



# SANTA ROSA JUNIOR COLLEGE

*Celebrating* 1 9 1 8  2 0 1 8

**From: SRJC Student Health Services**

## **INTERNATIONAL STUDENT HEALTHCARE RESOURCES**

***IF YOU ARE EXPERIENCING AN EMERGENCY ON SRJC CAMPUS-- call-SRJC DISTRICT POLICE 527-1000***

***IF YOU ARE NOT ON CAMPUS- DIAL 911***

---

### **URGENT PHYSICAL HEALTH SERVICES IN SONOMA COUNTY**

***IT IS EASIER AND CHEAPER TO GO TO THE URGENT CARE FACILITIES RATHER THAN EMERGENCY ROOMS. Learn about when you should go to ER versus Urgent Care***

#### **Emergency Rooms (GEO BLUE covers ER visit minus \$100 co-pay)**

- Santa Rosa Memorial Hospital: (707) 525-5300  
1165 Montgomery Drive, Santa Rosa, Ca 95495  
<http://www.stjoesonoma.org/Our-Services/Emergency-Services/>
- Sutter Hospital Santa Rosa: 707-576-4040  
30 Mark West Spring Road, Santa Rosa, 954 <http://www.suttersantarosa.org/services/directory.html>
- Kaiser Permanente Hospital: 707-393-4800  
401 Bicentennial Way, Santa Rosa 95403
- Petaluma Valley Hospital: 707-778-1111  
400 N McDowell, Petaluma, Ca. 94954  
<http://www.stjoesonoma.org/About-Us/Our-Locations/Petaluma-Valley-Hospital.aspx>
- Healdsburg Hospital: 707-431-6500  
1375 University Avenue, Healdsburg, Ca 95448  
<http://healdsburgdistricthospital.org/Contact.html>
- Sonoma Valley Hospital: 707-935-5000  
347 Andrieux Street, Sonoma, Ca. 95476  
<http://www.svh.com/emergency-care/>

#### **Urgent Care Facilities (GEO BLUE covers minus \$20 co-pay)**

- Santa Rosa: St Joseph's Urgent Care 925 Corporate Center Parkway, Suite A, Santa Rosa  
707-543-2000 [www.stjosephhealth.org/Facilities/default.aspx](http://www.stjosephhealth.org/Facilities/default.aspx)
- Santa Rosa Annadel Medical Group: 510 Doyle Park Drive, Santa Rosa, Ca 95405  
707-303-1712
- Santa Rosa SUTTER Urgent Care; 3883 Airway Drive, Santa Rosa, Ca 95403  
707-521-4495
- Rohnert Park: St Joseph's Urgent Care 1450 Medical Center Drive, Rohnert Park  
707-584-0672 [www.stjosephhealth.org/Facilities/default.aspx](http://www.stjosephhealth.org/Facilities/default.aspx)
- Windsor: St Joseph's Urgent Care, 6580 Hembree Lane, Suite 270, Windsor  
707-838-2044 [www.stjosephhealth.org/Facilities/default.aspx](http://www.stjosephhealth.org/Facilities/default.aspx)



# SANTA ROSA JUNIOR COLLEGE

*Celebrating* 1 9 1 8  2 0 1 8

## URGENT MENTAL HEALTH SERVICES IN SONOMA COUNTY

### Psychological Emergency Services

- Sonoma County Mental Health Emergency Services: 1-800-746-8181 or 707-576-8181  
Crisis Stabilization Unit  
2225 Challenger Way, Santa Rosa 95407
- Crisis Text Line text the word “courage” to 741741 or go to [facebook.com/crisistextline](https://www.facebook.com/crisistextline)

### SRJC Psychological Services

- **Santa Rosa** Plover Hall RM 559 Hours: Mon, Tues, Thurs-8am-5pm; Wed- 8am-7pm; Fri 8am-3pm
- **Petaluma** CALL Building RM 610 Hours: Mon-10 am-5pm Thursday- 1 pm-5 pm

**Primary Care Options through GEO BLUE. Come to Student Health first for referral form. Then your co-pay will be waived.**

- Sutter Pacific Health Family Practice- quickest access for new patients are
  - \*Jill Rushton Miller MD 4700 Hoen Ave, Santa Rosa Ca 707-526-3360
  - \*Jennifer T Lee MD 3883 Airway Drive, Suite# 202 , Santa Rosa, Ca 707-521-7777
  - \*Karina Silva Atkinson MD 131 Stony Circle, Santa Rosa Ca 707-541-7700
- Annadel Medical Group 500 Doyle Park Drive, #303, Santa Rosa, Ca. 707-303-8300  
Call – they have doctors taking new patients
- Spring Creek Family Practice 1144 Sonoma Ave, #119, Santa Rosa, Ca 707-544-3811  
Dr. Trapnell and Dr. Markoff. Usually you can get into to see one of their doctors in 3-7 days
- Rohnert Park Dr. Margo Budman 5300 Snyder Lane, Rohnert Park 707-585-8347
- Petaluma Dr. Nikola Lozanof 108 Lynch Blvd #4, Petaluma 707-782-1244  
Dr. James Leoni 104 Lynch Creek Blvd #10 Petaluma 707-782-9123



# SANTA ROSA JUNIOR COLLEGE

*Celebrating* 1 9 1 8  2 0 1 8

## Specialists:

Most specialty care is covered by GEO BLUE. You should come to Student Health Services first to be referred. The co-pay will be waived if you come for the referral form from SHS.

### Dermatology

- Redwood Family Dermatology. Dr. Sugarman, Heather Lowe and others  
2725 Mendocino Ave, Santa Rosa, Ca 95403 707-545-4537
- Santa Rosa Dermatology Dr. Makala Anders  
864 2<sup>nd</sup> St, Santa Rosa, Ca. 95404 707-542-5664
- NorCal Dermatology, Dr. Truong  
1111 Sonoma Ave, Suite 202, Santa Rosa, Ca 95495 707-527-9517

### Gynecology

- We have Reproductive Health Services here at Student Health Services. Come to us first. If you need more than what we can provide, we will refer you out.
- Women's OB/GYN Medical Group with Dr. Emad, Dr. Logan, Dr. Kachru and more  
500 Doyle Park Drive, #103, Santa Rosa, Ca. 95405 707-579-1102
- Dr. Ashley Weihert and Dr. Pflum with Sutter Health  
34 Mark West Springs Road, Santa Rosa, Ca. 707-541-7900

### Gastroenterology; Neurology; Orthopedists, Cardiologists and other specialty practices

GEO BLUE will cover this. Come to Student Health Services first for a referral

### Chiropractors, Acupuncture, Physical Therapy. GEO BLUE covers

- Soul Shine Chiropractic's. (recommended by several past students)  
4400 S E Street, Santa Rosa, Ca. 95404; 707-525-9950 Dr. Matt and Dr. Bria
- Thrive Acupuncture. Christina Ness Lac.  
3412 Mendocino Ave, Santa Rosa, Ca. 707-527-0868
- For Physical Therapy- referrals available through Student Health or a Primary Care

**Immunizations are covered by GEO BLUE only if you are under age 21. Come to Student Health, we will help to figure out the best and cheapest way for you to get immunizations.**



# SANTA ROSA JUNIOR COLLEGE

*Celebrating* 1 9 1 8  2 0 1 8

## Hotlines

- Northbay Suicide Prevention Hotline: 1-855-587-6373
- Rape Crisis Hotline (Verity) : 707-545-7273 [www.ourverity.org](http://www.ourverity.org)
- Poison Control: 1-800-222-1222 <http://www.aapcc.org/>

## URGENT MENTAL HEALTH SERVICES IN SONOMA COUNTY

### Psychological Emergency Services

- Sonoma County Mental Health Emergency Services: 1-800-746-8181 or 707-576-8181  
Crisis Stabilization Unit  
2225 Challenger Way, Santa Rosa 95407
- Crisis Text Line text the word “courage” to 741741 or go to [facebook.com/crisistextline](https://www.facebook.com/crisistextline)

### SRJC Psychological Services

- **Santa Rosa** Plover Hall RM 559 Hours: Mon, Tues, Thurs-8am-5pm; Wed- 8am-7pm; Fri 8am-3pm
- **Petaluma** CALL Building RM 610 Hours: Mon-10 am-5pm Thursday- 1 pm-5 pm

## Dental and Vision Care are not covered by GEO BLUE

### Dentists and Dental Emergencies: Here are some local dentists who have seen our International Students. Some will work out good payment plans like Gentle Dental

- Gentle Dental 707-629-4036 They work our financial payment plans  
1421 Guerneville Road, Suite 102, Santa Rosa, Ca
- Sonoma County Dental Emergency Services w Dr Alin Chera  
838 2<sup>nd</sup> St, Santa Rosa, Ca. 95405 707-542-2676
- Vineyard Dental Group 707-545-0944  
90 Doctor Park Dr, A, Santa Rosa, Ca
- Dr Randy Nguyen 707-527-8700  
526 College Ave, Santa Rosa, Ca
- Dr Adam Diasti 707-578-3118  
140 Stony Point Rd #A, Santa Rosa, Ca
- Santa Fe Dentist Dr Jorge Vasquez-Garcia 707-536-3685  
750 Stony Point Road, Santa Rosa, Ca 95407  
For WISDOM TEETH ISSUES- come to Student Health **first**- we can refer you.

For Oral and Facial Surgery, UCSF Dental School has low cost services. You must go down there and it is first come, first serve. 707 Parnassus Ave, San Francisco, Call 415-476-1316



# SANTA ROSA JUNIOR COLLEGE

*Celebrating* 1 9 1 8  2 0 1 8

## Vision Care:

**Optometry Care & getting new glasses is not covered by GEO BLUE:**

Here are some places in the area with lower costs for vision exam and glasses/ contact.

- **Costco-Bradley Hall, ODPC. \$54 for exam/ \$84 dilation/ \$96 for contacts**  
You do not need to be a COSTCO member.  
1900 Santa Rosa Ave, Santa Rosa, Ca 707-540-9113
- **Costco-Optical Dept has low cost lenses/ frames. 707-578-7497**
- **Target Optical \$68 for exam/ \$113 exam and new contacts**  
Lenses, frames and contacts  
Coddington Mall in Santa Rosa or Target in Rohnert Park 707-528-3876
- **Walmart Optometry \$58 for exam/ exam and glasses \$89**  
6650 Hembree Lane, Windsor, Ca 707-838-0185
  
- If you are having more of a medical issue with your eyes- blurriness, floaters or other eye issues that require an Ophthalmologist- come to Student Health for initial evaluation.  
GEO BLUE does cover evaluation and treatment by an Ophthalmologist.

*Last updated on 9/6/2017 mw*