:
Languages Spoken: English

Ronnie Claiborne
1925 17th Street
BAKERSFIELD, CA 93301
661-323-2295
Monday: 08:00AM - 05:00PM
Tuesday: 07:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 06:00AM -

Distance: 2 mi.
Specialties: General Practice
Gender: Male
Board Certifications:
Languages Spoken: EnglishSpanish

05:00PM Friday: 06:00AM -
04:00PM Saturday: Closed
Sunday: Closed

Harjeet Randhawa
4131 Ming Avenue
BAKERSFIELD, CA 93309
800-300-6664
Monday: 08:00AM - 06:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 2 mi.
Specialties: General Practice
Gender: Female
Board Certifications:
Languages Spoken: EnglishPunjabi

Roy Peterson
525 Roberts Lane Bldg A
BAKERSFIELD, CA 93308
800-300-6664
Monday: 09:00AM - 06:00PM
Tuesday: 09:00AM - 06:00PM
Wednesday: 09:00AM -
06:00PM Thursday: 09:00AM -
06:00PM Friday: 08:00AM -
05:00PM Saturday: 08:00AM -
05:00PM Sunday: Closed

Distance: 3 mi.
Specialties: General Practice
Gender: Male
Board Certifications:
Languages Spoken: EnglishSpanish

Ruth Ogot
2000 Physicians Blvd
BAKERSFIELD, CA 93301
661-324-1455
Monday: 08:30AM - 05:30PM
Tuesday: 08:30AM - 05:30PM
Wednesday: 08:30AM -
05:30PM Thursday: 08:30AM -
05:30PM Friday: 08:30AM -
05:30PM Saturday: 08:30AM -
05:30PM Sunday: Closed

Distance: 3 mi.
Specialties: General Practice
Gender: Female
Board Certifications:
Languages Spoken: EnglishSpanish

Rosa Luna
3940 San Dimas Street
BAKERSFIELD, CA 93301
661-322-2164
Monday: 09:00AM - 06:00PM

Distance: 3 mi.
Specialties: General Practice
Gender: Female
Board Certifications:
Languages Spoken: English

Tuesday: 09:00AM - 06:00PM
Wednesday: 09:00AM -
06:00PM Thursday: 09:00AM -
06:00PM Friday: 09:00AM -
06:00PM Saturday: 09:00AM -
01:00PM Sunday: Closed

Juan Corona
3940 San Dimas Street
BAKERSFIELD, CA 93301
661-322-2164
Monday: 09:00AM - 06:00PM
Tuesday: 09:00AM - 06:00PM
Wednesday: 09:00AM -
06:00PM Thursday: 09:00AM -
06:00PM Friday: 09:00AM -
06:00PM Saturday: 09:00AM -
01:00PM Sunday: Closed

Distance: 3 mi.
Specialties: General Practice
Gender: Male
Board Certifications:
Languages Spoken: EnglishSpanish

Ronnie Claiborne
3940 San Dimas Street
BAKERSFIELD, CA 93301
661-322-2164
Monday: 09:00AM - 06:00PM
Tuesday: 09:00AM - 06:00PM
Wednesday: 09:00AM -
06:00PM Thursday: 09:00AM -
06:00PM Friday: 09:00AM -
06:00PM Saturday: 09:00AM -
01:00PM Sunday: Closed

Distance: 3 mi.
Specialties: General Practice
Gender: Male
Board Certifications:
Languages Spoken: EnglishSpanish

Cristina Dulcich
3409 Calloway Drive Bldg 300
BAKERSFIELD, CA 93312
800-300-6664
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 4 mi.
Specialties: General Practice
Gender: Female
Board Certifications:
Languages Spoken: EnglishSpanish

Jot Preet Sahi
815 Dr. Martin Luther King Jr.

Distance: 4 mi.
Specialties: General Practice

Blvd
BAKERSFIELD, CA 93307
661-322-3905
Monday: 08:00AM - 07:00PM
Tuesday: 08:00AM - 07:00PM
Wednesday: 08:00AM -
07:00PM Thursday: 08:00AM -
07:00PM Friday: 08:00AM -
07:00PM Saturday: 08:00AM -
07:00PM Sunday: Closed

Gender: Male
Board Certifications:
Languages Spoken: EnglishHindiPunjabi

Felicitation Morris
1010 1/2 S Union Avenue
BAKERSFIELD, CA 93307
661-321-0234
Monday: 08:00AM - 05:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 4 mi.
Specialties: General Practice
Gender: Female
Board Certifications:
Languages Spoken: English

Harjeet Randhawa
4151 Mexicali Drive
BAKERSFIELD, CA 93313
800-300-6664
Monday: Closed Tuesday:
08:00AM - 05:00PM
Wednesday: Closed Thursday:
Closed Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 4 mi.
Specialties: General Practice
Gender: Female
Board Certifications:
Languages Spoken: EnglishPunjabi

Rosa Luna
1491 White Lane
BAKERSFIELD, CA 93307
661-835-2600
Monday: 07:00AM - 07:00PM
Tuesday: 07:00AM - 07:00PM
Wednesday: 07:00AM -
07:00PM Thursday: 07:00AM -
07:00PM Friday: 07:00AM -
07:00PM Saturday: 07:00AM -
05:00PM Sunday: Closed

Distance: 4 mi.
Specialties: General Practice
Gender: Female
Board Certifications:
Languages Spoken: English

Juan Corona
1491 White Lane
BAKERSFIELD, CA 93307
661-835-2600
Monday: 07:00AM - 07:00PM
Tuesday: 07:00AM - 07:00PM
Wednesday: 07:00AM -
07:00PM Thursday: 07:00AM -
07:00PM Friday: 07:00AM -
07:00PM Saturday: 07:00AM -
05:00PM Sunday: Closed

Distance: 4 mi.
Specialties: General Practice
Gender: Male
Board Certifications:
Languages Spoken: EnglishSpanish

Ronnie Claiborne
1491 White Lane
BAKERSFIELD, CA 93307
661-835-2600
Monday: 07:00AM - 07:00PM
Tuesday: 07:00AM - 07:00PM
Wednesday: 07:00AM -
07:00PM Thursday: 07:00AM -
07:00PM Friday: 07:00AM -
07:00PM Saturday: 07:00AM -
05:00PM Sunday: Closed

Distance: 4 mi.
Specialties: General Practice
Gender: Male
Board Certifications:
Languages Spoken: EnglishSpanish

Harjeet Singh
2415 Niles Street
BAKERSFIELD, CA 93306
661-631-1591
Monday: 08:30AM - 05:30PM
Tuesday: 08:30AM - 05:30PM
Wednesday: 08:30AM -
05:30PM Thursday: 08:30AM -
05:30PM Friday: 08:30AM -
05:30PM Saturday: Closed
Sunday: Closed

Distance: 5 mi.
Specialties: General Practice
Gender: Male
Board Certifications:
Languages Spoken: EnglishHindiPunjabiSpanish

Harjeet Randhawa
4600 Panama Lane Ste. 102B
BAKERSFIELD, CA 93313
800-300-6664
Monday: 08:00AM - 06:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -

Distance: 5 mi.
Specialties: General Practice
Gender: Female
Board Certifications:
Languages Spoken: EnglishPunjabi

05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Young Park
4600 Panama Lane Ste. 102B
BAKERSFIELD, CA 93313
800-300-6664

Monday: 08:00AM - 06:00PM
Tuesday: 08:00AM - 05:00PM
Wednesday: 08:00AM -
05:00PM Thursday: 08:00AM -
05:00PM Friday: 08:00AM -
05:00PM Saturday: Closed
Sunday: Closed

Distance: 5 mi.
Specialties: General Practice
Gender: Male
Board Certifications:
Languages Spoken: EnglishKorean

Cheri Schnell
8787 Hall Road
LAMONT, CA 93241
661-845-3731

Monday: 08:00AM - 07:00PM
Tuesday: 08:00AM - 07:00PM
Wednesday: 08:00AM -
07:00PM Thursday: 08:00AM -
07:00PM Friday: 08:00AM -
07:00PM Saturday: 08:00AM -
07:00PM Sunday: Closed

Distance: 11 mi.
Specialties: General Practice
Gender: Female
Board Certifications:
Languages Spoken: English

Jong Moon
406 James Street
SHAFTER, CA 93263
661-746-5788

Monday: 08:00AM - 05:30PM
Tuesday: 08:00AM - 05:30PM
Wednesday: 08:00AM -
05:30PM Thursday: 08:00AM -
05:30PM Friday: 08:00AM -
05:30PM Saturday: Closed
Sunday: Closed

Distance: 16 mi.
Specialties: General Practice
Gender: Male
Board Certifications:
Languages Spoken: EnglishKoreanSpanish

Shimeaka Hodges
406 James Street
SHAFTER, CA 93263
661-746-5788

Monday: 08:00AM - 05:30PM

Distance: 16 mi.
Specialties: General Practice
Gender: Female
Board Certifications:
Languages Spoken: English

Tuesday: 08:00AM - 05:30PM
Wednesday: 08:00AM -
05:30PM Thursday: 08:00AM -
05:30PM Friday: 08:00AM -
05:30PM Saturday: Closed
Sunday: Closed

[The main body of the page contains extremely faint and illegible text, likely bleed-through from the reverse side of the paper. The text is scattered across the page and cannot be transcribed accurately.]

FAQs

What if I missed my intake appointment? You can reschedule with Gateway.

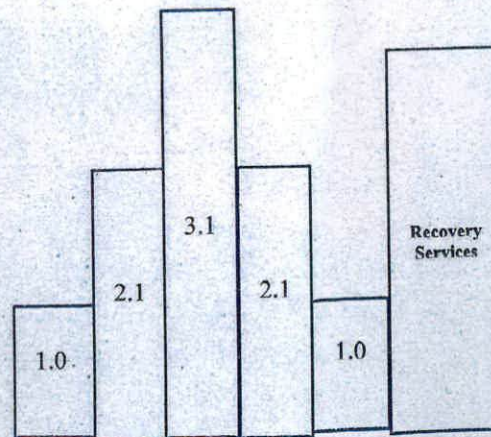
What can RISE/START do for me? RISE provides case management services related to client's recovery. We focus mostly on linkage to Primary Care Provider, mental health services and Education/vocation services. We also provide case coordination to help with obtaining appropriate services. START provides the same services but are located at different mental health teams within KBHRS, which allows for easier case coordination.

What if I started treatment but stopped going? RISE/START will make attempts to re-engage you in treatment. If RISE/START is unable to re-engage you, they may close your case to RISE/START.

What if I wanted residential treatment but was given an outpatient appointment? If you request residential you may go on the waiting list but are required to attend outpatient appointments. In the interim to stay on the waiting list for a residential bed.

How often do I update my information with my team? Any time there is a change.

SUD Continuum



START HERE!

Roadmap to SUD Services



Substance Use Disorder Treatment

- Client will attend their SUD treatment appointments as schedule.
- RISE/START will check in with client throughout their treatment episode and assist with clients through the SUD treatment continuum.

START HERE

GATEWAY

(866) 266-4898

- Gateway is where clients start SUD services.
- They are screened and provided with an appointment for SUD treatment.
- Assigned to RISE Team (Recover, Inspire, Support, and Empower-Team) or START (Substance Treatment And Recovery Team)

Recovery Services

- Recovery oriented activities
 - Extra Support
 - Voluntary
- You will be inspired by others, You will inspire others

CASE MANAGEMENT Recovery, Inspire, Support, Empower team (RISE team)

(661) 868-6100

Substance Treatment and Recovery Team (START)

(661) 868-0848

- RISE TEAM or START TEAM
- Clients are transferred to RISE staff "Officer of the Day" for orientation
- RISE discusses services available to client and sets up an appointment to discuss further needs, recovery goals and to obtain Release of Informaion.
- If client is opened to mental health team within KernBHRS, they will be transferred to START who will provide the SUD case management.
- RISE/START assists with transportation so that client can make it to their first appointment.
- RISE/START will provide SUD related management for duration client is in SUD treatment and clinically needs that service.

La sobredosis es más común cuando:

- Su tolerancia ha disminuido debido a no usar heroína o metadona, después del encarcelamiento, la desintoxicación o el tratamiento sin drogas.
- Cuando se mezclan drogas, especialmente, la heroína con otros downers, como el alcohol o los benzos.
- Cuando se usa solo - nadie está alrededor para responder si usted se mete en problemas.

Signos de advertencia de sobredosis de heroína:

- No puede ser despertado por el ruido o el dolor (trate de gritar su nombre y frotar los nudillos en su esternón)
- Labios y uñas azules o
- Respiración lenta (menos de 1 respiración cada 5 segundos) o superficial
- Jadear, gorgear o roncar
- Vómitos

Servicios de Gateway

- ¿Estás listo para entrar en tratamiento?
- ¿Necesita más información sobre dónde buscar tratamiento para el trastorno por uso de sustancias?

Evaluación Telefónica
Llame a la línea telefónica de
GATEWAY

al
866-266-4898

Evaluación en Persona

OC Sills - Window R8
100 East California Ave
Bakersfield, Ca
O
Mary K. Shell
2151 College Ave
Bakersfield, Ca

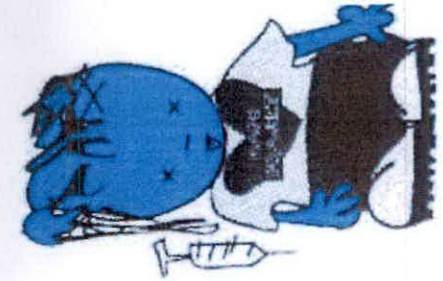
¿Estás en crisis?

Llame las 24 horas del día

1-800-991-5272

Visite KERNRxReturn.org
para saber cómo puede
hacer que Medi-Cal pague
Naloxone o a bajo costo.

¿Tienes Naloxona?



Prevención y supervivencia de sobredosis de opiáceos

Reacción de Emergencia por sobredosis de opioides



nasal naloxone



Administrar naloxona nasal

- Reúna naloxona nasal.
- Rocíe la mitad de cada fosa nasal
- Repita después de 2 a 5 minutos si aún no está consciente



Intenta despertar a la persona

- Agítelos y grite.
- Si no hay respuesta, apriete los nudillos contra el esternón durante 5 a 10 segundos.



Comprobación de la respiración

- Realice resucitación cardiopulmonar si ha recibido capacitación o realiza respiración artificial:
- Inclíne la cabeza hacia atrás, abra la boca y pellizque la nariz.
- Comience con 2 respiraciones en la boca. Luego, 1 respiración cada 5 segundos.



Alguien está inconsciente y no respira"

Llama al 911

- Si debe dejar a la persona sola para realizar la llamada, sáquela en la posición de recuperación.
- Dar dirección / ubicación
- Diga "la persona está inconsciente y no respira"
- No tiene que decir que hay drogas involucradas hasta que llegue la ambulancia.



Quédate con la persona

- La naloxona desaparece en 30 a 90 minutos.
- Cuando la persona se despierte, explique lo que sucedió.
- Si necesita irse, ponga a la persona de lado para evitar que se ahogue.

18 month

Christian Discipleship Programs for Unaccompanied Men & Women & Women with Children

- Abuse & Addiction Recovery
- Counseling Services
- Job Readiness
- Work Therapy
- Life Skills

Next Steps Transitional Housing

Upon graduation from the 18 month Christian Discipleship Program, residents can move into our Transitional Housing as they make their "Next Steps" while living in a safe & sober environment:

- Resume Writing
- Job Placement
- Budgeting
- Transportation
- Continued church involvement
- Permanent Housing

*"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you a hope and a future."
Jeremiah 29:11*

Learning Center

We offer a comprehensive multimedia facility with 15 computers, staffed by a fully credentialed instructor. The Learning Center is available to all of the Mission at Kern County's guests. We offer Microsoft Office, GED and CompTIA computer tech certifications.

In collaboration with other local agencies, we strive to provide trade support and other vocational training in order to help our guests achieve life success.



**The Mission
AT KERN COUNTY**

Ph: (661) 325-0863

Fax: (661) 325-0777

**821 East 21st Street
Bakersfield, CA 93305**

themissionkc.org

**The Mission
AT KERN COUNTY**

**Providing hope
&
a future to those
in need since 1952**

do you believe

H.I.S.
Homeless Intervention Services

- Shelter
- 3 Meals per Day
- Case Management
- AA/NA
- Community Outreach
- Spiritual Guidance

We have partnered with other agencies to offer:

- Healthcare
- Legal Assistance
- Financial Accountability
- Mental Health Services
- Permanent Housing
- Job Readiness Training
- Employment

Needs:

- Non-perishable Food items
- Blankets
- Toiletries
- Towels
- Socks
- Shoes
- Clothing
- Twin Sheets
- Coffee Cups
- Thumb Drives

 **The Mission**
AT KERN COUNTY
do you believe

Encore Boutique
Retail-Resale

Monday - Friday: 10:00 am - 6:00 pm
Saturday: 10:00 am - 2:00 pm

Encore Boutique provides job training for men & women going through our 18 month Discipleship Program. They are learning customer service, problem solving, and communication skills.

As they continue to gain experience at Encore, they are putting themselves in a good position to get hired in retail after they graduate.

We accept new and gently used women's, children's and men's apparel, household items, vintage clothing, jewelry...and more.

If you would like to shop, give or volunteer at Encore, please come visit us at:



1317 Eye Street

Dear Friend,

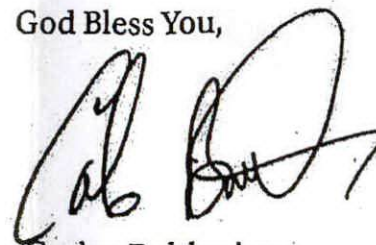
When a person comes to The Mission at Kern County after years or even decades of self-destructive behavior, they often believe they are hopeless. But we have a message for them . . .

Philippians 4:13 says: "I can do all things through Christ who strengthens me."

This is a foundational truth of victorious Christian living; one that's especially important for men and women recovering here. It's how they break addiction, overcome poverty, recover from abuse, and defeat any other struggle.

Not a day goes by that we don't see Jesus delivering on this promise. We hope you will prayerfully consider partnering with us to bring hope and help to our hurting brothers and sisters.

God Bless You,

A handwritten signature in black ink, appearing to read "Carlos Baldovinos".

Carlos Baldovinos
Executive Director

LOS 10 MEJORES CONSEJOS PARA DEJAR DE FUMAR

Los asesores de
Kick It California
comparten consejos
para dejar de fumar
con éxito.

KICK IT
California

Inscríbese en línea en
www.kickitca.org/es

    @kickitca

Material financiado por el Departamento de
Salud Pública de California y por First 5 California.

- 1. ENCUENTRE UNA RAZÓN PARA DEJAR DE FUMAR**
¿Quiere respirar mejor? ¿Vivir más años con su familia?
¿Ahorrar dinero? Anote lo que le motiva. Encontrar una razón
de peso puede ayudarle a empezar el proceso y a mantenerse
sin fumar en los momentos difíciles.
- 2. HAGA UN PLAN**
Piense en los detonantes que le provocan fumar: ¿El estrés? ¿Estar
cerca de otros fumadores? ¿El alcohol? ¿Algo más? Planifique
como mantenerse sin fumar en esos momentos. Mantenga las
manos y la mente ocupadas para no pensar en el tabaco. Por
ejemplo, tome agua, lave los platos, hable con personas que no fuman.
- 3. LLAME AL 1-800-600-8191**
Las personas que llaman a Kick It California duplican sus
posibilidades de dejar de fumar con éxito. Un asesor capacitado
le ayudará a crear un plan personalizado para dejar de fumar y le
brindará apoyo en su proceso por dejarlo. ¡Es gratis y funciona!
- 4. BUSQUE APOYO**
Estudios científicos han demostrado que el apoyo de otras
personas en el proceso por dejarlo funciona. Hable con su
familia y amistades acerca de su plan para dejar de fumar.
Hágales saber como pueden ayudarle.
- 5. USE UN PRODUCTO DE AYUDA PARA DEJAR DE FUMAR**
Los productos para dejar de fumar, como los chicles, parches de
nicotina y otros medicamentos aprobados por el Departamento
de Control de Alimentos y Medicamentos (FDA) pueden ser de
ayuda. Estos productos pueden reducir los síntomas de abstinencia
y aumentan la probabilidad de dejar de fumar con éxito. Es posible
que su seguro médico o Medi-Cal cubran el costo. Pregunte a su
médico qué producto es el más adecuado para su situación.
- 6. CONVIERTA SU CASA Y AUTÓMOVIL EN ESPACIOS LIBRES
DE HUMO**
Los espacios libres de humo pueden ayudarle a dejar de fumar.
Su familia y amigos también disfrutarán de un aire más limpio y
de una vida más larga y feliz, ¡con su presencia!
- 7. MARQUE UNA FECHA PARA DEJAR DE FUMAR**
Elija una fecha para dejar de fumar. Esto le hará sentir que su
decisión es seria y eso le comprometerá a intentarlo.
- 8. DEJE DE FUMAR EN LA FECHA QUE ELIGIÓ**
Fijar una fecha solo ayuda si realmente lo intenta. Planear es
bueno, pero llevar a cabo una acción es aún mejor.
- 9. IMAGÍNESE COMO UNA PERSONA LIBRE DE HUMO**
Después de dejar de fumar, decida: ¿es usted una persona
fumadora que simplemente no fuma por ahora? o ¿es usted una
persona libre del tabaco? Para las personas libres del tabaco, fumar
no es una opción en ninguna circunstancia. Visualícese como una
persona no fumadora.
- 10. SIGA INTENTÁNDOLO**
La mayoría de las personas intentan dejar de fumar varias
veces antes de tener éxito. Los tropiezos no tienen por que
convertirse en recaídas, pero si esto sucediera, recuerde que
cada intento le acerca más a su meta.

¡Siga intentándolo y lo logrará!

TOP 10 TIPS TO QUIT SMOKING

Quit Coaches from
Kick It California
provide
their top 10 tips to
quit for good.

KICK IT
California

Enroll online at
www.kickitca.org

    @kickitca

This material made possible by the California
Department of Public Health and First 5 California.

1.

FIND A REASON TO QUIT

Do you want to breathe easier? Be around longer for your family? Save money? Whatever gets you fired up, write it down. A strong reason can get you started. And it will help you stay quit when you're tempted to smoke.

2.

MAKE A PLAN

Think about what triggers you to smoke. Is it stress? Being around smokers? Alcohol? Or something else? Plan to get through those times without smoking. Keep your hands busy and your mind off cigarettes. Examples: drink water, wash the dishes, talk to a nonsmoker.

3.

CALL 1-800-300-8086

People who call Kick It California are twice as likely to quit for good. A trained Quit Coach will help you make a personal plan and offer support along the way. It's free, and it works! *Text QUIT SMOKING to 66810*

4.

GET SUPPORT

Research shows that support while quitting can really help. Talk with your family and friends about your plan to quit. Let them know what they can do to help you.

5.

USE A QUITTING AID

Quitting aids like nicotine patches, gum, and other FDA-approved medications are helpful. They can cut withdrawal symptoms and increase your chance of quitting for good. Your health plan or Medi-Cal benefits may cover these products. Talk with your doctor about which quitting aids are right for you.

6.

MAKE YOUR HOME & CAR SMOKE-FREE

Having smoke-free areas can help you stop smoking. And your friends and family will enjoy cleaner air and a longer, happier life - with you still in it!

7.

SET A QUIT DATE

Choose a date when you will quit. This shows you're serious. And you're more likely to give it a try.

8.

QUIT ON YOUR QUIT DATE

Sounds obvious, right? But what good is a quit date unless you actually try to stop smoking? Planning is good, doing is even better.

9.

PICTURE BEING A NONSMOKER

After you quit, you have a choice to make. Are you a smoker who's just not smoking for now? Or are you a nonsmoker? For nonsmokers, smoking is not an option in any situation. Choose to see yourself as a nonsmoker.

10.

KEEP TRYING

Most people try several times before they quit for good. Slips don't have to turn into relapses - but if they do, remember each time brings you closer to your goal.

If you keep trying, you will succeed!



Tu *compañero* en recuperación

Equipo de Recuperación, Inspiración, Apoyo y Empoderamiento

El camino de recuperación de una persona no acaba cuando se termina el tratamiento. Así como una persona trabaja para reconstruir su vida después de terminar el tratamiento, Kern Behavioral & Recovery Services (KernBHRS) está aquí para brindar apoyo adicional a través de su **equipo RISE**.

Una vez que una persona comienza el tratamiento por abuso de sustancias, también se le asigna al **Equipo de Recuperación, Inspiración, Apoyo y Empoderamiento (RISE)**. Sea cual sea la apariencia de la recuperación de una persona, el personal de RISE está allí para apoyar y empoderar a un cliente durante todo su tratamiento.

RISE sirve tanto a jóvenes como a adultos que viven en el área metropolitana de Bakersfield y ayuda a conectarlos a los recursos y servicios que puedan necesitar a medida que se recuperan.

RISE ofrece dos tipos de servicios:

Servicios de administración de casos

El tratamiento es solo una pequeña parte de la recuperación de una persona. RISE ofrece servicios de administración de casos para vincular a una persona con los recursos necesarios dentro de la comunidad para ayudarlos a tomar medidas para reconstruir sus vidas. Esto incluye conexiones y referencias a:

- Doctores de atención primaria y otros recursos de atención médica
- Servicios educativos y preprofesionales
- Actividades sociales
- Servicios de rehabilitación
- Recursos de la comunidad

Para conectarse con el equipo de RISE, llame al **KernBHRS Línea de Acceso para el Uso de Sustancias** al **866-266-4898**

Servicios de Recuperación

Algunas personas pueden necesitar apoyo adicional durante el tratamiento para ayudarlas a mantener su recuperación. Servicios de Recuperación brinda apoyo con un enfoque en ayudar a una persona a darse cuenta de su papel en el manejo de su salud y recuperación. Esto puede incluir una combinación de:

- Grupos de recuperación semanales (opcional)
- Servicios de manejo de casos
- Soporte adicional durante la recuperación
- Vinculación con recursos educacionales / vocacionales
- Llamadas telefónicas de seguimiento
- Asistencia de pares

Una persona que recibe Tratamiento Asistido por Medicamentos (MAT) o servicios del Programa de Tratamiento de Narcóticos (NTP) e individuos que salen del sistema legal, que no han usado sustancias en un tiempo son elegibles para servicios de recuperación.



Recover, Inspire, Support & Empower Team

A person's recovery journey doesn't end when treatment stops. As a person works to rebuild their life after completing treatment, Kern Behavioral & Recovery Services (KernBHRS) is here to provide extra support through its **RISE team**.

Once a person starts substance use treatment, they are also assigned to the **Recover, Inspire, Support and Empower (RISE)** team. Whatever a person's recovery looks like, the team's dedicated staff is right there to support and empower a client throughout their treatment. RISE serves both youth and adults living in the metro Bakersfield area, and helps connect them to resources and services that they may need as they recover. RISE offers two types of services:

Case Management Services

Treatment is only a small part of someone's recovery journey. RISE offers case management services to link a person to needed resources within the community to help them take steps to rebuild their lives. This includes connections and referrals to:

- Primary care doctors and other medical resources
- Educational and prevocational services
- Social activities
- Rehabilitative services
- Community resources

Recovery Services

Some individuals may need extra support during treatment to help them maintain their recovery. Recovery Services provides support with a focus on helping a person realize their role in managing their health and recovery. This can include a combination of:

- Weekly recovery groups (optional)
- Case management services
- Extra support during recovery
- Linkage to educational/vocational resources
- Follow-up phone calls
- Peer assistance

A person receiving Medication Assisted Treatment (MAT) or Narcotic Treatment Program (NTP) services and individuals exiting the legal system, who have not used substances in a while are eligible for Recovery Services.

To connect to the RISE team, call the **KernBHRS Substance Use Access Line** at **866-266-4898**



BEHAVIORAL
HEALTH & RECOVERY
SERVICES

Crisis Hotline 1-800-991-5272
www.KernBHRS.org

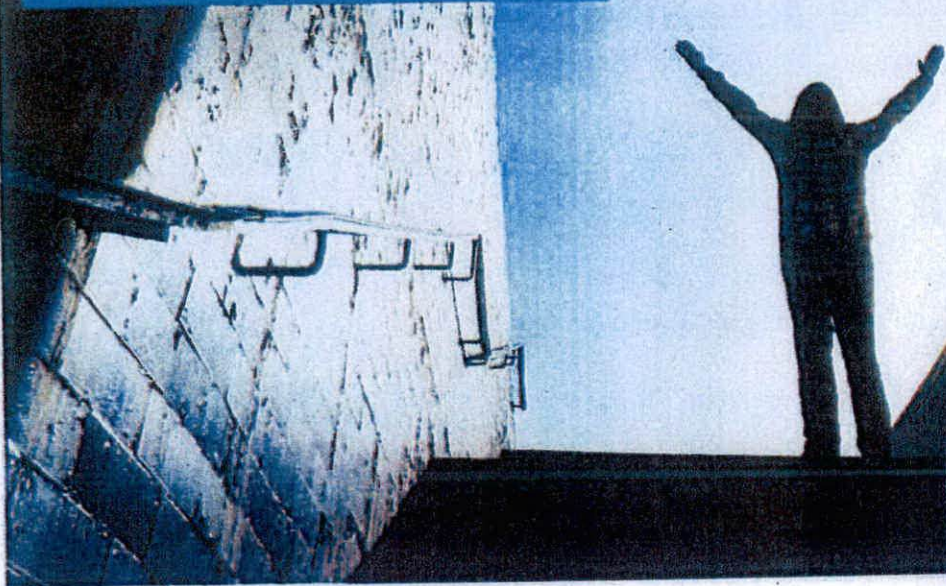
COMMUNITY RESOURCE DIRECTORY		COMMUNITY RESOURCE DIRECTORY	
FOOD		EMERGENCY	
Gleaners (661) 324-2767 1326 30 th St, Bakersfield, CA 93301		CRISIS HOTLINE 24 Hours a Day 1-800-991-5272 2151 College Ave, Bakersfield, CA 93305	
Hope Center (661) 399-2119 3311 Manor St, Bakersfield, CA 93302		CWIC Crisis Services (661) 868-8156 2151 College Ave, Bakersfield, CA 93305	
Kern County DHS (Cal Fresh) (661) 631-6000 100 E. California Ave, Bakersfield, CA 93301		PEC – Psychiatric Evaluation Center (661) 868-8037 2151 College Ave, Bakersfield, CA 93305	
The Mission of Kern County (661) 325-0863 821 E. 21st Bakersfield, CA 93305			
EDUCATION		TRANSPORTATION SERVICES	
Bakersfield Adult School (661) 835-1855 501 S Mt Vernon Ave, Bakersfield, Ca 93307		Kern Family Healthcare Transportation # 1-800-391-2000 Option #3	
Bakersfield College (661) 395-4011 1801 Panorama Drive, Bakersfield, CA 93305		Health-Net 1-866-779-5229	
DOR (Department of Rehabilitation) (661) 395-2525 4925 Commerce Dr Bakersfield, CA 93309		Golden Empire Transit (661) 869-2438	
EMPLOYMENT		HEALTH	
America's Job Center – EPIC (661) 868-0820 701 Beal Ave (Beal Library) 2 nd floor Bakersfield, CA 93301		Clinica Sierra Vista OMNI (661) 324-1455 1430 Truxtun Ave, 400 Bakersfield, CA 93301	
Employers Training Resource (661) 635-2600 1600 E. Belle Ter, Bakersfield, CA 93307		Kern County Public Health (661) 321-3000 1800 Mount Vernon Ave, Bakersfield, Ca 93306	
SHELTER ASSISTANCE		Whole Person Care 3551 Q St. (661) 326-5231	
Bethany Services (Homeless Shelter) (661) 322-9199 1600 Truxtun Ave Bakersfield, CA 93305		Kern County Mental Health Services (661) 868-8123	
Housing Authority of Kern County (661) 631-8500 601-24 th Street, Bakersfield, CA 93301		24 Hour SUD Access Line	
The Mission of Kern County (661) 325-0863 821 E. 21st Bakersfield, CA 93305		Gateway 1-866-266-4898	
SUPPORT		HELPLINES	
CFLC Consumer Family Learning Center (661) 868-7550 2001 28 th St, South Tower, First floor Bakersfield, CA 93301		Bakersfield Police (661) 327-7111	
A.A. (661) 322-4025 1234 Chester Ave, Ste 101 Bakersfield, CA 93301		Kern County Sheriff (661) 868-5547	
N.A. 1-877-629-6759 P.O Box 40931 Bakersfield, CA		Kern County Help Line 211	

7/24/19



BEHAVIORAL
HEALTH & RECOVERY
SERVICES

There is
HOPE



Are you ready to enter substance use disorder treatment?

It's scary to admit when you need help. The staff at Gateway understands that fear and will do everything to make your first steps as easy as possible.

Get started by calling Gateway's 24-hour SUD Access Line or visiting one of their four locations. In minutes, staff will assess your individual needs and connect you to one of our providers as well as other local resources.

All screenings are FREE.
Your information will remain private.

Gateway also works closely with community providers, the courts, Kern County Probation Department and Kern County Department of Human Services.

GATEWAY

KernBHRS
Substance Use Disorder Division

24-hour SUD Access Line
866-266-4898

Screening Locations

Kern County Superior Court
1415 Truxtun Ave., Fourth Floor

Department of Human Services
Aisle L, Room 90, 100 E. California Ave.

Mary K. Shell Mental Health Center
2125 College Ave.

**Kern County
Juvenile Justice Center**
2100 College Ave

Important Numbers

Crisis Hotline
1-800-991-5272

Suicide Prevention Hotline
1-800-273-8255



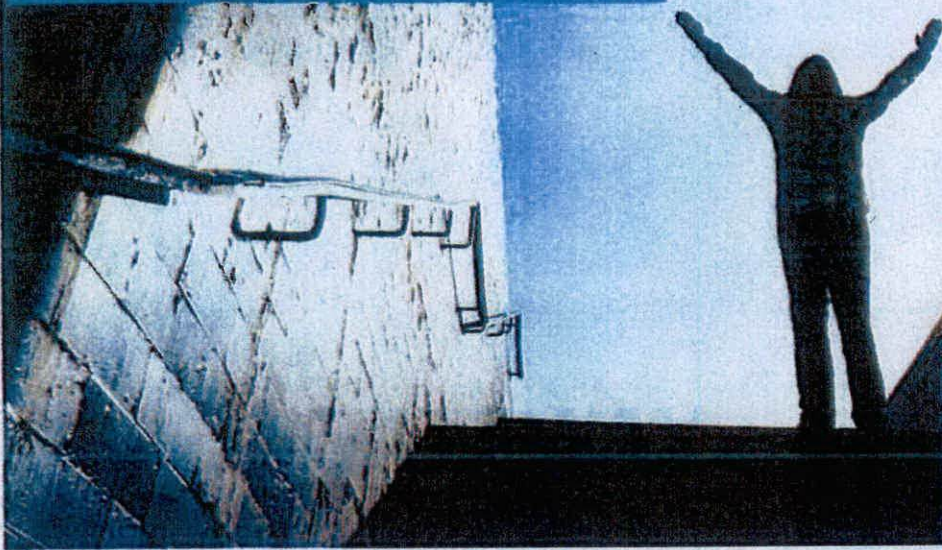
Commission Accreditation of Rehabilitation Facilities

Kern Behavioral Health & Recovery Services has been accredited by CARF for the following programs: Mental Health Programs-Case Management; Children and Adolescents-Case Management & Crisis Stabilization; Integrated Alcohol & Other Drug-Case Management & Children & Adolescents-Case Management; Employment Services-Community Employment Services.



BEHAVIORAL
HEALTH & RECOVERY
SERVICES

Hay ESPERANZA



¿Está listo para comenzar un tratamiento por trastorno de consumo de drogas?

Sabemos que le da miedo admitir que necesita ayuda. El personal de Gateway entiende ese temor y hará todo lo posible para que sus primeros pasos sean lo más fáciles posible.

Comience llamando a la línea de acceso de la SUD de Gateway, con servicio de 24 horas, o visitando uno de los cuatro centros. En minutos, el personal evaluará sus necesidades individuales y lo pondrá en contacto con uno de nuestros proveedores, así como con otros recursos locales.

Todas las pruebas de detección son GRATIS.
Su información se mantendrá privada.

Gateway también trabaja en estrecha colaboración con los proveedores de la comunidad, los tribunales, el Departamento de Libertad Condicional del Condado de Kern y el Departamento de Servicios Humanos del Condado de Kern.

GATEWAY

División de Trastornos por Consumo de Drogas de KernBHRS

Línea de acceso de la SUD
las 24 horas
866-266-4898

Centros para pruebas de detección

Kern County Superior Court
1415 Truxtun Ave., Fourth Floor

Department of Human Services
Aisle L, Room 90, 100 E. California Ave.

Mary K. Shell Mental Health Center
2125 College Ave.

Kern County
Juvenile Justice Center
2100 College Ave

Números de teléfono importantes

Crisis Hotline
1-800-991-5272

Suicide Prevention Hotline
1-800-273-8255



Comisión de Acreditación de Centros de Rehabilitación

Kern Behavioral Health & Recovery Services ha sido acreditado por la CARF para los siguientes programas: Programas de salud mental; administración de casos; administración de casos y estabilización en caso de crisis en niños y adolescentes; administración integrada de casos de consumo de alcohol y otras drogas y administración de casos de niños y adolescentes; servicios de empleo, servicios de empleo comunitario.



Recovery Services

What are Recovery Services?

Recovery Services are after-care services to support recovery after completing Substance Use Disorder (SUD) Treatment.

When do Recovery Services begin?

Within 30 days of a planned discharge from outpatient services and meeting medical necessity, beneficiary may be referred to recovery services.

How can I enroll?

If you are interested in Recovery Services, ask your outpatient SUD counselor to do a treatment modification 30 days before completing outpatient SUD services.

Who can help me enroll?

Your RISE/START worker or Outpatient counselor.

How long will I be in Recovery Services?

It's up to the beneficiary to receive recovery services up to approximately 180 days or longer if medically necessary.

For more information, call
661-868-6100

Recovery Services consist of:

- Weekly recovery groups (optional)
- Case management services
- Extra support during recovery
- Linkage to educational/vocational resources
- Follow-up phone calls
- Peer assistance



Homeless Prevention



www.bakhc.org/prevention
www.211kerncounty.org



info@bakhc.org



1-800-273-2275 from Landline
2-1-1 from Cell Phone

RENT AND UTILITY ASSISTANCE

If you need financial help to stay in your home or to relocate from a temporary living situation, we are here for you. The Bakersfield Homeless Center Homeless Prevention Program works to keep individuals and families from becoming homeless by providing temporary financial assistance for things like rent, deposits, utility payments, and more.

Am I Eligible?

If you are about to lose your home or temporary living situation because you are a low-income household who earns at or below 50% of the Area Median Income (AMI) for Kern County AND are experiencing housing instability brought on by a COVID-19 related hardship, you may qualify for assistance.

How Do I Apply?

An initial screening is done through Kern 2-1-1 operated by CAPK. If they determine that you may qualify for financial housing assistance, they will send your information to the Bakersfield Homeless Center Homeless Prevention Services program.*

Make sure to have: ID's for all adult household members, social security cards, birth certificates, lease agreement, notice to vacate if applicable, and proof of income for the past 30 days.

How Does Bakersfield Homeless Center Help?

A Bakersfield Homeless Center Housing Navigator will contact you and work with you to stabilize your situation quickly as possible. They will help you develop a case plan to meet your needs, which may include: housing search and placement assistance, landlord mediation services, and connections to financial aid services.

A Housing Navigator will stay with you throughout the process. They can also help you secure required documentation, create budget/savings plans, and coordinate additional community referrals for other resources.

**A referral DOES NOT GUARANTEE that you will receive assistance. Assistance MAY OR MAY NOT be provided depending upon household eligibility and availability of funding. Financial assistance is based on meeting eligibility requirements and funding availability. It is distributed on a first come, first served basis.*

**CALL
KERN 211
FOR A REFERRAL**

1-800-273-2275
from a landline

2-1-1
from a mobile phone



Prevención de Persona sin Hogar



www.bakhc.org/prevention
www.211kerncounty.org



info@bakhc.org



1-800-273-2275 desde un teléfono fijo
2-1-1 desde un celular

ASISTENCIA FINANCIERA

Si usted necesita ayuda financiera para permanecer en su hogar o para moverse de una situación de vivienda temporal, estamos aquí para ayudarlo. El programa de Prevención de Persona sin Hogar a través del Bakersfield Homeless Center trabaja para evitar que individuos y familias se queden sin hogar proporcionando asistencia financiera temporal para cosas como alquiler, depósitos, pagos de servicios públicos y más.

¿Soy Elegible para Recibir Asistencia?

Si está a punto de perder su hogar o su situación de vivienda temporal porque es un hogar de bajos ingresos que gana al 50% o menos del ingreso medio del área (AMI) para el Condado de Kern Y está experimentando viviendas inestabilidad provocada por una dificultad relacionada con COVID-19, puede usted calificar para recibir asistencia.

¿Cómo Puedo Aplicar por Asistencia?

Se hace una evaluación inicial a través de Kern 2-1-1 operado por CAPK. Si determinan que puede calificar para obtener asistencia financiera para la vivienda, Ellos enviaran su información al Bakersfield Homeless Center al programa de servicios de Prevención para Personas sin Hogar.*

Asegúrese de tener: Identificación de todos los miembros adultos del hogar, tarjetas de seguro social, contrato de arrendamiento, aviso de desalojo si corresponde y prueba de ingresos con fecha de los últimos 30 días.

¿Cómo Ayuda Bakersfield Homeless Center?

Un Navegador de Vivienda del Bakersfield Homeless Center se comunicara con usted y trabajara con usted para estabilizar su situación lo más posible. Le ayudaran a desarrollar un plan de caso para satisfacer sus necesidades, que puede incluir: búsqueda de vivienda y asistencia para la colocación, servicios de mediación del propietario y conexiones servicios de ayuda financiera.

Un Navegador de Vivienda permanecerá con usted durante todo el proceso. También pueden ayudarlo a asegurar las documentaciones, crear presupuestos/planes de ahorro y coordinar referencias adicionales

Una referencia NO GARANTIZA que recibirá asistencia. La asistencia PUEDE O NO ser proporcionada según la elegibilidad del hogar y la disponibilidad de fondos. La asistencia financiera se basa en el cumplimiento de los requisitos de elegibilidad y la disponibilidad de fondos. Se distribuye por orden de llegada.

**LLAMAR
KERN 211**
para un referencia

1-800-273-2275
desde un teléfono fijo

2-1-1
desde un celular



BAN THE BOX LAWS



Re-Entry Representative:

(661) 336-6903

EMPLOYERS'
TRAINING
RESOURCE

A PROUD PARTNER OF

America's **Job** Center

You Have Rights!

An employer in California (*with few exceptions) is not allowed to ask about your criminal history. On January 1, 2018 California enacted the Fair Chance Act which prohibits employers from asking if you have any felony convictions.

The only things that they are allowed to ask is if you can do the essential duties of the job for which you are applying.

**Exceptions are jobs that require background checks and certain law enforcement organizations.*

Know Your Rights!

You do not have to give any information regarding your convictions when applying to work in California. If the question is on the application, do not answer because you do not have to. If asked about convictions during the interview you should respond with "I don't see what that has to do with whether or not I can do this job."

If pressed further, respond with "I thought you couldn't ask about convictions until you made a job offer, are you offering me a job?"

If they ask what you are talking about, tell them it is California's Fair Chance Act (Ban the Box law). Once they offer the job, then you should agree to any background checks required.

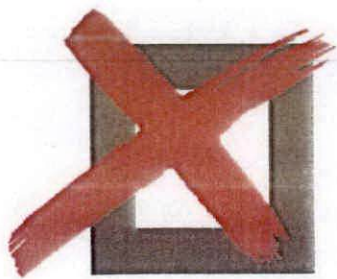
Defend Your Rights!

Upon return of your background check, the employer is required to notify you by registered mail with their reasons and copies of your background report if they want to drop the job offer. If they just call and say you are out, call us for the best way to reply. background checks required.

www.americasjobcenterofkern.com

AJCC & WIOA are an equal opportunity employer/program.

Additional services are available upon request to individuals with disabilities.



LEY DE

OPORTUNIDAD JUSTA



Representante de Reingreso:
(661) 635-2619

EMPLOYERS'
TRAINING
RESOURCE

A PROUD PARTNER OF

America's **Job** Center

¡Usted Tiene Derechos!

Los empleadores en California (*con algunas excepciones) no pueden preguntar sobre su historia criminal. Comenzando el 1 de enero, 2018, California inicio la Ley de Oportunidad Justa que prohíbe a los empleadores preguntar si tiene condenas por delitos graves.

Lo único que pueden preguntar es si puede realizar los deberes esenciales del trabajo para el que está solicitando.

**Las excepciones son trabajos que requieren verificación de antecedentes y ciertas organizaciones encargadas de la ley.*

¡Conoce Sus Derechos!

No es necesario que brinde ninguna información sobre sus condenas cuando solicite trabajo en California. Si la pregunta está en la aplicación, no responda porque no es necesario. Si se le pregunta acerca de las condenas durante la entrevista, debe responder con "No veo qué tiene que ver eso con si puedo o no hacer este trabajo".

Si lo presionan más, responda con "Pensé que no podías preguntar sobre las condenas hasta que hizo una oferta de trabajo, ¿me estás ofreciendo un trabajo?"

Si le preguntan de qué estás hablando, dígales que es la Ley de Oportunidad Justa (*Ban the Box law*). Una vez que ofrezcan el trabajo, debe aceptar cualquier verificación de antecedentes requerida.

¡Defiende Sus Derechos!

Al regresar su verificación de antecedentes, el empleador debe notificarle por correo certificado con sus razones y copias de su informe de antecedentes si desean retirar la oferta de trabajo. Si simplemente llaman y dicen que ya no quieren darle el trabajo, llámanos para conocer la mejor manera de responder.

www.americasjobcenterofkern.com

AJCC & WIOA are an equal opportunity employer/program.
Auxiliary aids and services are available upon request to individuals with disabilities.