

LaPorte County
Adult Probation
2017 Resource Manual

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Onesight: Lenscrafters, Sears Optical, and Target Optical
Postpartum Depression Moms, Kristin Brooks Hope Center

Hotlines

Boys Town
Childhelp National Child Abuse Hotline
Department of Child Services (DCS) La Porte County
Gay, Lesbian, Bisexual and Transgender (GLBT) National Help center
Indiana Poison Control
La Porte County Prosecuting Attorney Adult Protective Services
Love Is Respect National Dating Abuse Helpline
Neo-Fight
TransYouth Family Allies
Trevor Project

Housing

Apprisen
Indiana Foreclosure Prevention Network
Indiana Housing Now

Michigan City Housing Authority

Legal Assistance

Code Compliance Division

Disability Resources Social Security Disability

Indiana Child Support Bureau

Indianapolis Bar Association

Latino Coalition Against Domestic and Sexual Violence

Mental Health America of Indiana

Volunteer Lawyer Network

Mental Health

The Division of Mental Health and Addiction (DMHA)

Key Consumer Organization

National Alliance on Mental Illness (NAMI) La Porte County

SAMHSA's National Helpline

Motherhood/Women's Health

Bethany Christian Services

La Leche League of Porter County

Planned Parenthood Association

Women's Care Center

Women, Infants, and Children (WIC)

Resource Centers

Catholic Charities

Habitat for Humanity LaPorte County-ReStore

Keys to Hope Community Resource Center

PAX Center

Purdue Extension LaPorte County

Salvation Army La Porte

Salvation Army Michigan City

Seniors

La Porte County Meals on Wheels
Michigan City Senior Center
Real Services
Swanson Center Activity Center for Senior Citizens

Shelters

Interfaith Community Men's Shelter
Sand Castle Shelter
Stepping Stone Shelter

Veterans

Centerstone Military Services
Defense Centers of Excellence (DCOE) for Psychological Health and
Traumatic Brain Injury
La Porte County Veteran's Services
Military OneSource
Paralyzed Veterans of America Kentucky Indiana Chapter
Rolling Thunder Indiana Chapter 2 (South Bend)
South Bend Community Based Outpatient Clinic, VA Northern Indiana
Health Care System
South Bend Vet Center Veteran's Health Administration
Vet Center Combat Call Center
Vet2Vet Kristin Brooks Hope Center

CHILDREN

Big Brothers Big Sisters of La Porte County
Childcare Voucher Program of La Porte County
Division of Child and Family Services
Dunebrook
Family Advocates
Imagination Station Child Development Center

**Big Brothers
Big Sisters
Of La Porte County**

La Porte Office:
906 Michigan Ave
La Porte, IN 46350
Phone: (219) 362-9587
Fax: (219) 324-5024

Michigan City Office:
228 West Fourth St
Michigan City, IN 46360
Phone: (219) 879-5151
Fax: (219) 879-5169

www.youthservicebureau.com
www.facebook.com/Youth-Service-Bureau-Big-Brothers-Big-Sisters-of-La-Porte-County-120797034602498

Big Brother Big Sisters strives to make a positive difference in the lives of young people through professionally supported, one-to-one relationships with caring adults. Volunteers serve as friends, mentors and role models, helping children (who are primarily from single-parent homes) gain greater self-confidence. Bigs encourage Littles to realize their potential and see themselves as having happy and successful futures. A Big Brother or Big Sister can make a significant difference in the life of a child.

Steve Bernth
Executive Director
bbbs@csinet.net

Kate Kaminski
Financial Manager
knkaminski@csinet.net

Stephanie Fleshman
Big Brothers Big Sisters Program Director
Programs: Big Brothers Big Sisters, School
Buddies, Kids on the Block
schoolbuddies@csinet.net

Alliegra Hand
Summer Program Director / School Buddies
Coordinator
Program: Summer Program
alliegrabbs@csinet.net

Toni Osowski
Teen Court Coordinator
Program: Teen Court
ysbteencourt@gmail.com

Big Brothers Big Sisters of La Porte County (Continued)

Community Based Mentoring

Community-based mentoring is the traditional Big Brothers Big Sisters relationship. It's all about one-on-one time spent with the volunteer and the young person. They meet a few hours a couple times a month. The time they spend together is filled with activities and shared interests.

The schedule can be flexible to meet the needs of mentors and young people in different kinds of situations. Some Bigs meet their Littles on the weekend or in the evening. Others get together with their Littles after school. There's almost no one so busy that they can't find a way to fit in a few hours a month.

For more information please contact us at (219) 362-9587 or schoolbuddies@csinet.net.

Summer Program

The focus of the Youth Service Bureau Summer Program is to provide a safe place for youth to learn life-skills and grow as individuals while having fun. Youth who are entering 4th, 5th or 6th grade are welcomed to be part of the Summer Program.

During the Summer Program, youth learn about teamwork, problem solving, respect, self-esteem, etc. Youth will go on walking fieldtrips around La Porte, play at local parks, learn about our community and raise funds to go on fieldtrips to an Indiana water park and Chicago, IL museum.

School Buddies

School Buddies is not a classroom program, and it's not tutoring. School Buddies is one-to-one mentoring that takes place in the schools. Of course, some students do talk with their mentors about class, or do homework, or read together, but it's really all about friendship and guidance. You can play or jump rope or shoot hoops - whatever you and the student enjoy.

Teen Court

Teen Court is a program which diverts juvenile offenders from the Probation Department and traditional juvenile sanctions. It is designed for first time offenders ages 10-17 who plead guilty to non-violent offenses such as shoplifting, theft, resisting law enforcement and burglary. Teen Court youth volunteers serve on juries to constructively sentence these offenders and hold them accountable to the community for their unlawful behavior. Sentences are usually a combination of community service, restitution, apologies to victims, essays, counseling and future service as a Teen Court juror. Teen Court defendants who successfully complete their sentence within 90 days after the hearing have the offense "redlined" on their probation record so that it cannot be used against them in the future. Teen Court provides the volunteers with education, training and "hands-on" participation in the juvenile justice system. This experience enhances their formal education in government, promotes respect for the law and encourages volunteering in the community.

Childcare Voucher
Program of
La Porte County

(219) 879-8812
(800) 831-5007
Region 1B
Brightpoint

Email: childcare@mybrightpoint.org

The Child Care and Development Fund (CCDF) is a federal program that helps low-income families obtain child care so that they may work, attend training or continue their education. The purpose of CCDF is to increase the availability, affordability and quality of child care.

The CCDF program is administered through the Indiana Family and Social Services Administration (FSSA) in the Office of Early Childhood and Out-of-School Learning. The CCDF state plan outlines state and local level parameters and includes program outcomes, systems development and eligibility requirements.

To apply for the CCDF voucher program, you must contact your local intake agent:

Email: childcare@mybrightpoint.org

Lesla Cassel

(260) 423-3546

(800) 589-2264

Fax: (844) 510-5775

Division of Family and
Children

Monday – Friday
7:30 AM - 4:30 PM

1230 State Road 2 West
P.O. Box 1402
LaPorte, IN 46352
Phone: (219) 326-5870
Fax (219) 326-5510

1621 Woodland Avenue
Michigan City, IN 46360
Phone: (219) 878-6370
Fax: (219) 879-8711

www.laportecounty.org/SocialServices/DivisionFamilyChildren

The LaPorte County DFC is a single point of entry for many social services available to Hoosiers. For those of you who would like to apply for Temporary Assistance for Needy Families (formerly known as AFDC or welfare), the Food Stamp Program, Medicaid or other types of assistance, you must apply at the DFC office.

To apply for assistance, please visit our office. Once an application is filed with our office, you will be assigned a caseworker and an appointment will be set up for you. Your caseworker will discuss your needs and assess if you are eligible for services. This initial interview with your caseworker will take from 1-1 1/2 hours.

Your eligibility is determined within the following time frames:

Qualifications Food Stamps - 30 days

Qualifications TANF/Medicaid - 45 days

Qualifications Disability Medicaid - 90 days

Dunebrook

Monday – Friday
8:00 AM – 5:00 PM

7451 W. Johnson Rd.
Michigan City, IN 46360
(219) 874-0007

www.dunebrook.org

For Playgroups: dunebrook.org/programs/playgroups

www.facebook.com/dunebrook

Community Partners Program

The Community Partners for Safe Families is a child abuse and neglect prevention program, funded by the Department of Child Services (DCS) and operated by Dunebrook. Community Partners is a free, voluntary support service for families that provides personal home visits. Through partnership with the family, needs are identified and goals are set. With Community Partners support, family functioning will be improved, relationships strengthened and crisis prevented. The Community Partners staff will work with the family to build confidence, support, develop parenting skills and help reduce stressors of the family life.

Who can be part of the Community Partners Program?

- Families who reside in Jasper, LaPorte, Newton, Porter, Pulaski and Starke Counties.
- Families may self-refer or be referred by another person or agency.
- Families with no active substantiated case of child abuse or neglect.
- Be a family with a child; newborn up to 18 years old.
- Families that aren't involved with Juvenile Probation.

Benefits of Community Partners

The promise of Community Partners for Child Safety is that children will be safer, families will be healthier and communities will be stronger.

For Families

Parents and children build strengths, develop skills and broaden their support system in their local communities. Ultimately, children are safe, thriving and free from abuse or neglect.

For more information regarding Community Partners, contact Lisa Sharp at (219) 874-0007.

Dunebrook (Continued)

Healthy Families

The mission of Healthy Families of LaPorte County is to support new parents and empower them to be the best parents they can be.

In an effort to accomplish our mission, the following goals are supported:

- To systematically assess parents in order to identify their strengths and needs, then refer them to community resources
- To enhance family functioning by building trust, establishing support and teaching problem-solving skills
- To promote positive parent-child interaction
- To promote healthy child growth and development

What Can I Expect from Healthy Families?

If you voluntarily agree to participate in Healthy Families of LaPorte County, a Family Resource Specialist will visit you in your home to help you become aware of the resources available to you in the community and determine if you would benefit from our on-going home visiting service.

How Long Will Our Family Support Specialist Stay with Us?

Your Family Support Specialist may visit and offer support to your family until your child turns three.

What Can my Family Support Specialist Do for My Baby?

Your Family Support Specialist will offer practical information on:

- Encouraging normal development in your baby
- Recognizing your baby's needs
- Caring for your baby's needs and still managing to take care of your own.
- What to expect as your baby grows.
- Making your home "baby safe"
-

What Can my Family Support Specialist Offer Me?

Additional information and support on such issues as:

- Ways to continue your education
- Budgeting and finances
- Child growth and development
- Effective discipline methods for your child
- Bonding with your baby
- Community resources and services

What can Healthy Families Home Visiting Program Offer me?

All home visiting services are offered on a voluntary basis and are free of charge to your family

- Periodic screenings to ensure that your child does not have any undetected learning, sensory (hearing and vision) or development problems
- Linkage to parenting classes and other community resources and services
- Regular personalized home visits by a certified parent educator who offers timely information on child development and ways to encourage learning

For more information regarding our Healthy Families program, please contact Gabrielle Ginther at (219) 874-0007.

Dunebrook (Continued)

Nurturing Parenting Programs

The Nurturing Families Program is Dunebrook's oldest continuous running program. We have offered it for fourteen years. The US Department of Education and the US Department of Juvenile Justice recognize this as being a valid and reliable parenting program. The program was developed by Dr. Stephen Bavolak to help parents learn to be the best parents possible. The curriculum for Nurturing Parenting Program teaches parenting skills such as effective disciplining, establishing family rules, developing empathy and appropriate family roles. The material is sensitive to cultural diversity in the parenting process.

Nurturing Group Classes

The program is offered in a group or classroom style setting involving parents and their children. Classes are divided according to the ages of the children:

Infant/Baby Group: Parents with children prenatal to 5 years old.

Intermediate: Parents with elementary school-age children.

Pre-teen/Teen: Parents with children 11 to 16 years of age.

The Infant/Baby group meets once a week for 15 to 18 weeks; while the Intermediate and Pre-teen groups meet for 8 class sessions with an optional 4 additional classes. A light meal is provided and family activities enhance the parent/child interaction.

Four trained facilitators (two with the adults and two with the children) conduct the sessions. Both parents and their children attend. They learn to substitute nurturing behaviors for non-productive or abusive behaviors. Parents learn to listen and communicate effectively with their children. This approach promotes nurturing parenting attitudes and skills for the prevention and treatment of child abuse.

For more information on our Nurturing Group Classes please contact Lisa Sharp at (800) 897-0007.

Dunebrook (Continued)

Home-based Mandated Nurturing Program

Our newest Nurturing Parenting Program is the Home-Based Mandated Program. This program kicked off July 1st. Families are referred to Nurturing Parenting by DCS, the juvenile court system or probation for mandatory services.

The families will be partnered with a Home Visitor that will come to their home and provide weekly parent education visits for up to 27 weeks. The intent is to begin services promptly so that risk of maltreatment is reduced and that families whose children may be in substitute care can be reunited as soon as deemed appropriate by DCS.

The program is delivered in the home-based model to provide intervention to help prevent further escalation of maltreatment and family dysfunction. The individual approach will be tailored to each family's specific needs. Families will be invited, and encouraged, to participate in Nurturing Parenting classes also.

For more information on our Nurturing Group Classes please contact Lisa Sharp at (800) 897-0007.

Family Advocates

Monday – Friday
9:00 AM – 5:00 PM

1005 Michigan Ave.
LaPorte, IN 46350
(219) 324-3385

Indiana Legal Services Michigan City office (219) 872-0691
Judy Stanton (pro bono attorney) (219) 945-1799
Email: mfritzen@lpcasa.com
www.lpcasa.com

Harmony House is a safe haven for supervised visitations between parents and children. Our caring, home-like setting encourages positive family relationships.

Services Provided:

Home-Like Setting

Children that come to Harmony House to visit with parents find a house with toys and games, comfortable furnishings, a yard with outdoor activities and more. Parents are free to do as they would at their home, which includes use of a full kitchen for meal and snack preparation.

Supervised Visitation

Supervised visits, in a comfortable, neutral setting, encourage parents and children to relax while strengthening their family relationship. Sessions are closely monitored by visitation staff that observe, record activities and stand close to intervene if necessary for the emotional or physical safety of the child.

Monitored Exchanges

A monitored exchange program is offered to parents not required to have supervised visitation, but that need to exchange custody of children without interacting with the other parent. Monitoring of each exchange is provided by a visit supervisor.

Who can Use Harmony House?

Families may be referred by the court system, attorneys, social workers, child welfare case workers, CASAs/GALs, clergy or mental health professionals. Contact Harmony House to discuss the specific process with staff.

Is There a Cost Associated with Programs?

Harmony House utilizes the following sliding fee scale for its services:

Income Fee per Hour

\$0 - \$14,999 / \$5.00

\$15,000 - \$29,999 / \$25.00

\$30,000 - \$49,999 / \$50.00

\$50,000 + / \$60.00

Monitored Exchange Program

\$10.00 Non-custodial parent each exchange

\$10.00 Custodial parent each exchange

For More Information Please Contact:

Cheryl Highsmith - Harmony House Program Director
chhighsmith@lpcasa.com or call (219) 324-3385

**Imagination Station
Child Development
Center**

Monday – Friday
6:00 AM - 7:00 PM

1200 East Coolspring
Michigan City, IN 46360
(219) 872-6723

Email: imaginationstation@comcast.net
www.facebook.com/imaginationstationmichigancity
www.childcareimaginationstation.org

Programs:

We are a child care facility offering high quality infant, toddler, kindergarten, and even vacation care for Northwest Indiana parents. Our programs include:

- Infant care
- Toddler care and preschool transitioning
- Preschool with a developmental program
- All-day kindergarten
- Vacation care programs for school-aged children

Imagination Station staff is also qualified in providing care for children with special needs, no matter what program they attend.

Our Qualifications

Children in our programs learn social, emotional and academic skills under the watchful eye of qualified staff that has extensive experience and training. We offer developmental workshops for both parents and staff. Dr. Janice Katz volunteers her time to childhood behavioral consultations as needed.

We offer the highest quality of care for your child. Imagination Station is:

- Accredited by the National Association for the Education of Young Children
- Rated #4 (the highest rating) on the Indiana Paths to Quality
- Affiliated with the United Way

The center employs several lead teachers with degrees and/or extensive experience in early childhood development and early childhood education.

Ask About Tuition Assistance

Call us at (219) 872-6723 or stop by for a tour. We are open Monday through Friday, 6:00 AM to 7:00 PM. We invite you to learn more about Imagination Station Child Care Center. At Imagination Station Child Development Center, learning has no limits!

COUNSELING

Choices! Counseling

Family Focus

Frontline Foundations

Samaritan Counseling

Swanson Center

Choices! Counseling

Main Office:
607 E. Lincolnway
Valparaiso, IN 46383
(219) 548-8727
Fax: (219) 465-7211

www.choicescounselingservices.com

LaPorte Office:

910 Michigan Ave.
LaPorte, IN 46350
(219) 326-5922 Fax (219) 326-1040

Michigan City Office:

2424 Franklin St.
Michigan City, IN 46360
(219) 548-8727

Choices! strives to remain innovative and on the cutting edge of responsible therapy.

First and foremost, this is your journey. Your therapist is a guide and along for the ride in a supportive and directing role in order to help you create positive change. You determine the goals to work on because it is critical to your success. Our therapists respect their clients and understand their struggles. We are not afraid to look deeper to determine the root cause of your pain. Choices therapists are optimistic about their client, they carry a positive attitude, listen intently, and stay abreast of current research.

Services Offered:

Individual, Family, Couples, Grief, and Co-parenting counseling offered. Therapeutically supervised visitation.

Specialized Treatment Services:

Trauma, Substance Abuse, Crisis Intervention, Anxiety, Depression, EMDR, Sexual Assault/Forensic Interviewing, Anger Management, Smoking Cessation, and Wellness.

Just call our Scheduler at (219) 548-8727 and she will set you up with an appointment and answer all your questions including those about insurance, fees, our therapists and our services. It is as easy as that!

Family Focus

Monday – Friday
8:00 AM - 4:30 PM
Closed 12:00 PM- 1:00 PM

301 East 8th Street, Suite 106
Michigan City, IN 46360
(219) 462-9200

Email: info@familyfocusinc.net
www.familyfocusinc.net

Family Focus Prevention Services:

Intensive Home-based Reunification/Preservation Services (Homebuilders[®])

Family Functioning Assessment and Diagnostic Evaluation Services

KIDS (Kids in Difficult Situations) program

This home-based service was developed to assist/educate families during difficult life stressors in order to prevent the escalation of abuse and/or neglect, circumventing the need for DCS involvement. Historically, these services included any combination of Home-Based Therapy, Caseworker and Parent Aid services. Today the KIDS program is a Home-Based Model and referrals come from schools, probation, physicians, social service agencies, and self-referrals. The KIDS program serves families in Porter, LaPorte, Jasper, Newton, and Pulaski Counties.

Healthy Families of Indiana

This Home-Based service is to support families both prenatally and with new babies. The program provides parents with a wide variety of child development instruction, parent education, support and safety education for the first three (3) years of the child's life.

Father's Nurturing Program

The Father's Nurturing Program was established in 1997, its mission was to empower, support, and educate fathers in a group format. The goal of the Program was to teach fathers how to be more supportive, nurturing and involved with their children. Today the Father's Program curriculum is used individually in the homes to educate Fathers of their responsibilities as parents, co-parents, and the important nurturing role they have in their child's life.

Parent Education Instruction Programs

The Transparenting[®] curriculum educates divorcing parents about the stress and emotional impact this drastic change causes a child. These stressful life changes can be lessened through parents learning appropriate methods for co-parenting in separate households. Transparenting[®], is a four (4) hour seminar in which both parents must attend and successfully complete in order for their divorce to be finalized.

Families Beyond Conflict[®] is a seminar to aid those parents already divorced but still having serious problems co-parenting their children successfully. This workshop is six (6) weeks long and must include both parents attending at the same time so that their particular issues/concerns can be addressed through learning conflict resolution, through lecture of male/female facilitators, homework, and role-playing.

Most Services Require DCS Referral

Frontline Foundations

Program Service Hours:

Monday – Thursday

9:00 AM – 8:00 PM

Administrative Hours:

Monday – Friday

9:00 AM – 5:00 PM

605 Michigan Avenue

LaPorte, IN 46350

(219) 728-1638

www.facebook.com/frontlinefoundations

www.frontlinefoundations.com

Our Mission is to serve as a source of hope to young men and women ages 18-38 suffering from alcohol and drug abuse while also providing an effective treatment and recovery support system.

Frontline consists of a unique two-fold format that incorporates the clinical aspects of abuse and addiction as well as non-denominational faith-based principles addressing the spiritual aspects of healing and recovery.

Individual Treatment

Addiction doesn't have to be a life sentence...

That's why each individual plan of treatment is designed to meet your needs right where you're at. Through the initial step of intake assessment and evaluation, we measure factors in your life that may influence your behavior, such as life stress, attitude, and emotional stability to create a personalized treatment plan.

Group Counseling

Our Frontline group sessions foster mentoring and support. Groups consist of a unique two-fold format that incorporates the clinical aspects of abuse and addiction. Our group sessions also include non-denominational faith-based principles addressing the spiritual aspects of healing and recovery.

Family Counseling

If you're a family member or a friend of someone struggling with addiction, chances are you're feeling lost, helpless or even angry. Frontline offers support and hope for those coping with a loved one suffering from addiction and substance abuse through interactive and spiritually-led discussions and education. *Registration is required and group size is limited.

Art Recovery

Join us each Monday night from 6-8pm as we gather for art, innovation, and fellowship. The peer group setting is facilitated by local artists and certified substance abuse counselors. Frontline recognizes the role that art and other creative outlets can have on the recovery process. Everything from pastels, oil painting, graphic design, and writing will be used to encourage self-expression and artistic ability. *Registration is required and group size is limited.

For additional information, please call Frontline at (219) 728-1638.

Samaritan Counseling

Monday – Friday
9:00 AM – 5:00 PM

Main Office:
340 Commerce Square
Michigan City, IN 46360
Phone: (219) 879-3283
Fax: (219) 879-6965

La Porte Location:
Bethany Lutheran Church
102 G. Street
La Porte, IN 46350

www.samaritancounselingmc.org
www.facebook.com/samaritancounselingmc

The Samaritan Center is a community-based, interfaith counseling and education service. Our mission is to help individuals and organizations heal and grow by improving their spiritual, emotional, and physical well-being.

Licensed therapists carry out our mission by:

- Respecting our clients' beliefs
- Counseling individuals, couples and families
- Serving children, adolescents, adults and the elderly
- Consulting professionals, businesses and other organizations
- Operating employee assistance programs (EAPs)
- Networking with religious, business, educational, medical and social service groups
- Conducting standard and customized educational programs
- Adjusting our fees for those in need (as much as funding allows)
- Respecting human diversity

We can help with:

- Marriage and family problems
- Personal struggles with anxiety, depression, job pressure, doubt, stress, feelings of failure
- Coping with loss, grief or the emotional strain of serious illness
- Spiritual guidance and coaching for personal growth
- The dilemmas of aging, parenting, step-parenting, and growing up
- Issues related to separation, divorce, remarriage, step family life
- Premarital evaluation
- Family related addiction issues

We can present educational programs on:

- Stress management
- Self esteem
- Conflict management
- Parenting
- Redirecting children's behavior
- Marital issues
- Stages of grief
- Addiction and recovery
- Depression and anxiety
- Improving communication
- Mid-life transitions
- Anger and forgiveness

Swanson Center

Monday
8:00 AM – 5:00 PM
Tuesday – Thursday
8:00 AM – 8:00 PM
Friday
8:00 AM – 5:00 PM

Michigan City Office:
7224 W. 400 N.
Michigan City, Indiana 46360
Main Reception (219) 879-4621

www.swansoncenter.org

Michigan City Office

7224 W. 400 N.

Michigan City, Indiana 46360

Main Reception

(219) 879-4621; (800) 982-7123

Assertive Community Treatment

(ACT) (219) 877-3203

Projects for Assistance in Transition from Homelessness (PATH) (219) 877-3203

Outpatient Medical Services Dr. Babu

(219) 873-9840

Kelly Clark

(219) 877-3202

Addictions

(219) 879-4621

Child and Adolescent

(219) 873-9875

Long Term Care

(219) 872-8666

Administrative Offices

(219) 873-9869

LaPorte Office

1230 State Road 2 West

LaPorte, Indiana 46350

LaPorte Outpatient

(219) 362-2145

Activity Center for Older Adults (ACOA)

(219) 326-5354

After Hours Emergency Hotline

(219) 871-9975; (855) 325-6934

Services Provided:

- Assessment and treatment of children, adolescents and adults
- Psychiatric evaluation and medication management
- Psychological evaluation and testing
- Addiction and substance abuse assessment, treatment, and referral
- Assessment and treatment of mental and emotional disorders - stress, anxiety and/or depression
- Counseling for individuals, couples, families and groups
- Older adult services
- School and community-based services for children
- Employee assistance programs for business and industry
- Crisis assistance - 24 hours
- Day Treatment, Residential and Community Support Services for the adult with serious mental illness
- Case management

Education and Workforce Development

Apprenticeship Preparation Indiana Plan Northern Indiana

Grace Learning Center

TASC Testing (Formerly GED Testing)

Vocational Rehabilitation Services- Area 3

WorkOne

**Apprenticeship
Preparation
Indiana Plan
Northern Indiana**

You can apply online at any time. Applications are taken at the Gary office Monday-Friday 8:30 AM - 12:30 PM and 1:30 - 3:30 PM

Indiana Plan Northern Indiana
3101 Broadway
Gary, IN 46409
(219) 884-4503
Fax: (219) 884-4519

Email: ddoss@indianaplan.org
www.indianaplan.org

What is the Indiana Plan?

The Indiana Plan is a pre-apprenticeship training program sponsored by the Indiana State Building Trades. The Indiana Plan recruit, informs and educates eligible program participants about the steps to take to become accepted into construction apprenticeship programs. Trainees participating in the Indiana Plan program prepare for the apprenticeship aptitude test, work on good interviewing techniques, job readiness and resume preparation, and they receive counseling on upcoming apprenticeship openings in the construction trades.

How do I enroll?

First, you need to complete an application by applying online or applying at one of our training facilities. Applicants are required to meet the following entry-level requirements:

- 18 years old.
- High school diploma or High School Equivalency Diploma (formerly GED).
- Valid Indiana driver's license.
- Reliable transportation.
- Pass a drug screen.

Once you have completed your application, you will be contacted at a later date for testing and an interview.

Applicants with felonies are welcome to apply.

Education

Training takes place throughout the state of Indiana. The curriculum provides candidates with a basic understanding of principles that are required in any building trades program, such as mathematics.

The curriculum also provides a solid background in construction trades, basic life skills and adult basic education. The curriculum, which is approved by the U.S. Department of Labor's Office of Apprenticeship, includes OSHA 10 safety training.

Placement

Upon completion of training, the Indiana Plan works with candidates to place them into construction jobs at a training rate. This provides participants with a broader opportunity for employment and also provides valuable experience as they apply to become apprentices within their chosen construction trade. Further, Indiana Plan provides candidates with up-to-date information about the application process with the various apprenticeship programs.

Grace Learning Center

Monday – Friday
8:30 AM – 5:00 PM

1007 West 8th St.
Michigan City, IN 46360
(219) 879-6788

gracelearningcentermc@gmail.com
For Current Monthly Schedule of Classes See:
www.citizens4homeless.org/grace-learning-center
www.facebook.com/gracelearningcentermc

Grace Learning Center offers citizens of LaPorte County with education and job assistance. Workshops and classes are offered every month. **See their website for a calendar of current classes.**

Citizens Concerned for the Homeless (CCH) has always recognized its clients' need for education. Often lacking even a high school diploma, many have little chance of succeeding - working their way to self-sufficiency and out of poverty. Providing opportunities for more skills training and education has been an important CCH long term goal.

Through a gift from the former Grace Church and with the assistance of Michigan City government, CCH opened a learning center in 2011. The GLC focus is on providing assistance in developing skills necessary to get entry level and more advanced level jobs.

Through a partnership with A.K. Smith, we provide literacy training with the objective of obtaining a GED (General Equivalency Diploma).

As a WorkOne access point in Michigan City, we provide assistance in computer-based job searches.

In partnership with PNW we provide seminars in a variety of financial subjects.

We are constantly developing new programs. If you have ideas or interests that are not being addressed, come in and talk to our director, Kristen, about them.

These programs are free of charge for those in need in the LaPorte County community.

TASC testing (Formerly GED Testing)

See Location Hours
Below

(219) 873-2122

www.mcas.k12.in.us/careertech

Students receive individualized instruction in reading, writing, math, and TASC (Test Assessing Secondary Completion) preparation. With flexible hours, students can find time suitable for classes. Call (219) 873-2122 for complete information.

Who may attend?

Individuals age sixteen or older who are out of school

Individuals preparing for the TASC

High school graduates in need of remediation

Individuals whom are foreign-born to learn or improve English

Individuals who want to "brush up" on forgotten academic skills

CLASS SITES and HOURS

A.K. Smith Career Center

817 Lafayette St.

Michigan City, IN 46360

Phone (219) 873-2120

Fax (219) 873-2068

Monday through Thursday 9:00 AM to 8:00 PM

ESL: Monday and Wednesday 4:00 PM to 8:00 PM

LaPorte WorkOne

300 Legacy Plaza West

LaPorte, IN 46360

Monday and Tuesday 1:00 PM to 7:00 PM

Wednesday and Thursday 9:00 AM - 3:00 PM

No classes on Fridays

**Vocational
Rehabilitation Services-
Area 3**

954 Eastport Centre Drive, STE C
Valparaiso, IN 46383
Phone: (219) 462-0521
Toll Free: 1 (877) 847-9888
Toll Free Fax: 1 (855) 450-3568

www.in.gov/fssa/ddrs/2759.htm

The Vocational Rehabilitation Services Process

Referral - Individuals may be self-referred, or the referral may be made by family members, physicians or medical institutions, educational institutions, or others by calling, writing, or visiting any Vocational Rehabilitation office or facility. The referred individual must submit a written application requesting vocational rehabilitation services.

Application

The VR counselor gathers and evaluates medical, educational, vocational, and other information to determine eligibility. An applicant is eligible if a determination is made that:

1. he or she has a physical or mental impairment;
2. the physical or mental impairment constitutes or results in a substantial impediment to employment; and
3. the individual requires vocational rehabilitation services to prepare for, enter, engage in, or retain an employment outcome consistent with his or her abilities, capacities, career interests, and informed choice.

The eligibility determination must be made within 60 days of the date on which the individual applies, unless unforeseen circumstances beyond the control of the agency necessitate, and the individual agrees to, an extension of the assessment period for a specified additional period, or an extended evaluation is necessary.

Extended Evaluation

If additional information is needed to establish whether or not the person can be presumed to be able to benefit in terms of an employment outcome from vocational rehabilitation services due to the severity of his or her disability, actual vocational rehabilitation services can be provided for up to 18 months before eligibility must be finally decided.

Rehabilitation Program Development

The counselor and consumer jointly determine the job the consumer is ultimately to be placed in and plan the services necessary to reach that job goal. The job goal, intermediate objectives, services, and service providers are specified in an Individualized Plan for Employment (IPE).

Vocational Rehabilitation Services-Area 3 Continued

Provision of Services - Services are provided in accordance with the IPE. The specific services provided may include:

- vocational counseling and guidance;
- medical treatment to correct or modify the physical or mental impairment;
- training (including vocational school, college or university, on-the-job, and other training;
- rehabilitation technology (assistive devices and services);
- placement assistance and follow-up (including supported employment) and
- other planned goods and services determined to be necessary to address an identified substantial impediment to employment and to be required to enable the individual to prepare for, enter, engage in, or retain an employment outcome.

Job Placement

Placement of the consumer into employment that is consistent with the individual's abilities, capacities, career interests, and informed choice is the goal of the vocational rehabilitation services program. It is to this end that all prior services have been directed.

Case Closure

A person is "rehabilitated," and the consumer's case is closed, when: (1) the vocational rehabilitation services provided under the IPE have contributed substantially to the achievement of the employment outcome; (2) the employment outcome is consistent with the individual's strengths, resources, priorities, concerns, abilities, capabilities, interests, and informed choice; (3) the employment outcome is in the most integrated setting possible, consistent with the individual's informed choice; (4) the individual has maintained the job for a period of at least 90 days; and (5) the individual and the VRS counselor consider the employment outcome to be satisfactory and agree that the individual is performing well on the job.

Post-Employment Services

Limited services may be provided after case closure as "rehabilitated," if required to enable the individual maintain, regain, or advance in employment.

Sometimes the entire vocational rehabilitation services process can be completed in four to six months when just a few services are required to achieve the client's vocational goal. In other instances the process may take four to five years or more to complete when the client's vocational goal requires a college degree. The average time required to successfully complete vocational rehabilitation programs by all Federal Fiscal Year (FFY) 2004 rehabilitants was 20.2 months.

WorkOne

See Location Hours
Below

WorkOne LaPorte
300 Legacy Plaza West
LaPorte, IN 46350

WorkOne Michigan City
302 West 8th Street
Michigan City, IN 46360

www.in.gov/dwd/WorkOne

About WorkOne

The WorkOne Center is the heart of the workforce development system. It's where WorkOne staff help you find a new or better job, choose a career, access training or get the information needed to succeed in today's job market. Visit your local WorkOne and find out what our friendly associates can do for you.

WorkOne is your one-stop resource for:

- Skill assessment
- Career counseling and planning
- Statewide job matching system
- Employment library and technology tools: access to computers, fax machines, phones
- Resume and cover letter writing assistance
- High School Equivalency or H.E.S. (formerly known as G.E.D.) and basic education
- Training programs and workshops
- Training grants and scholarships information
- Work and family related support service and community resources

Our friendly staff will assist you in applying for financial assistance if you wish to pursue college or vocational training. And, if you're a professional or skilled person in between jobs, we have a networking group that meets weekly to share ideas and leads.

WorkOne LaPorte

300 Legacy Plz. W.

LaPorte, IN 46350

Phone: (219) 362-2175

Fax: (219) 362-1198

WorkOne Michigan City

302 West 8th Street

Michigan City, IN 46360

Phone: (219) 809-0575

Hours

Sunday: Closed
Monday: 8:00 AM - 4:30 PM
Tuesday: 8:00 AM - 4:30 PM
Wednesday: 8:00 AM - 4:30 PM
Thursday: 10:00 AM - 4:30 PM
Friday: 8:00 AM - 4:30 PM
Saturday: Closed

Hours

Sunday: Closed
Monday: 8:00 AM - 4:30 PM
Tuesday: Closed
Wednesday: 8:00 AM - 4:30 PM
Thursday: Closed
Friday: 8:00 AM - 4:30 PM
Saturday: Closed

Health

Healthcare.gov Department of Health and Human Services

Healthline

La Porte County Health Department

La Porte Regional Health System

Open Door Adolescent Health Center

State Health Insurance Assistance Program (SHIP)

YMCA

Healthcare.gov
Department of Health
and Human Services

Available 24/7
Closed Memorial Day,
July 4th, Labor Day,
Thanksgiving Day, and
Christmas Day

For questions, or to apply by
phone, contact the Marketplace
Call Center
(800) 318-2596
(TTY: 1-855-889-4325)

www.facebook.com/healthcare.gov
www.healthcare.gov

Healthcare.gov provides information on health coverage and enrollment. The following services are also provided:

Enroll in Health Insurance

See if you qualify for a Special Enrollment Period
Marketplace tips
See plans & prices
Medicaid & CHIP coverage
How to apply & enroll
Submit requested documents
Dates & deadlines
The Marketplace in your state
2016 coverage for birth/adoption/foster care
Pay your premium

Change, Update, or Cancel

See if you can change plans
Report income/family changes after you enroll
Cancel your plan

Health Benefits and Coverage

What plans cover
Dental coverage
Preventive services
Pre-existing conditions coverage
Using your health insurance coverage

Saving Money

See if you'll save
Save on your premiums
Save more with a Silver plan

Estimating Income

How to estimate income
Who to include in your household
Income types: What to include

Choosing a Plan

How to pick a plan
Metal categories
Total yearly health care costs
Plan & network types
Health plan quality ratings

Taxes, Penalties, and Fees

2016 taxes & health insurance
The penalty for not having coverage
Exemptions from the penalty
Health coverage tax tool
Finding and using your 1095-A
Reconcile your premium tax credit

More Details For...

People under 30
People with job-based insurance
Self-employed people
Unemployed people
Retirees
People with Medicare
Pregnant women
Same-sex married couples
Immigrants
People with disabilities
Military veterans
American Indians & Alaska Natives
Incarcerated people
Transgender people

Health Linc

Medical
710 Franklin St
Michigan City, IN 46360
(219) 872-6200

Dental
(219) 877-3714

www.facebook.com/HealthLinc
healthlincchc.org

Medical Hours of Operation:

Monday - Thursday: 8:00 AM - 8:00 PM
Friday: 8:00 AM - 5:00 PM
Saturday: 9:00 AM to 1:00 PM
Sunday: CLOSED

Dental Hours of Operation:

Monday - Tuesday: 8:00 AM - 8:00 PM
Wednesday – Thursday: 8:00 AM - 6:00 PM
Friday: 8:00 AM - 4:00 PM
Saturday and Sunday: CLOSED

Services Provided:

Services provided include a full range of primary medical care services, dental care, behavioral care, vision care, pediatrics, obstetrics, and pharmacy. Please see their website for a comprehensive list of services.

HealthLinc offers the following types of health insurance enrollment assistance:

- Federal Health Insurance Marketplace Assistance
- Indiana HIP 2.0 Assistance
- Medicaid Assistance

**LaPorte Regional
Health System**

Open 24 Hours

1007 Lincolnway
LaPorte, IN 46350
(219) 326-1234

www.laportehhealth.org

About La Porte Hospital

Nestled in the county seat just off the shores of Lake Michigan in Northern Indiana, La Porte Hospital has been the heart of healthcare in La Porte for more than 40 years. The hospital provides acute care with strong programs in cardiology, orthopedics, surgical services, emergency care, oncology, and maternal health. La Porte Health System also comprises Lakeshore Surgicare (outpatient surgery center), La Porte Physician Network (multi-specialty medical group of more than 100 physicians in 40+ locations), Wellness and Rehabilitation Services, Sports Medicine, Occupational Services and Urgent Care, among others.

Services Provided:

- Surgical Services
- Heart Care
- Laboratory Services
- Diagnostic Imaging
- Cancer Care
- Emergency Services
- Occupational Services
- Maternity Services
- Neurology
- Rehabilitation Services
- Respiratory Care.

Please see website for comprehensive list of services.

Open Door Adolescent Health Center

During Regular
School Hours

Michigan City High School
One Wolf Trail
Michigan City, IN 46360
Phone: (219) 873-2082 Ext. 4545
Fax: (219) 873-2222

www.mcas.k12.in.us/Domain/2086

The Open Door Adolescent Health Center (ODAHC) is a school-based comprehensive health center located on-site at the Michigan City High School. The ODAHC believes that all adolescents are entitled to reliable, accessible and comprehensive health care. Our goal is to promote healthy behavior and subsequently improve school attendance. The services we offer are separate from those already offered by the MCAS School Nurse. The Open Door Adolescent Health Center provides health and mental health services on-site at the Michigan City High School during the school day. The clinic also provides outreach services to middle schools and elementary students that are without health insurance.

Registration Process

Parental consent is required before any student may receive services. Registration takes 15 to 20 minutes and parents and/or legal guardians (must provide proper documentation) must complete the registration forms at the Open Door Adolescent Health Center, due to liability issues, and can do so between the hours of 7:30 AM - 1:30 PM on Monday, Tuesday, Thursday, Friday and on Wednesday from 7:30 AM - 12:00 PM. All Students 18 years or older may register themselves in the program. Once the registration is complete, it will remain open until your student(s) graduate, unless you contact our office in writing to revoke permission.

Fees

All services are free of charge regardless of the students' or parents' status (economic/insurance) however, we do ask for their insurance information for statistical purposes and also their social security numbers for identification purposes.

Services Provided:

- Evaluation and treatment of minor illness or injury
- Preventive and Health Education
- Individual and Group Mental Health Counseling
- Wellness and Physical/Sports Examinations
- Nutritional Counseling / Weight and Diet Control
- Adolescent Growth and Development concern
- Tobacco Cessation and Prevention Education
- Abstinence Promotion (No birth control devices/methods will be dispensed or prescribed)
- Sexually Transmitted Infection Testing/Referral
- Pregnancy Testing and Counseling
- Pre/Post Natal Nutrition and Counseling
- Teen Pregnancy/Parenting Support Groups
- Student Assistance Support Groups
- Educational Presentation
- Information and Community Referral

**State Health Insurance
Assistance Program
(SHIP)**

Monday – Friday
7:00 AM – 3:30 PM

311 West Washington Street,
Suite 200
Indianapolis, IN 46204
(800) 452-4800 Toll-Free

www.facebook.com/Indiana.SHIP
www.shiptacenter.org
www.medicare.in.gov

About Us

The State Health Insurance Assistance Programs (SHIPs) provide free, in depth, one-on-one insurance counseling and assistance to Medicare beneficiaries, their families, friends, and caregivers.

Do you have questions or concerns about Medicare or Medicare-related health insurance plans and programs? SHIPs answer questions about Medicare and assist people in obtaining coverage through options that include the Original Medicare program, Medicare Advantage (Part C) Plans, Medicare Prescription Drug (Part D) Plans, and programs designed to help people with limited incomes pay for their health care, such as Medicaid, the Medicare Savings Program, and the Low-Income Subsidy. SHIPs also help people compare Medicare Supplemental (Medigap) insurance policies and explain how these and other supplemental insurance options -- such as insurance plans for retirees -- work with Medicare. In addition, SHIPs provide information on long-term care insurance and, when needed, refer beneficiaries to agencies such as the Social Security Administration and local Medicaid offices for additional assistance.

Services for the Public

The SHIP TA Center helps members of the general public understand, locate, and access SHIP services in their state, territory, or commonwealth by providing the following options:

National SHIP website that includes a SHIP locator for the general public (home page of www.shiptacenter.org)

National toll-free number: (877) 839-2675

National email address: info@shiptacenter.org

YMCA

See Hours Below

See Locations Below

www.lpymca.org

La Porte Branch

901 Michigan Avenue
La Porte, IN 46350
Phone: (219) 325-9622
Fax: (219) 325-3600

Hours of Operation:

Monday – Friday 5:00 AM - 10:00 PM
Saturday 6:00 AM - 5:00 PM
Sunday 10:00 AM - 5:00 PM

Kid Watch

Monday-Saturday 8:00 AM - 11:30 AM
Monday-Thursday 4:00 PM - 7:30 PM
Sunday Closed

Michigan City Elston Branch

1202 Spring St, Door K
Michigan City, IN 46360
Phone: (219) 221-4055

Hours of Operation:

Monday - Friday 6:00 AM - 8:00 PM
Saturday 6:00 AM - 5:00 PM
Sunday Closed

Kid Watch

Monday-Thursday 4:00 PM - 7:30 PM
Friday-Sunday Closed

Long Beach Branch

2501 Oriole Trail
Long Beach, IN
Phone: (219) 879-1395

Summer Hours:

Day after Memorial Day through Labor Day
Hours of Operation:
Monday – Friday 5:00 AM - 10:00 PM
Saturday 6:00 AM - 5:00 PM
Sunday 10:00 AM - 5:00 PM

Fall & Winter Hours:

Day after Labor Day through Memorial Day
Hours of Operation:
Monday – Friday 6:00 AM - 9:00 PM
Saturday 6:00 AM - 5:00 PM
Sunday 10:00 AM - 5:00 PM

Childcare and Learning Center

2510 Monroe Street
La Porte, IN 46350
Phone: (219) 326-7646

Hours of Operation:

Monday – Friday 6:00 AM - 6:00 PM

Outdoor Education & Recreation Center

1400 Andrew Avenue
La Porte, IN 46350
Phone: (219) 325-9622 (Main Branch)

Seasonal hours based on programs

Health Support

Alzheimer's and Dementia Services of Northern Indiana

American Diabetes Association Indiana Office

American Heart Association Indiana

American Liver Foundation Heartland Division

American Lung Association in Indiana

Arthritis Foundation Indiana Chapter

Autism Society of Indiana

Blind and Visually Impaired Services Bureau of Rehabilitation Services

CancerCare

Children and Adults with Attention Deficient/Hyperactivity Disorder (CHADD)

Depression and Bipolar Support Alliance

Down Syndrome Indiana

Hear Indiana

Project Inform (HIV and Hepatitis Support)

Indiana Lions Eye and Tissue Transplant Bank

Indiana Lions Speech and Hearing, INC.

Indiana Telephone Relay Access Corporation (INTRAC)

International Dyslexia Association Indiana Branch

Leukemia and Lymphoma Society Indiana Chapter

Minority Health Coalition of La Porte County

National Cancer Institute

National Federation of the Blind Indiana

National Kidney Foundation of Indiana

Onesight: Lenscrafters, Sears Optical, and Target Optical

Postpartum Depression Moms, Kristin Brooks Hope Center

**Alzheimer's and
Dementia Services of
Northern Indiana**

Toll-free Helpline:
(888) 303-0180

922 East Colfax Avenue
South Bend, IN 46617
(574) 232-4121
Fax: (574) 232-4235

Email: info@alzni.org
www.facebook.com/AlzheimersAndDementiaServices
www.alzni.org

Alzheimer's and Dementia Services of Northern Indiana (ALZNI) was founded in 1982 and serves 11 counties in Northern Indiana with a broad spectrum of services to help patients, families and caregivers who are facing the challenges imposed by Alzheimer's disease and related dementia. It is a division of REAL Services, Inc., a not-for profit organization, whose mission is to assist in establishing a community in which those we serve can maintain their independence to the maximum degree possible and find meaning and satisfaction throughout their lives. ALZNI is a proud member of the Alzheimer's Foundation of America, a national organization that closely parallels our mission of service, support, education and advocacy.

Family and Caregiver Education and Support

Provides a wide variety of free programs for families and caregivers who are struggling with the daily issues that arise when working with those diagnosed with Alzheimer's disease and related dementia.

Programs include:

- Monthly Dementia Classes
- Quarterly Newsletter
- Lending Library
- Helpline
- Support Groups Individual Disease Counseling
- Workshops and Conferences

Early Stage Dementia—Living Life Well (\$)

A continuing education and activity workshop to assist those with early stage dementia in maintaining cognitive skills and a sense of meaning. Sessions include activities, meals, lunches and caregiver support groups.

Service Area:

North Central: Elkhart, Kosciusko, LaPorte, Marshall, and St. Joseph counties

**American
Diabetes Association
Indiana Office**

1-800-DIABETES
(800-342-2383)
Monday - Friday
7:30 AM - 7:00 PM
Chat Agents Available:
Monday – Friday
7:30 AM - 4:00 PM

8604 Allisonville Road, Suite 140
Indianapolis, IN 46250
(317) 352-9226 Indiana Office
Monday – Friday
7:30 AM - 4:00 PM

Email: indiana@diabetes.org
www.facebook.com/AmDiabetesIN
www.diabetes.org/in-my-community/local-offices/indianapolis-indiana/staff.html

Contact Us

We want you to have an excellent experience on diabetes.org. If you need assistance with the site or with any other aspect of your relationship with the Association, please let us know. We want to help.

We lead the fight against the deadly consequences of diabetes and fight for those affected by diabetes.

- We fund research to prevent, cure and manage diabetes.
- We deliver services to hundreds of communities.
- We provide objective and credible information.
- We give voice to those denied their rights because of diabetes.

This Website Contains Information On:

- Shopping for Meal Plans
- Healthy Meal Plans
- Community Actions Events
- Advocacy Tools
- Research
- Diabetes Basics
- Food & Fitness
- Risk Factors

**American Heart
Association Indiana**

Monday – Friday
7:30 AM – 4:00 PM

Regional Office
6500 Technology Center Dr. Ste 100
Indianapolis, IN 46278
(317) 732-4700
Fax: (317) 732-4710

www.facebook.com/AHAIndiana
www.heart.org/HEARTORG/Affiliate/Indianapolis/Indiana/Home_UCM_MWA004_AffiliatePage.jsp

What We Do:

To improve the lives of all Americans, we provide public health education in a variety of ways. We're the nation's leader in CPR education training. We help people understand the importance of healthy lifestyle choices. We provide science-based treatment guidelines to healthcare professionals to help them provide quality care to their patients. We educate lawmakers, policymakers and the public as we advocate for changes to protect and improve the health of our communities.

CPR and First Aid Training:

Visit heart.org/cpr

- Find a Class
- Become an instructor
- Family & Friends CPR Anytime - Training at home for the non-professional
- Hands-Only CPR
- CPR in Schools Kit available

Support Network:

Caregiver Support
Staying Healthy
Eating Right
Resources

Healthy Living:

- Healthy Eating
- Physical Activity
- Healthy Kids
- Weight Management
- Stress Management
- Quit Smoking
- Workplace Health

Interactive Cardiovascular Library:

Our Interactive Cardiovascular Library has detailed animations and illustrations to help you learn about conditions, treatments and procedures related to heart disease and stroke.

http://watchlearnlive.heart.org/CVML_Player.php

**American
Liver Foundation
Heartland Division**

Monday – Friday
8:00 AM – 6:00 PM

PO Box 3608
Indianapolis, IN 46236
(317) 635-5074 Heartland Office
(800) 465-4837 National Helpline

www.facebook.com/ALFHeartland
www.liverfoundation.org/chapters/heartland/resources

Welcome to the American Liver Foundation Heartland Division serving Indiana, Ohio, and Kentucky. We provide a wide variety of services including information and referral, education programs, support groups, exciting fundraising events, and an array of volunteer opportunities. For more information about Clinical Trials in this area, go to:

Support / National Helpline

1-800-GO-LIVER (1-800-465-4837)

Information specialists are available to answer questions about liver disease and liver wellness, including risk factors, prevention, symptoms, early detection, diagnosis and treatment options. ALF can direct callers to local services in their area, help them learn about clinical trials and help them find a physician. Interpretation services are available for non-English speakers.

Education

ALF offers several Community Education Programs on liver health and liver disease that are interactive and age appropriate. These popular programs include:

- Love Your Liver
- Liver Wellness: What Everybody Needs to Know
- Viral Hepatitis
- Teens to Twenties: Liver Wellness Guide

A variety of disease-specific brochures are available in multiple languages. Our “1-2-3” initiatives, online education and support programs targeting specific diseases, offer information about risk factors, symptoms, testing and diagnosis, prevention and treatment options.

Online Support Communities

ALF has partnered with Inspire.com to create a global resource community. Become a member of ALF's group to connect with other liver disease patients and their families to share experiences, information and support.

Caringbridge

The American Liver Foundation partners with CaringBridge to offer free, personal and private websites that connect people experiencing a significant health challenge to their family and friends, making each health journey easier.

**American
Lung Association
In Indiana**

Monday – Friday
7:30 AM – 3:30 PM

115 West Washington Street
Suite 1180 South
Indianapolis, IN 46204
(317) 819-1181 Indiana Office
(800) 586-4872 National Lung
Helpline

Email: info@lungin.org
www.facebook.com/lungusa
www.lung.org/about-us/local-associations/indiana.html

Lung Helpline & Tobacco QuitLine

You Ask. We Answer. Talk to our experts at the American Lung Association Lung Helpline and Tobacco QuitLine. Our service is free and available as often as you need. We are here to help you. 1 (800) LUNGUSA

Our areas of expertise include:

Lung Health Education	Neonatal, Pediatric, and Adult Respiratory Intensive Care
(Smoking) Tobacco Cessation	Medication Counseling
Respiratory Therapy and Pulmonary Testing	Patient Advocacy
Respiratory Nursing	Nursing Case Management
Respiratory Home Care	Physician Search
Lung Diseases	

Online Support Community

Find an online support community that's right for you. Join the American Lung Association's free support communities on Inspire.com. The Lung Association is proud to support several free online communities on Inspire.com for people facing lung disease. These free online communities offer peer-to-peer support so you can connect with people who are in your shoes. You can start or respond to threads on the communities, upload photos and search for specific topics to find other members who share the same interests.

To become a member of Inspire you need to register for an account. Select the community below that best suits your needs:

- Lung Cancer Survivors Support Community
- Living with COPD Support Community
- Living with Lung Disease Support Community (which includes asthma and other lung diseases)
- Living with Pulmonary Fibrosis
- Caring for Pulmonary Fibrosis
- Quit Now: Freedom From Smoking
- Living with Asthma

Click the "Sign up today" button at the top of the community home page. This will take you to the registration page, and after you complete the form, Inspire will send you an email to activate your account. Regardless of how many communities on Inspire you want to join, you only need to create one account. If you have any trouble signing up or finding the right group, you can email team@inspire.com for help.

**Arthritis Foundation
Indiana Chapter**

1 (844) 571-HELP
(4357)
24/7 Assistance

615 North Alabama Street Suite 430
Indianapolis, IN 46204
(317) 879-0321
(800) 783-2342 Toll-Free

www.facebook.com/AFIndiana
www.arthritis.org

Arthritis Resource Finder

www.resourcefinder.arthritis.org/ Powered By CareLike

Through this specialized search tool, you can locate helpful resources, obtain key contact information, and learn more detailed information such as specific services offered.

Arthritis Helpline

Arthritis Foundation Launches Helpline to Help Answer Your Arthritis-Related Questions

Have you ever had an arthritis related question but were in-between doctor's appointments or just forgot to ask your doctor? Now you can ask us! The Arthritis Foundation now offers one-on-one support through our toll-free Helpline that launched earlier this year – 1 (844) 571-HELP (4357).

Through the Helpline you'll receive personalized service, when and where you need it. The Helpline has already helped answer many questions for people with arthritis including finding a physician, joining support groups and medication assistance.

Whether you have arthritis or are a family member or caregiver, we encourage you to reach out for answers for any routine or complex questions you may have regarding arthritis or related diseases. We have licensed clinical social workers on staff that can talk to you about a variety of topics, including:

- Access to care (physicians, insurance, medications)
- Financial assistance
- Juvenile arthritis school or community issues
- In-home care or services
- Insurance questions
- Non-arthritis health issues
- Support groups
- Transportation
- Suicide/self-harm
- Social security, disability and related legal questions
- Veteran benefits

The Helpline is open 24 hours a day for your convenience. If our staff is unavailable when you call, leave a message and we will get back to you within 24 hours. Our staff can also provide referrals to community, state and federal resources should you need additional information or help. We have an abundance of information on arthritis.org, but understand that sometimes it's easier to pick up the phone and speak directly with someone who can help. Whether you are newly diagnosed or have been fighting for years, we hope the Helpline opens up the lines of communication for the people that need us most. Do you have questions related to your arthritis? Call the toll-free Helpline today and get the answers you need! 1 (844) 571-HELP

**Autism Society of
Indiana**

Monday – Friday
8:00 AM – 3:00 PM

1800 N. Meridian Street STE 600
Indianapolis, IN 46208
(800) 609-8449

Email: info@inautism.org
www.facebook.com/autismindiana
www.autismsocietyofindiana.org

Our Mission

Improves the lives of all people affected by autism in Indiana

Our Vision: ASI is a leading resource in Indiana for connecting people who live with autism, and those who care about them, with resources, support, advocacy and information tailored to their unique needs. ASI strives to create communities throughout the state in which people on the autism spectrum and their families are empowered, supported and fully embraced by their community.

Autism Society of Indiana Autism Allies

The Autism Society of Indiana has Autism Allies across the state to help families and individuals with autism in their areas. Each Autism Ally has the personal experience of parenting a child with autism and uses that foundation to support families and individuals with autism because they know how hard it is to manage the challenges of autism.

Elena Luna Magallanes

Autism Ally

eluna@inautism.org

(800) 609-8449 ext. 101

Counties: Lake, Porter, Laporte, Newton, Jasper, Starke & Pulaski

**Blind and Visually
Impaired Services
Bureau of
Rehabilitation Services**

(877) 241-8144 Toll-Free

402 West Washington Street
Indianapolis, IN 46204
(317) 234-2907

Email: BVIS@fssa.in.gov
www.in.gov/fssa/ddrs/2638.htm

About BVIS

Blind and Visually Impaired Services (BVIS) is a program of the Bureau of Rehabilitation Services (BRS), a Division of Disability and Rehabilitative Services (DDRS). BVIS provides services to eligible Hoosier's that are blind or visually impaired. For information regarding Blind and Visually Impaired Services contact staff at: BVIS@fssa.in.gov or at (877)241-8144

Randolph - Sheppard Business Enterprise Program

The Randolph-Sheppard Business Enterprise Program provides entrepreneurial opportunities for legally blind clients of Vocational Rehabilitation Services (VRS). These blind entrepreneurs manage a wide variety of food-service operations, including cafeterias, coffee shops, vending locations, and highway area vending sites. Through this program, individuals receive training and opportunities to become productive, tax-paying citizens and independent licensed managers. For information regarding resources for the Business Enterprise Program contact: BVIS Program Manager at 1 (800) 545-7763

Older Independent Blind Program (OIB)

The Older Independent Blind/Visually Impaired Program expands independent living services for people who are age 55 and older, and have a severe visual impairment. Through a grant from the Department of Education, Older Blind Program, Indiana Blind and Visually Impaired Services provide funding to contractors across the state in order to provide in-home independent living training to older individuals with significant vision loss. For information regarding the Older Independent Blind/Visually Impaired Program please contact the OIB program director at BVIS@fssa.in.gov or 1 (877) 241-8144

Resources

Blind and Visually Impaired Services of Indiana has compiled a list of additional resources that you may find helpful. Please browse the list on their website for additional information on any of the following topics:

Accessible Documentation
Adaptive Sports Programs in Indiana
Audio Services
Awareness and Advocacy
Bioptic Driving
Centers for Rehabilitation and Community Services

Continued Education/Professional Development
Education Resources
Employment Resources
Equipment and Technology
Transportation

CancerCare

Monday – Thursday
9:00 AM – 7:00 PM
Friday
9:00 AM – 5:00 PM

275 7th Avenue, Floor 22
New York, NY 10001
(866) 552-6729
CancerCare Co-Pay Assistance
(800) 813-HOPE (4673)

www.facebook.com/cancercare
www.cancercare.org

Our Services

Professional oncology social workers provide free emotional and practical support for people with cancer, caregivers, loved ones and the bereaved.

Counseling

Oncology social workers provide individual counseling, lead support groups, locate services that help with home care or transportation, and guide people through the process of applying for Social Security disability or other forms of assistance. CancerCare's oncology social workers are available to help face-to-face, online or on the telephone, free of charge.

Call (800) 813-HOPE (4673); or email us at info@cancercare.org.

Online Support Groups

Online support groups take place using a password-protected message board format (not live chat) and are led by professional oncology social workers who offer support and guidance. Groups are held for 15 weeks at a time, and group members must register to join. After completing the registration process (which can take up to 2-3 business days), members can participate by posting in the groups 24 hours a day, 7 days a week.

Telephone Support Groups

Connect with other people from across the country who share similar concerns in weekly, regularly scheduled, one-hour sessions.

Connect Education Workshops

Leading experts in oncology provide up-to-date information in one-hour educational cancer workshops over the telephone or online.

Publications

Written by experts, our easy-to-read booklets and fact sheets provide reliable information on cancer-related topics.

Financial Assistance Program

Helps with treatment-related costs, such as transportation, home care and child care. View available assistance and eligibility guidelines.

Co-Payment Assistance Foundation

Helps with insurance co-payments to cover the cost of chemotherapy and targeted treatments. View covered diagnoses and eligibility guidelines.

**Children and Adults
with Attention
Deficient/Hyperactivity
Disorder (CHADD)**

Talk with an ADHD
Information Specialist
1 (800) 233-4050
Monday-Friday
12:00 PM – 4:00 PM

4601 Presidents Drive Suite 300
Lanham, MD 20706
(800) 233-4050

www.facebook.com/chadd.org

www.chadd.org

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD), is a national non-profit, tax-exempt [Section 501(c)(3)] organization providing education, advocacy and support for individuals with ADHD. In addition to our informative website, CHADD also publishes a variety of printed materials to keep members and professionals current on research advances, medications and treatments affecting individuals with ADHD. These materials include Attention magazine, Attention weekly, a free electronically mailed current events newsletter, as well as other publications of specific interest to educators, professionals and parents.

Attention Connection

If you have a question about ADHD, you can post it here, connect with others and seek answers from our community of individuals directly affected by ADHD. The National Resource Center on ADHD's health information specialists are also on hand to provide clarification, evidence-based information and further insights.

Individual Membership

Whether you have been recently diagnosed with ADHD, have lived with a diagnosis for many years, or even if you are undiagnosed, but experience ADHD-related symptoms, you'll find the tools you need to help you better understand ADHD, treatment options, and connect with others just like you. INDIVIDUAL MEMBERSHIP - \$53

Family Membership

The CHADD Family membership is great for parents, grandparents or caregivers of children or young adults with ADHD. Get unlimited access to CHADD membership benefits for up to 3 family members within the same household. FAMILY MEMBERSHIP - \$53

Student Membership

For individuals under 35, a Young Adult membership helps open a whole new world of ADHD understanding! Get access to all member benefits, connect with others locally or online, and take advantage of resources to help you better manage your ADHD symptoms.

STUDENT/SENIOR CITIZEN MEMBERSHIP - \$41

National Resource Center

The National Resource Center on ADHD (NRC), a program of CHADD, was established to be the national clearinghouse for the latest evidence-based information on ADHD. It is primarily funded through a cooperative agreement with the Centers for Disease Control and Prevention (CDC) National Center on Birth Defects and Developmental Disabilities (NCBDDD). The NRC serves as a National Public Health Practice and Resource Center (NPHPRC) with the mission to provide information, education and consultation about assessment, diagnosis, treatment, and issues of health and well-being for children with ADHD and their families.

Cutler Funeral Home

Monday – Friday
9:00 AM – 4:30 PM

2900 Monroe Street
La Porte, IN 46350
(219) 362-2828

info@cutlerfuneralhome.com
www.cutlerfuneral.com

General Medical Equipment Provision

Lends wheelchairs, commodes, crutches, canes, walkers,
and shower chairs to the public at no cost. Open to all in
need.

Depression and Bipolar Support Alliance

Resources: (800) 826-3632

55 E. Jackson Blvd., Suite 490
Chicago, IL 60604
Staff: (312) 642-0049
Fax: (312) 642-7243

www.facebook.com/DBSAlliance
www.dbsalliance.org/

Who We Are

The Depression and Bipolar Support Alliance (DBSA) is the leading peer directed national organization focused on the two most prevalent mental health conditions—depression and bipolar disorder—which affect more than 21 million Americans and account for 90% of the nation’s suicides every year. DBSA assists millions of people each year with in-person and online peer support; current, readily understandable information about depression and bipolar disorder; and empowering tools focused on an integrated approach to wellness.

Educational Materials

Education is often the first step to understanding a diagnosis, symptoms and creating your path to wellness. Learn more about the educational materials that DBSA provides to people living with mood disorders, their friends and family, and mental health professionals.

Brochures

DBSA offers more than three dozen educational brochures on topics from treatment strategies to combating negative self-talk. You can download or order these brochures from our website.

Podcasts

DBSA podcasts feature some of the nation's leading experts on mental health, covering a wide expanse of topics from treatment options, to personal wellness strategies, to relationships, to the creative arts.

Publications

DBSA offers a monthly eNewsletter, multiple brochures, and a bookstore housing peer-reviewed titles to help keep you informed.

Videos

In addition to a host of written materials, DBSA also offers videos about depression and bipolar disorder on YouTube.

Living Successfully Course

Living Successfully with a Mood Disorder is an online course accompanied by a synchronized PowerPoint presentation and downloadable handouts.

Educational Webinars

DBSA webinars are online educational sessions featuring mental health experts that cover a wide range of topics from treatment options, to personal wellness strategies, to relationships.

Outside Resources

View our list of mental health organizations, federal agencies and more.

Store

DBSA offers several online stores to connect you with our great resources. From brochures, to books, to bracelets, to music CDs, your purchases help support DBSA's mission to improve the lives of people living with mood disorders.

Depression and Bipolar Support Alliance Continued

Personal Wellness Tools

Personal wellness strategies and tools to help you to work in collaboration with your clinicians can have a profoundly positive effect on the quality of your daily life.

DBSA Wellness Tracker

The DBSA Wellness Tracker is an online tool and smart phone app to help you recognize potential health problems and mood triggers. Charting life's ups and downs can help you spot trends affecting your health and treatment. With the DBSA Wellness Tracker, you can track mental and physical health trends, including your well-being, overall mood, mood disorder symptoms, lifestyle choices, and physical health. FacingUs.org/Tracker or on iTunes© or Google Play™

DBSA Facing Us Clubhouse

DBSA's Facing Us Clubhouse is home to a wealth of customizable personal wellness tools to help you live a full, healthy, and happy life. Inside, you can create a personal wellness plan; chart your emotional, mental, and physical health with the DBSA Wellness Tracker; feed your artist within in the Creativity Center; keep a personal journal; listen to Facing Us Radio; send e-postcards; share wellness tips; and browse inspirational videos. FacingUs.org

Down Syndrome Indiana

Monday – Thursday
8:30 AM – 2:30 PM

708 East Michigan Street
Indianapolis, IN 46202
(317) 925-7617
(888) 989-9255 Toll-Free

Email: info@dsindiana.org
www.facebook.com/DownSyndromeIndiana
www.dsindiana.org
(See Website for Current Program Guide)

About Down Syndrome Indiana Programs and Services

Down Syndrome Indiana is a one-stop-shop for information and resources on Down syndrome. The programs it offers are intended to promote the inclusion of individuals with Down syndrome in their greater community, as well as, to offer support and information to families, caregivers, educators, employers and the professionals who serve individuals with Down syndrome.

Down syndrome Indiana offers support at every age.

Programs and services include:

Awareness Presentations
Buddy Walk®
Community Support Groups
D.A.D.S.
Educator Resources
First Call
Information and Resource Referrals
Mom's Night Out
New Parent Packets
One-day Conference
Public Policy Advocacy
Self-Advocate Activities
And more....

Hear Indiana

4740 Kingsway Drive, Suite 33
Indianapolis, IN 46202
(317) 828-0211
Fax: (888) 887-0932

www.facebook.com/hearindiana
www.hearindiana.org/

About Us

For forty years, Hear Indiana has empowered and supported families of children who are deaf or hard of hearing. We provide Hope, Education, Advocacy, and Resources to hundreds of families throughout the state of Indiana. Ninety-five percent of babies with hearing loss are born to hearing parents, and 80-90% of these families are choosing to teach their children to listen and speak.

With today's technology (e.g., digital hearing aids, cochlear implants, FM systems, captioning) most deaf and hard of hearing children can achieve age-appropriate spoken language skills. Hear Indiana ensures that parents who wish to have their child attend a mainstream school, have equal access early intervention (e.g., hearing aids and appropriate therapy).

Resources

Hear Indiana is the central point of quality resources for families of children with hearing loss, individuals who are deaf or hard of hearing, and the professionals who serve them. In order to serve more children and reduce duplication of services, we have gathered all the resources provided by others in the state. Check out our Directory of Outside Resources organized by five stages: 1) Options for communication, 2) Getting Fit with amplification, 3) Listen utilizing appropriate therapies, 4) Learn via appropriate education, and 5) Live independently.

Hear Indiana is proud to provide FREE resources to all Hoosier families. For assistance with the purchase of hearing aids, please read more about the Gift of Sound. We are proud to host the only camp in Indiana designed specifically for children with hearing loss who listen and speak. We also host the premier educational conference for parents, adults with hearing loss, and professionals.

Appointments

Hear Indiana serves children from newborn through graduation from high school. To schedule an appointment please call us at (317) 828-0211 or email us at info@shrcindiana.org.

Project Inform

HELP-4-HEP
(Hepatitis C Helpline)

1 (877) 435-7443

Monday - Friday

8:00 AM – 6:00 PM

HIV Health InfoLine

1 (800) 822-7422

Monday - Friday

12:00 PM – 6:00 PM

273 Ninth Street
San Francisco, CA 94103
(415) 558-8669

www.facebook.com/ProjectInform

www.projectinform.org

www.help4hep.org

Help 4 Hep is a non-profit, peer-to-peer helpline where counselors work with patients to meet the challenges of hepatitis C head-on. Callers talk one-to-one with a real person, typically someone who's had hepatitis C touch their own life. And they talk about the specifics of their particular situation. The phone call, support and information are all provided free of charge. If you need information and resources about finding financial help to pay for low cost testing, or finding a free or low cost clinic, or financial help with payment for treatments, please call us. We know how to find doctors and support groups. We know how to help you find resources where you live. We have experienced hepatitis C ourselves or have supported patients living with hep C. We are peer counselors. Our peer counselors can tell you how to prevent HCV, how to eliminate the risk of transmission, and how to evaluate if you have risk factors and should be tested. We want to be your first stop for learning everything about viral hepatitis.

HIV Information:

HIV Health InfoLine

1 (800) 822-7422 Monday – Friday 12:00 PM – 6:00 PM, Call-back service only.

The HIV Health InfoLine is staffed by dedicated operators and staff of Project Inform, many of whom also live with or are impacted by HIV and provide valuable insight and support to our callers. The InfoLine is a call-back service only. Messages must be left and will be returned.

AIDSinfo Helpline

1 (800) 448-0440, Monday – Friday, 11:00 AM – 4:00 PM, español disponible.

AIDS/HIV Nightline

1 (800) 628-9240, confidential emotional support is available 24/7.

AIDSmeds.com

For the latest in HIV treatment information, blogs, chat rooms and other resources, go to the AIDSmeds website at AIDSmeds.com

HIVandHepatitis.com

For the latest in HIV and HCV treatment information and resources, go to the HIVandHepatitis website at HIVandHepatitis.com

Project Inform Continued

HELP-4-HEP (hepatitis C helpline)

(877) HELP-4-HEP (877-435-7443), Monday–Friday, 8:00 AM – 6:00 PM

The Support Partnership, a collaboration of nationally recognized hepatitis C organizations, provides a peer-managed toll-free support line for people affected by hepatitis C. Experienced counselors provide information, support, and care linkage services to help callers navigate the complexities of screening, diagnosis, health management and treatment. Spanish speakers are available by appointment.

Help.4.Hep Self-Care Tool

The Help.4.Hep self-care tool powered by Health Storylines™, is a free mobile and web app for anyone actively managing hepatitis C or preparing for treatment. It gives you an accurate, shareable record of your hepatitis C experience between physician visits, and helps you and your care-team collaborate on treatment and health management strategies.

Take control of hepatitis C with these powerful health tools that enable you to:

- RECORD important HCV lab test results and questions you have for your healthcare provider
- TRACK symptoms, moods, and meal patterns
- REMEMBER your doctor's appointments and to take medications on time
- JOURNAL about your condition and other aspects of your daily living
- LEARN more about yourself as you see your health story unfold
- CONNECT with your circle of support, share with them your health story, and receive messages of encouragement from them

The Help.4.Hep mobile app is free and available on iOS and Android devices. The web version is also available through the browser of any desktop computer or mobile device at help.4.hep.healthstorylines.com.

**Indiana Lions Eye and
Tissue Transplant Bank**

Monday – Friday
7:00 AM – 4:00 PM

727 East 86th Street
Indianapolis, IN 46240
(317) 808-5000
(800) 232-4384

www.facebook.com/VisionFirst-Indiana-Lions-Eye-Bank-99816157444

www.visionfirst.org

Indiana Lions Eye and Tissue Transplant Bank can assist with eye care expenses such as corneal transplants, cataract surgery, and laser treatment related to diabetic retinopathy. See our local La Porte Lions Club for more details and intake procedure:

La Porte Lions Club

P.O. Box 184
La Porte, IN 46350
(219) 363-3045

Operation KidSight

Operation KidSight is a statewide vision-screening program that identifies treatable or preventable causes of blindness in preschool children (ages 18 months – 6 years).

Early Screening is Critical

The first few years of a child’s life are critical in the development of normal vision. A child with vision problems often does not realize that the way they see the world is not the way everyone else sees it. Vision abnormalities in a child’s eyes may occur even when the eye appears to look normal. It is estimated that 3–4% of children may have vision loss from undetected amblyopia—what is commonly referred to as “lazy eye.” Amblyopia results when one or both eyes send a blurry image to the brain and the brain does not learn to see clearly. If this and other problems are not detected early, a child’s vision may deteriorate to the point of irreversible blindness. Research indicates that 70–80% of what a child learns is visually acquired and there is evidence to suggest that children with undetected vision disorders are more likely to fail in school.

Screening Locations

Free vision screenings are offered at daycare centers in nearby communities. If parents or a childcare center are interested in scheduling a photoscreening, please contact your local Lions Club or Lion Sheila Christoff, State Program Coordinator for Operation KidSight. See www.lionskidsightusa.org/sample/indiana/ for more details.

Operation KidSight
Lion Sheila Christoff, State Program Coordinator
8780 Purdue Road
Indianapolis, IN 46268
kidsight@att.net

Indiana Lions Speech and Hearing, INC.

La Porte Lions Club
P.O. Box 184
La Porte, IN 46350
(219) 363-3045

705 Riley Hospital Drive Suite 0860
Indianapolis, IN

Email: indianalionsh@gmail.com
indylionsspeechhearing.org

Indiana Lions Speech and Hearing is a project of the Indiana State Lions. Our mission is to assist those with speech and hearing impairments in the State of Indiana who are unable to obtain help elsewhere. To this end we make funds available for charitable, educational, and scientific research.

One of our main goals is to eliminate communication barriers for those with speech and hearing disorders. We do this by providing loaner hearing aids for children of needy families and low-cost hearing aids for those adults who qualify. Working in conjunction with Riley Hospital for Children and audiologists around the state, ILSH has made thousands of aids available.

If you or someone you know is in need of assistance please have them contact their local Indiana Lions Club.

Hearing Aid Loaner Bank

The Lions of Indiana operate a Hearing Aid Loaner Bank under the control of the Indiana Lions Speech and Hearing, Inc. and managed by Dr. Monica Burch, an Audiologist, at the Riley Hospital for Children in Indianapolis.

This Hearing Aid Loaner Bank is open to all the citizens of Indiana and is designed to be a short-term assistance program for those individuals requiring amplification. The hearing aids are normally loaned for a period of up to 6 months while the financial resources are found to obtain a custom fitted permanent hearing aid.

The bank currently provides over-the-ear models only.

- Must have medical clearance
- Must be able to provide a current audiogram
- Children (18 and under) must be seen by an Indiana Licensed Audiologist
- Adults may be seen by either an Indiana Licensed Audiologist or an Indiana Licensed Hearing Aid Specialist
- Adults must provide proof of financial need
- Must be sponsored by a Lions Club in Indiana.
- Must be a resident of Indiana

Program Requirements

To find out if you or your child are eligible for a loaner hearing aid contact your local Lions Club.
ALL APPLICATIONS MUST GO THROUGH YOUR LOCAL INDIANA LIONS CLUB

**Indiana Telephone
Relay Access
Corporation (INTRAC)**

24/7

7702 Woodland Drive Suite 130
Indianapolis, IN 46278
(317) 334-1413 Administrative
Office (Voice/TTY)

info@relayindiana.com
relayindiana.com/

Relay Indiana, a service of Indiana Telephone Relay Access Corporation (InTRAC), is a free service that provides full telecommunications accessibility to people who are deaf, hard of hearing, or speech impaired. This service allows users with special telecommunication devices to communicate with standard users through specially trained Relay Operators. InTRAC also provides free, loaned equipment to those who qualify.

If you meet the following criteria, you may be able to obtain a loaner phone from Relay Indiana:

1. Citizen of Indiana
2. Hard of hearing, deaf or speech impaired
3. Annual household income below \$71,000

How can we help?

InTRAC's purpose is to provide telephone relay service for people who are deaf, hard-of-hearing or speech impaired. InTRAC's responsibility is to coordinate the efforts of the Indiana telephone company members to comply with the laws of the Federal Communication Commission (FCC), Americans with Disabilities Act (ADA) and the state concerning telephone relay service. Relay Indiana is the name of the service managed by InTRAC.

Equipment Distribution Program

The purpose of the program is to loan a special telephone device to Indiana citizens who have telephone service and are deaf, hard-of-hearing, or speech impaired. Those who are eligible will be loaned one device, a telephone ringing light flasher, a surge protector, and a carrying case.

Who is eligible?: Citizens of Indiana (age 6 or older), who are deaf, hard-of-hearing, or speech impaired. Annual household income cannot exceed \$71,000.

How do I prove my eligibility?

You will need to provide a copy of your prior year's tax return or sign a statement subject to perjury that the household income did not exceed \$71,000, or provide other proof of income. Only one piece of equipment will be loaned per household.

How do I apply?

A copy of the application can be downloaded in the Forms section. After completing the application, mail it to InTRAC, 7702 Woodland Drive, Suite 250, Indianapolis, IN 46278. When InTRAC has approved the application, the distributor will ship the equipment to your home or to one of the agencies listed here.

**International Dyslexia
Association
Indiana Branch**

If we are unable to
speak directly with
you, please leave a
message and we will
return your call as quickly
as we can.

(317) 926-1450

www.facebook.com/IDAIndianaBranch
www.ida-indiana.org

Who Are We?

The International Dyslexia Association (IDA), Indiana Branch, is part of an international organization that concerns itself with the complex issues of dyslexia. The IDA membership consists of a variety of professionals in partnership with people with dyslexia, their families, and all others interested in The Association's mission.

What Are We?

We believe that all individuals have the right to achieve their potential and that individual learning abilities can be strengthened. We further feel that social, educational and cultural barriers to language acquisition and use must be removed. The IDA actively promotes effective teaching approaches and related clinical educational intervention strategies for people with dyslexia. We support and encourage interdisciplinary research and we facilitate the exploration of the causes and early identification of dyslexia. IDA of Indiana is firmly committed to the responsible and wide dissemination of research based knowledge.

How Can We Help?

The International Dyslexia Association (IDA), Indiana Branch, is part of an international organization that concerns itself with the complex issues of dyslexia. The IDA membership consists of a variety of professionals in partnership with people with dyslexia and their families and all others interested in The Association's mission. It is our pleasure and purpose to put you into contact with professionals who can assist you and/or a family member. Please feel free to call us at (317) 926-1450.

**Leukemia and
Lymphoma Society
Indiana Chapter**

(877) 557-2672 Co-Pay
Assistance Program

9075 North Meridian Street
Suite 150, Indianapolis, IN 46260
(317) 860-3840

www.facebook.com/LLSIndiana
www.lls.org/indiana

The Leukemia & Lymphoma Society (LLS) is the world's largest voluntary health agency dedicated to blood cancer. The LLS mission: Cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. LLS funds lifesaving blood cancer research around the world and provides free information and support services.

Patient Support Programs-Indiana

The Leukemia & Lymphoma Society's Indiana Chapter offers a wide range of free educational and support programs for patients, their families, caregivers and healthcare professionals.

Patti Robinson Kaufmann First Connection Program

If you've recently been diagnosed with a blood cancer, you may find it helpful to speak with someone who's been through treatment and learned how to manage the same disease. The Patti Robinson Kaufmann First Connection Program is a peer-to-peer program that links newly diagnosed patients and their families with trained volunteers who have experienced blood cancer firsthand and can understand your experience. Trained volunteer survivors offer caring support and information by sharing their special perspective on the recovery process. For more information, call us at (800) 846-7764.

LLS Community

Join a community of people who understand what you're going through. The Leukemia & Lymphoma Society's (LLS) Community is an online community of people living with or supporting someone with blood cancer. LLS Community is a place for you to get connected and share your voice to drive change.

How can LLS Community help?

GET SUPPORT - Connect with others who have been through it. LLS Community is a place to talk with other people affected by blood cancers.

GET INFORMED - Get access to valuable information, education, and resources available to support you. The information on LLS community is accurate, up-to-date, and from a trusted source.

MAKE AN IMPACT - Too often, traditional research has excluded your voice, the voice that matters most. LLS Community relies on your experiences and insights to drive program development and research studies that address the needs and real-world challenges of patients living with blood cancer.

Please visit communityview.lls.org to learn more or join.

Leukemia and Lymphoma Society Indiana Chapter Continued

Telephone Support Groups

Hang UP Cancer Club - Young Adult Midwest Regional

To register contact Jenny Jones @ (316) 266-4050

Or email Jennifer.jones@lls.org

Online Chats

Our weekly two-hour online chats provide a friendly forum to share experiences and offer support for people living with non-Hodgkin lymphoma or chronic myeloid leukemia and for young adults (aged 18-39) living with blood cancer. Each chat is moderated by an oncology social worker. For more information, see Online Chats on the website.

The Trish Greene Back to School Program for Children with Cancer

Returning to school after cancer treatment can be a tough adjustment for young survivors. The Trish Greene Back to School Program for Children with Cancer helps children and youth cope with life after treatment and teaches parents, classmates, teachers and healthcare professionals how to deal with the issues surrounding childhood cancer. Program videos and materials are available for students from preschool to high school. For more information, call us at (800) 846-7764.

Co-Pay Assistance Program

Dealing with cancer is hard enough without having to worry about the financial burden. The Co-Pay Assistance Program helps you pay your insurance premiums and meet co-pay obligations. We'll also help you find additional sources of financial help. For more information, see Co-Pay Assistance on the website.

Honored Hero Program

Our honored heroes provide inspiration and support for the LLS fundraising programs and are symbols of strength for others dealing with challenges in their lives. An honored hero is anyone who is being treated for, or is a survivor of, leukemia, lymphoma or myeloma.

You can participate on several levels, including sharing your story, creating artwork, writing letters or attending fundraising events. For more information, call us at (800) 846-7764.

Information and Referral

Speak one-on-one with an Information Specialist who can assist you through cancer treatment, financial and social challenges and give accurate, up-to-date disease, treatment and support information. Our Information Specialists are master's level oncology social workers, nurses and health educators.

Please call 1 (800) 955-4572 or email infocenter@lls.org.

**Minority Health
Coalition of La Porte
County**

Sunday
11:00 AM - 5:00 PM
Monday – Saturday
10:00 AM - 9:00 PM

2601 East Michigan Boulevard
Michigan City, IN 46360
(219) 879-1712

laportecountymhc.org

About Us

At LaPorte County Minority Health Coalition, your health matters to us. That’s why we’re uniting with health officials, policy makers, and educators to improve the health status of residents throughout all of LaPorte County and surrounding counties. Through service and leadership, we strive to reduce and eliminate the health disparities of our diverse population.

Our Mission & Purpose

Minorities are disproportionately affected by life-threatening diseases like diabetes and cancer in LaPorte County. As a result, our team at LaPorte County Minority Health Coalition is dedicated to improving the health of minority residents through advocacy, prevention programs, and increasing health care accessibility. We also foster effective collaboration of community resources through vital partnerships with educators, healthcare professionals and policymakers. Through these partnerships, the coalition:

- Provides educational presentations and intervention programs on chronic diseases that affect at-risk families in our community
- Plan for culturally diverse seminars on health care
- Provide information on community service agencies
- Participate in policy changes that affect the minority populations

Programs

Ready to join in our efforts or learn more? LaPorte County Minority Health Coalition provides health presentations, health screenings, health fairs and evidence-based programs in English and Spanish. Our programs, which are designed to promote health and wellness among all residents, include:

- Teen Pregnancy Prevention
- SISTA Bienvenido Infant Mortality
- Operation Fit Kids
- Shining Smiles
- Chronic Disease (Diabetes- Live Empowered, Heart Disease, Cancers, Obesity, Heart Stroke)
- Breast Cancer

National Cancer Institute	Monday - Friday 7:00 AM – 7:00 PM	9609 Medical Center Drive Bethesda, MD 20892
	LiveHelp Online Chat LiveHelp	(800) 422-6237 Toll-Free Telephone
	Monday - Friday 7:00 AM – 10:00 PM	1-800-4-CANCER (1-800-422-6237)
www.facebook.com/cancer.gov www.cancer.gov		

About This Website

Cancer.gov is the central website for the National Cancer Institute (NCI), the U.S. government’s principal agency for cancer research. NCI is mandated by U.S. law to disseminate information about cancer and cancer research. This website serves as an important means to achieving that mission.

Information about Cancer

This website offers free, credible, current, comprehensive information about cancer prevention and screening, diagnosis and treatment, research across the cancer spectrum, clinical trials, and news and links to other NCI websites.

The information on this site is science-based, authoritative, and up-to-date. Medical experts, cancer researchers, and editors review the content before it is published to the website.

The Physician Data Query (PDQ®), NCI’s comprehensive cancer information database, forms the core of the information for patients and health professionals. It is regularly updated with the latest evidence-based information. The PDQ cancer information summaries are developed and maintained by the PDQ Editorial Boards.

NCI also provides cancer information in Spanish.

NCI Contact Center

Information specialists at the NCI Contact Center are available to help answer your cancer-related questions in English and Spanish whether you are a patient, family member or friend, health care provider, or researcher. We also respond to questions and requests for information about NCI and its programs.

The NCI Contact Center can also help you quit smoking. The Smoking Quitline number is 1(877) 44U-QUIT (1-877-448-7848). The service is available in English and Spanish, Monday through Friday, 7:00 AM – 7:00 PM.

Learn more about how the NCI Contact Center (also known as NCI's Cancer Information Service) can help you.

Important: NCI provides cancer-related information for your general knowledge and is not a substitute for a doctor's advice.

**National Federation of
the Blind Indiana**

6010 Winnpenny Lane
Indianapolis, IN 46220
(317) 205-9226 Indiana Office

www.nfb.org/resources-indiana

Resources:

NFB of Indiana

Ron Brown, President
6010 Winnpenny Lane
Indianapolis, Indiana 46220-5253
NFB of IN: (317) 205-9226
Email: rb15@iquest.net
Website: www.nfb-in.org

NFB Parents of Blind Children

Amber Hall, President
Indiana Parents of Blind Children
Phone: (317) 918-2173
Email: ahall238@yahoo.com
Website:
www.facebook.com/pages/Indiana-Parents-of-Blind-Children-IPOBC/109679369065482

Other State Resources:

Library Services:

Indiana Talking Book and Braille Library
Indiana State Library
140 North Senate Avenue
Indianapolis, Indiana 46204
Telephone: (317) 232-3684
Toll Free: (800) 622-4970
Email: tbbl@library.in.gov

Rehabilitation Services:

Bosma Enterprises
8020 Zionsville Road
Indianapolis, Indiana 46268
Phone: (317) 684-0600
Toll Free: (888) 602-6762

Children's Services:

Office of Special Education
Indiana Department of Education
Pam Wright, Director of Special Education
South Tower, Suite 600
115 West Washington Street
Indianapolis, Indiana 46204
Phone: (317) 232-0570
Toll Free: (877) 851-4106
Fax: (317) 232-0589
Email: specialeducation@doe.in.gov
Website: www.doe.in.gov/specialed

For more information about blindness, please contact the Jacobus tenBroek Library of the National Federation of the Blind Jernigan Institute at (410) 659-9314 or send an email to jtblibrary@nfb.org.

National Kidney Foundation of Indiana

National Kidney Care Line
Monday – Friday
8:00 AM - 4:00 PM

911 East 86th Street, Suite 100
Indianapolis, IN46240
(317) 722-5640 State Office
(800) 382-9971 Toll-Free
(855) 653-2273 National Kidney
Care Line

www.facebook.com/NFKIndiana
www.kidney.org/offices/nkf-indiana

Patient Resources

NKF Cares

Our Patient Information Help Line, NKF Cares, offers support for people affected by kidney disease, organ donation or transplantation. It's designed just for patients, family members and caregivers. Speak with a trained professional who will answer your questions and listen to your concerns. We speak Spanish, too (Hablamos Español). NKF Cares is available Monday - Friday from 8:00 am - 4:00 pm. Call toll-free at 1 (855) NKF-CARES (1-855-653-2273) or email nkfcare@kidney.org.

Peers Support

Have you recently been diagnosed and need someone to talk to? This new program matches patients in need of support with peer mentors who are positive role models.

Ask the Doctor

Questions about kidney disease? Risk factors? Signs and symptoms? Are you concerned about yourself, a friend or family member? Ask Dr. Spry on our website.

My Food Coach

A kidney friendly diet shouldn't sacrifice good taste, so here are delicious and nutritious recipes for every meal. Try one today!

Dialysis

Get the facts on dialysis in our comprehensive A to Z guide or watch as four dialysis patients, aged 9-70, share their experiences.

Chronic Kidney Disease

Early detection can help prevent the progression of kidney disease to kidney failure. Learn more about kidney disease, including risk factors, symptoms, and important prevention tips.

Patient & Family Resources

Links to valuable information for kidney patients and their families.

Emergency Resources

NKF provides the information you need to help prepare for, respond to, and cope with emergencies.

Join the NKF Family

There is a free NKF group dedicated to meeting your needs. Find out which one is right for you.

A-Z Health Guide

Your comprehensive guide to kidney disease and related conditions and topics.

**Onesight: Lenscrafters,
Pearl Vision, Sears
Optical, and Target
Optical**

Monday – Friday
8:00 AM – 5:00 PM

(888) 935-4589 OneSight
Information
(877) 753-6727 LensCrafters
Locator

Email: info@onesight.org
www.facebook.com/onesight
www.onesight.org

Access for all

By employing a strategy of both immediate and long-term solutions, we can provide ongoing, top-quality vision care to adults and children around the world.

Receiving and Donating Eyewear

What if I or someone I know needs glasses?

OneSight's voucher program partners with local nonprofits to establish financial and physical need. Then, patients receive a voucher for a free pair of glasses at participating Luxottica Retail Locations (LensCrafters Pearl Vision, Target Optical, Sears Optical) or select independent optometrists.

Can I donate my used eyewear?

Today OneSight dispenses 100% new eyewear to patients. However, we do accept eyewear donations to be responsibly recycled, and OneSight receives a modest donation from recycled glasses. Small quantities of eyewear can be dropped off at your local LensCrafters, Sears Optical or Pearl Vision locations.

Postpartum Depression

Moms,
Kristin Brooks
Hope Center

(800) 773-6667
24/7

info@hopeline.com

www.facebook.com/PPDMoms
www.1800ppdmoms.org

Website Resources

Postpartum Depression Moms website has resources on Postpartum Depression symptoms and treatment. The toll-free line is available 24/7 and offers peer-support and referrals.

Postpartum Depression Explained

“How could you be depressed when you have such a cute baby? Postpartum depression isn’t real; it’s all in your head, just like PMS.”

If someone said this to you, you might be tempted to hurl something in his/her way, even if you don’t have postpartum depression. You don’t even have to have a baby to be infuriated by such ignorance.

Unfortunately, this sentiment is common. Mothers themselves and even medical professionals often misunderstand postpartum depression. It could be a cultural issue as well. The U.S. society in general seems hell-bent on mothers bouncing back immediately after giving birth, whether it’s going back to work or getting their figure back.

Postpartum depression is a very real, serious condition. Mothers (or even fathers in some cases) need professional treatment for it, as it might not go away on its own.

Hotlines

Boys Town

Childhelp National Child Abuse Hotline

Department of Child Services (DCS) La Porte County

Gay, Lesbian, Bisexual and Transgender (GLBT) National Help center

Indiana Poison Control

La Porte County Prosecuting Attorney Adult Protective Services

Love Is Respect National Dating Abuse Helpline

Neo-Fight

TransYouth Family Allies

Trevor Project

Boys Town

24/7 for Crisis Line

Toll-Free National Hotline
(800) 448-3000

www.facebook.com/BoysTownMission
www.boystown.org

Offers a 24-hour crisis, resource, and referral line for young people and parents. Trained counselors provide problem-solving help and referrals to local resources to assist with various issues, including depression, anger management, and suicide prevention; physical, sexual, or emotional abuse; school issues, relationship problems, and bullying; parenting challenges; and runaway issues.

We give children across the United States a voice online at yourlifeyourvoice.org and on the phone through the Boys Town National Hotline[®] (1-800-448-3000). Both services provide kids a safe option to speak with trained professionals and connect with someone to offer guidance, support and education.

Help At The End Of The Line

We've heard from callers just how much the Hotline has helped them, giving them hope when their situations seemed hopeless. Watch just how Boys Town helps at-risk children and families.

The Boys Town National Hotline is open 24 hours a day, 365 days a year, and is staffed by specially trained Boys Town counselors. It is accredited by the American Association of Suicidology (AAS).

Spanish-speaking counselors and translation services representing more than 140 languages are available, along with a TDD line (1-800-448-1833), that allows counselors to communicate with speech-impaired and deaf callers.

Childhelp

24/7 Hotline

1-800-4-A-CHILD
(1-800-422-4453)

www.childhelp.org

Childhelp National Child Abuse Hotline

The Childhelp National Child Abuse Hotline 1-800-4-A-CHILD (1-800-422-4453) is dedicated to the prevention of child abuse. Serving the United States, its territories, and Canada, the hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who, through interpreters, can provide assistance in over 170 languages. The hotline offers crisis intervention, information, literature, and referrals to thousands of emergency, social service, and support resources. All calls are confidential.

What to expect when calling the hotline: (If this is an emergency, call 911.)

When calling 1-800-4-A-CHILD (1-800-422-4453), a qualified crisis counselor will answer and assist you, if you:

Need help and want to talk to a counselor.

Are in physical or emotional crisis and need support and encouragement.

Need to be connected to the best possible resources in your area.

Have questions about the signs of child abuse.

Need to find out how to report known or suspected abuse.

Have questions about the reporting process and what you might expect through the process.

Want to learn about Childhelp programs that will address you or your child's needs.

Want to learn about resources available to parents, grandparents and caregivers.

Need emotional support as a survivor of abuse.

Want a referral to an agency, counseling or other services near where you live.

Want literature mailed to you. (Allow two weeks for delivery via the U.S. Postal Service.)

Want information on how to make a donation to Childhelp.

Childhelp crisis counselors cannot come to the home where the abuse is happening and take away the child or teen who is in danger of being hurt and put them in a new home.

The Childhelp Hotline crisis counselors can't make the child abuse report for you, but we are here to help you through it.

Childhelp counselors can assist you by providing options based on the situation you describe.

They cannot tell you what to do or guarantee that a specific outcome will occur.

**Department of Child
Services (DCS)
La Porte County**

Monday – Friday
8:00 AM - 4:30 PM

Child Abuse and Neglect
Hotline:
1 (800) 800-5556
Hotline Hours: 24 Hours

1621 South Woodland Avenue
Michigan City, IN 46360
(219) 878-6370
Fax: (317) 232-1176

Region: 2

Regional Manager: Terrance Ciboch
Local Office Director: Michelle L. Goebel
www.in.gov/dcs/3086.htm

Indiana Child Abuse and Neglect Hotline 1 (800) 800-5556

If you suspect a child is being abused or neglected, call Indiana's Child Abuse and Neglect Hotline today. It is available 24 hours a day, 7 days a week, 365 days a year. You do not have to be afraid anyone will find out who made the report because you can report abuse and neglect anonymously.

Who is required to report child abuse or neglect?

Under Indiana law any individual who has a reason to believe a child is a victim of abuse or neglect has the duty to make a report; therefore, each citizen of Indiana is considered a "mandated reporter." While reporting child abuse is everyone's responsibility, Indiana law requires some in certain occupations to do so. These professional reporters are staff members in a medical or other public or private institution, school, facility, or agency. These reporters are legally obligated by their profession to report alleged child abuse or neglect.

Can the person making the report remain anonymous?

State law requires DCS to protect the identity of those reporting abuse or neglect allegations. DCS keeps the name and contact information of all report sources confidential. While DCS accepts child abuse and neglect allegations from persons who wish to remain anonymous, DCS encourages individuals to provide contact information to Intake Specialists. Providing your contact information is helpful because it allows the Family Case Manager who is assigned the report to follow up with you to ask additional questions or to seek clarification when more information is needed.

What if I do not have access to a telephone?

The DCS local office will assist any individual from the community who wishes to make a report in person at the DCS local office. The DCS local office will ensure that the individual has access to a telephone to make their report to the Hotline.

Department of Child Services (DCS) La Porte County (Continued)

What will I need to provide when making a report?

If you call to make a report, an Intake Specialist will ask you for information about the circumstances creating a risk of harm to the child including who was involved, what occurred, when and where it occurred, the extent of any injuries sustained, and any other relevant information.

When you contact the Hotline, Intake Specialists will ask you for information about the parties involved (victim, parent(s)/guardian(s), perpetrator) and the specific allegations giving rise to the call. Information you will be asked to provide may include:

1. Child Information: name, age, address, current location, person caring for child, and need/receiving medical treatment
2. Parent/Guardian Information: name, address, phone number as well as any domestic violence, substance abuse, criminal history, mental health issues, or past CPS history
3. Alleged Perpetrator Information: name, address, phone number, relation to the child, behavioral issues, and other children who may be at risk
4. Physical abuse, sexual abuse, or neglect allegations: what happened, when, where, timeframe, and specific conditions

Even if you are unable to provide all of the information above, please contact the Hotline to make a report if you suspect a child is a victim of abuse or neglect. An Intake Specialist will review the information you are able to provide to determine whether it meets the statutory requirements for DCS to initiate an assessment. Please do not wait for someone else to make the call – your call may be the critical first step in protecting a child.

**Gay, Lesbian, Bisexual
and Transgender (GLBT)
National Help center**

Monday – Friday
3:00 PM – 11:00 PM,
Saturday
11:00 AM – 4:00 PM

Toll-Free National Hotline
(888) 843-4564

www.glbthotline.org

The Gay, Lesbian, Bisexual and Transgender (GLBT) National Help Center, founded in 1996, is a non-profit, tax-exempt organization that provides vital peer-support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity.

Gay, Lesbian, Bisexual and Transgender National Hotline

Toll-free (888) 843-4564

Email: help@GLBThotline.org

The Gay, Lesbian, Bisexual and Transgender (GLBT) National Hotline provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States.

We speak with callers of all ages about coming-out issues, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety and safer-sex information, and lots more!

Our database contains information on social and support groups, as well as gay-friendly religious organizations, sports leagues, student groups and more. We also have information on GLBT-friendly businesses including lawyers, doctors and various counseling professionals.

Gay, Lesbian, Bisexual and Transgender Youth Talkline

Toll-free (800) 246-PRIDE (800-246-7743)

Email: help@GLBThotline.org

The Gay, Lesbian, Bisexual and Transgender (GLBT) Youth Talkline provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States. All of our services are free and confidential.

We speak with teens and young adults up to age 25 about coming-out issues, relationship concerns, parent issues, school problems, HIV/AIDS anxiety and safer-sex information, and lots more!

Our database contains information on youth groups, social and support organizations, as well as gay-friendly religious organizations, sports leagues, student groups and much more.

Indiana Poison Control

Available 24/7

Located in: IU Methodist Hospital
1701 N Senate Ave
Indianapolis, IN 46202
Phone: (800) 222-1222

www.indianapoison.org

Poison Control

There is only one poison center in Indiana. The Poison center is a telephone service for poison emergencies. Specially trained nurses and pharmacists answer the phones – they are all poison experts. Poison center services are free and confidential. Doctors use the same number as the public to reach the poison center, 1 (800) 222-1222 - this is a national number for poison centers.

What are the benefits of calling the poison center for a poison emergency?

1. Immediate advice from experts.
2. Saves time and money.
3. A specialist will help you decide if you need to go to a hospital or if the poisoning can be handled at home (most poisonings can be handled at home with help from the poison center).
4. If you do need to go to a hospital, the specialist will call ahead so ER staff are ready if you need treatment.

Who calls the poison center?

Over half of all poison emergency calls involve children under the age of six, but it's not just young children that get poisoned. Poisoning also affects older children and adults - especially seniors. Poisoning often involves things that we all have in our homes. Medicine, cleaning products, automotive products, pesticides and other home and gardening products can be poisons if they are used the wrong way.

What happens when you call the Indiana Poison Center?

If you think someone's been poisoned, call the Indiana Poison Center at 1 (800) 222-1222 immediately. Take the container with you when you call so you can answer questions about what happened.

The Poison Information Specialist who answers the phone will ask you some questions:

- What happened?
- When did it happen?
- Is the person having any symptoms?
- How old is the person?
- If the person is a child – how much does he or she weigh?
- Is the person normally healthy – are there any health problems the specialist should know about?
- What is the name of the product?
- How much is missing?
- What are the active ingredients in the product (listed on the label)?
- What is a number that can be used to call you back (to check in and make sure everything is okay)?

**La Porte County
Prosecuting Attorney
Adult Protective
Services**

(800) 992-6978 Indiana
APS Hotline (Toll-Free)

809 State Street Suite 501A
La Porte, IN 46350
(219) 326-6808 Ext. 2420

www.laportecounty.org
www.in.gov/fssa/da/3479.htm

Program/Service

Adult Protective Services investigate reports of abuse, neglect, or exploitation, and assists in obtaining protective services for endangered adults. An "endangered adult" is defined by Indiana statute as any individual over 18 years of age, who is incapable by reason of mental infirmity or other incapacity of either caring for themselves or managing their property, and is harmed or threatened with harm as a result of neglect, battery, or exploitation of the person's personal services, property, or both.

Adult Protective Services

The Adult Protective Services (APS) program was established to investigate reports and provide intervention and protection to vulnerable adults who are victims of abuse, neglect, or exploitation. APS field investigators operate out of the offices of county prosecutors throughout the state.

If the APS unit has reason to believe that an individual is an endangered adult, the adult protective services unit shall investigate the complaint or cause the complaint to be investigated by law enforcement or other agency and make a determination as to whether the individual reported is an endangered adult. To be eligible for service under this program, an individual must be a resident of the state of Indiana, 18 years of age or older, physically or mentally incapacitated and reported as abused, neglected or exploited.

How to File a Report

All persons are required by law to report all cases of suspected abuse, neglect or exploitation to either the nearest APS office or to law enforcement. All reports are secure and kept confidential. Individuals may file a report online or by calling the state hotline or calling an ASP field office.

**Love Is Respect
National Dating
Abuse Helpline**

24/7/365

(866) 331-9474
Toll-Free Dating Violence
Hotline: (866) 331-9474
TTY: (866) 331-8453
TEXT: LOVEIS TO 22522

www.loveisrespect.org

Mission

Loveisrespect's mission is to engage, educate and empower young people to prevent and end abusive relationships.

Services

Highly-trained peer advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships. We also provide information and support to concerned friends and family members, teachers, counselors, service providers and members of law enforcement. Free and confidential phone, live chat and texting services are available 24/7/365.

Peer advocates can connect you to resources in your area, provide you with helpful websites, help you create a plan to stay safe or just listen to your concerns. All conversations with peer advocates via phone, chat or text are free and confidential. You will never be asked for your name or other contact information, but an advocate may ask for your age and city to find local resources for you.

Chat at www.loveisrespect.org
Call (866) 331-9474

Neo-Fight

Toll-Free Listening Line
(317) 446-3013

www.neofight.org

Neo-Fight is an Indianapolis based organization dedicated to helping families experiencing a perinatal/neonatal crisis. Our original goal was to raise money for equipment for the local NICU's and provide support to families experiencing a perinatal/neonatal crisis. Our main goal now is to provide support for families who:

- * Are going through a difficult pregnancy
- * Are experiencing infertility or adopting a child
- * Has lost a baby through miscarriage or stillbirth
- * Has a premature or critically ill newborn
- * Has delivered an infant with birth defects
- * Has experienced the death of a child shortly after birth

Emotional Support to Parents Experiencing a Perinatal Crisis

Listening to and talking with parents who are grieving the loss of their baby, worried about their baby in a NICU or special care nursery, or needing to talk during other perinatal times such as bedrest.

Neo-Fight began as a parent support group by a few mothers who had given birth at Methodist Hospital in Indianapolis, Indiana and formed a bond. Today, Neo-Fight is active in all 11 Indianapolis hospitals, throughout Indiana by telephone at (317) 446-3013, and worldwide through their website at www.neofight.org

TransYouth Family Allies

(888) 462-8932 Toll-Free

PO Box 1471
Holland, MI 49422

Email: info@imatyfa.org
www.imatyfa.org

Who are TransYouth Family Allies?

Anyone who will enthusiastically nurture, support, respect and validate a trans, gender variant or gender questioning youth's inherent right to self-identify and self-express, regardless of their age or where on the gender continuum that expression may fall, or more importantly, may lead.

Allies are from all walks of life, they are: Parents, Family, Extended Family, Friends, Teachers, Physicians, Therapists, Lawyers, Judges, Clergy, Administrators, TransYouth, Adult Survivors of Childhood GID, LGBT-friendly organizations and Gay/Straight Alliances in schools, Sympathetic Media, Elected Officials, etc.

A TransYouth Family Ally (TYFA) is any person or organization who is supportive of trans, gender variant and gender questioning children and their families and can uphold the mission of TYFA. An ally is someone upon whom the organization can depend to be a consistent witness, expert or other professional representative who will not only endorse the message and mission of TYFA, but will do so unequivocally.

Resources

First and most importantly, you are not alone. Our families, including our founders' families, usually had no experience with gender issues prior to learning about their own child's gender identity and expression. We have a wide range of resources for parents, young people, for educators, and for healthcare professionals, but we also know that you need guidance and support as well, just as we did when we first learned about these issues. Many of our materials are available as PDFs that you may print, distribute or link back to our website.

You may print, link to, or distribute these documents by mail or electronically (without additions or modifications per our copyright notice).

Trevor Project

24/7 for Lifeline

Toll-Free Crisis Line
(866) 488-7386

www.facebook.com/TheTrevorProject
www.TheTrevorProject.org

Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the Trevor Lifeline now at (866) 488-7386.

Trevor Lifeline

(866) 488-7386 Call the Trevor Lifeline 24 hours a day, 7 days a week. A crisis intervention and suicide prevention phone service available 24/7.

TrevorChat

TrevorChat is a free, confidential and secure instant messaging service that provides live help to LGBTQ youth. Online instant messaging with a TrevorChat counselor. Available 7 days a week between 2:00 PM - 8:00 PM.

TrevorText

TrevorText is a confidential and secure resource that provides live help for LGBTQ youth with a trained specialist, over text messages. Text "Trevor" to (202) 304-1200. Standard text messaging rates apply. Available on Thursdays and Fridays between 3:00 PM - 7:00 PM.

Housing

Apprisen

Indiana Foreclosure Prevention Network

Indiana Housing Now

Michigan City Housing Authority

Apprisen

Monday – Thursday

8:00 AM – 7:00 PM

Friday

8:00 AM – 6:00 PM

3725 East Southport Road

Indianapolis, IN 46227

(317) 266-1300

(800) 355-2227 Toll-Free

Gary Office:

940 Broadway

Gary, IN 46402

(219) 886-3549

www.facebook.com/Apprisen

www.apprisen.com

Our Services

Apprisen is a trusted non-profit focused on helping you build your financial health. No matter where you are in your financial life, we can help.

Financial Wellness Programs

Comprehensive Financial Counseling

You can meet with a Financial Services Specialist in a free, initial counseling session that sets the foundation for identifying what you want to accomplish, including solutions to credit and debt concerns.

Debt Management Program (DMP)

Is credit card debt keeping you from achieving your financial goals? Our Debt Management Program may be right for you. Apprisen will work with your creditors to help you set up a convenient repayment plan to pay off your credit card, medical and other unsecured debt.

Credit Health Education Session

Your credit report is an important tool in building wealth. Work with a Financial Services Specialist to understand and improve your credit report.

Personal Finance Education Session

Let our professional, certified counselor lead you through the steps of analyzing your current financial situation, setting financial goals, implementing a spending/saving plan and creating a financial strategy that works for you.

Financial Coaching Programs

Apprisen Financial Fitness Coaches empower, support and motivate clients to achieve their financial goals in a series of individual holistic coaching sessions.

Student Loan Counseling Session

Struggling with student loans? A Financial Services Specialist can help you walk through your budget and review repayment options.

Financial Stress Test

Use this quick tool to measure your financial stress level and get tips for decreasing it.

Online Submission

Get personalized advice on your financial situation by completing and submitting an interactive online budget.

Apprisen Continued

Housing Counseling

Whether you are looking to rent, buy a home or are already a home owner, we provide counseling, education and advice on housing issues. Approved by the U.S. Department of Housing and Urban Development (HUD), Apprisen has been a trusted name in housing counseling since 1979. To learn more about the Housing Counseling services offered in your area, call (800) 355-2227.

Bankruptcy Counseling

Approved by the U.S. Trustees, Apprisen issues certificates for pre and post bankruptcy counseling. Get started on the financial road to recovery today.

Bankruptcy Requirements

Whether through unexpected life changes or unwise choices, you may find yourself seeking bankruptcy protection. In 2005, Congress passed The Bankruptcy Abuse Prevention and Consumer Protection Act which requires consumers to attend a Financial Services session before and after filing bankruptcy.

Pre-filing Counseling

In the Pre-filing Counseling session, you and your counselor will examine your situation to determine if there are any alternatives to bankruptcy. The Certified Financial Counselor will also explain any consequences you might experience and help you be prepared to get back on track after the bankruptcy has been filed.

Post-filing Education

The Post-filing Education session will allow you to focus on the steps you can take to help build a strong financial life. You will learn a comprehensive set of financial skills and concepts to help you manage your money confidently going forward.

Online Counseling

If you would like to complete all of your pre-filing bankruptcy counseling online, you can do so with Apprisen's Online bankruptcy counseling course.

Indiana Foreclosure Prevention Network

30 S Meridian St #1000
Indianapolis, IN 46204
(877) 438-4673 GET HOPE

www.facebook.com/INforeclosurepreventionnetwork
www.877GetHope.org

Programs

Mortgage Payment Assistance

Indiana's Hardest Hit Fund provides mortgage payment assistance for homeowners who have experienced qualifying involuntary financial hardships. This loan may also be used to bring delinquent mortgage payments current or to reduce monthly mortgage payments to a more affordable level.

Transition Assistance Program (TAP)

For eligible homeowners who are executing a short sale or deed-in-lieu of foreclosure and leaving the home in a marketable condition. This program provides financial help homeowners achieve an orderly exit from their home, and transition into stable and affordable housing. Under TAP, homeowners can receive \$2,500 to assist with moving and relocation expenses, and lenders/servicers can receive up to \$5,000 to extinguish and release subordinate liens as part of a short sale or deed-in-lieu of foreclosure agreement.

Free financial counseling

We provide free foreclosure prevention counseling to any Indiana homeowner who needs it. Just call 1 (877) GET-HOPE (1-877-438-4673) to speak to a certified counselor.

Legal services

The IFPN may also provide access to legal services for some qualifying homeowners.

Counseling Agencies

IFPN partners with nonprofit housing counseling agencies around Indiana to deliver programs and to support participants. By clicking on the "Apply" button above or calling 1(877)GET-HOPE, you will be connected with a counselor who will help you with your mortgage lender.

Participating Lenders

More than 300 lenders participate in Indiana's Hardest Hit Fund. To see if your mortgage lender is part of our program, view the participating lender/servicer list. Don't see your lender listed? Call us at 1 (877) GET-HOPE (1-877-438-4673) to apply for assistance and request that the lender be added.

Blight Elimination Program

The Blight Elimination Program was designed to allow local municipalities to address blighted, vacant and abandoned homes in Indiana. The program demolishes blighted and abandoned homes that are beyond repair. The goal is to stabilize Indiana neighborhoods by offering a variety of end uses for newly cleared properties, including green space and redevelopment. Municipalities must apply for the funds from the funding division in which their county is located. If you have any questions, please contact feedback@ihcda.IN.gov.

Indiana Housing Now

Monday – Friday
8:00 AM - 7:00 PM

Online 24/7
Toll-Free Bilingual Call Center
(877) 428-8844 Toll-Free

www.indianahousingnow.org

About Us

IndianaHousingNow.org is a housing locator service, launched across the state of Indiana in 2006. Sponsored by the Indiana Housing and Community Development Authority, IndianaHousingNow.org provides detailed information about rental properties and helps people find housing to best fit their needs. The service can be accessed at no cost online 24 hours a day or through a toll-free, bilingual call center at 1 (877) 428-8844, available Monday-Friday, 8:00 AM - 7:00 PM.

IndianaHousingNow.org is a sister site to FortWayneHousingNow.org, and all tools and information can be accessed from either site.

The fast, easy-to-use FREE search lets people look for rental housing using a wide variety of criteria and special mapping features. Housing listings display detailed information about each unit. The service also provides links to housing resources and helpful tools for renters such as an affordability calculator, rental checklist, and information about renter rights and responsibilities.

Property owners and managers, including Housing Authorities and private landlords, can use this service to manage their property listings FREE of charge. Listings can include pictures, maps, and information about nearby amenities. Property owners and housing authorities can register and manage their listings online or via phone and fax.

The site uses software created by Socialserve.com, a national non-profit provider of housing locator services. Socialserve.com is responsible for maintaining the site and providing toll-free call center support. For additional information, contact Socialserve.com at 1 (877) 428-8844 or info@socialserve.com.

**Michigan City Housing
Authority**

Monday - Thursday
8:30 AM- 4:00 PM

621 East Michigan Boulevard
Michigan City, Indiana 46360
(219) 872-7287
Fax: (219) 873-7700

www.emichigancity.com/cityhall/departments/housing

Waiting List Openings - Public Housing Low Rent, Home Ownership, Michigan City Housing Development (MCHDI) & Business Activity Program Waiting List Applications

The Michigan City Housing Authority's (MCHA) Public Housing waiting list, which is currently open, will remain open until 428 additional applications are received or until October 31, 2017, whichever comes first. The waiting lists for Home Ownership, MCHDI and Business Activity programs will open on June, 1, 2017, beginning at 9:00 AM and will remain open until 150 applications are received for each program. For more information see their website.

If you are interested in applying for housing, please read the Public Housing Pre-application Guide before you begin.

Once you apply, you may view or print your application after it has been submitted. This will also serve as your conformation that your application has been received or if you are currently on the waiting list. Changes to your application can be made by completing an Applicant Change of Information Form and submitting it to the housing authority.

The housing authority will no longer give out waiting list numbers. Once your preliminary application has been accepted, you will receive a letter within 60 – days that will contain your number on the waiting list and your estimated waiting time for assistance. PLEASE DO NOT CONTACT THE HOUSING AUTHORITY BEFORE THAT TIME.

Persons with disabilities who require a reasonable accommodation in completing an application may call the Michigan City Housing Authority to make special arrangements to complete their application. A Telecommunication Device for the Deaf (TDD) is available for the deaf. The TDD telephone number is (219) 873-2345. Language translation is available for persons with limited English proficiency (LEP) who wish to apply online. Applicants will be considered by local preference first which means that you must be a Michigan City resident. Applicants will be placed on the list by time, date and the appropriate bedroom size once the application is received.

The Section 8 Housing Choice Voucher (HCV) Program Waiting List is closed until further notice.

Legal Assistance

Code Compliance Division

Disability Resources Social Security Disability

Indiana Child Support Bureau

Indianapolis Bar Association

Latino Coalition Against Domestic and Sexual Violence

Mental Health America of Indiana

Volunteer Lawyer Network

**Code Compliance
Division**

Monday – Friday
8:30 AM - 4:30 PM

801 Michigan Ave.
La Porte, IN 46350
Phone: (219) 362-0149
Fax: (219) 362-1325

Director: Lynn Cains

The City of La Porte has adopted City Codes/Ordinances specifically designed to address blight, nuisances, and to maintain a clean environment for all citizens in our community. The City of La Porte does this by working in partnership with the people of La Porte.

The mission of the Code Compliance Department is to promote and maintain a safe and desirable living and working environment. We help maintain and improve the quality of our community by administering a fair and unbiased enforcement program to correct violations of municipal codes and land use requirements.

Common Violations;

The following is a list of common violations this department deals with on an everyday basis:

1. Garbage can violations
2. High weeds and grass
3. Junk vehicles
4. Parking on yards and greenbelt areas
5. Vacant properties
6. Furniture and rubbish in yard
7. Dead or diseased trees on private property
8. Unsafe buildings
9. Zoning violations
10. Sign ordinance violations
11. Landlord/tenant issues
12. Graffiti

Disability Resources
Social Security Disability

Monday – Friday
9:00 AM - 4:00 PM

Ground Floor
636 Pine Street
Michigan City, IN 46360
Phone: (219) 879-3351
Toll Free: (800) 772-1213
TTY: (800) 325-0778

www.laportecounty.org/Resource/DisabilityResources

The Social Security and Supplemental Security income disability programs are the largest of several Federal programs that provide assistance to people with disabilities. While these two programs are different in many ways, both are administered by the Social Security Administration and only individuals who have a disability and meet medical criteria may qualify for benefits under either program.

Social Security Disability Insurance pays benefits to you and certain members of your family if you are "insured" meaning that you worked long enough and paid Social Security taxes. Supplemental Security Income pays benefits based on financial need.

Indiana Child Support Bureau

Monday – Friday
8:00 AM – 4:00 PM

IV-D Child Support Prosecutor
300 W. Washington Street, Ste 10
Michigan City, IN 46360
Phone: (219) 874-5611 ext. 7820
Fax Number: (219) 873-7000

www.in.gov/dcs/support.htm

Child Support Kidsline 1 (800) 840-8757

The Child Support Kidsline is an informational call center for questions about child support cases. Automated phone service is available 24 hours, 7 days/week. Customer service hours: Monday - Friday, 7:00 AM to 6:00 PM Closed on State Holidays

Parenting Time HelpLine 1 (844) 836-0003

The Parenting Time HelpLine is an informational call center for questions about parenting time issues. Available Monday - Friday, 10:00 AM to 5:00 PM. Closed on State Holidays
Accessible by email at PTHelpLine@dcs.in.gov

What Services Are Available?

Child support services are available to both custodial and non-custodial parents. Even if the other parent is living in another state, you can apply for services in Indiana. Caretakers or relatives who have custody of a child may also apply for child support services.

The Child Support Program provides assistance with the following:

- Establishing paternity (determining the child's biological father)
- Finding the non-custodial parent
- Establishing a child support order or making changes to an existing support order
- Establishing an order for health insurance and medical support for your child(ren)
- Collecting child support payments
- Determining the amount of past due child support

How to Apply

Contact your County Prosecutor's Title IV-D child support office. To find the office in your area, visit childsupport.in.gov/county.

- Gather the information required by your county child support office.
- Complete an Application for Title IV-D Child Support Services. You can get an Application from your child support office, or you can download a copy. There is no fee to apply.
- Take or mail the completed Application to your county child support office.
- Below is the webpage that the Application for Title IV-D Child Support Services is located on:
<http://www.in.gov/dcs/2483.htm>
- Printing this form and filling it out completely prior to going to your county Title IV-D prosecutor's office will save time for all.

**Latino Coalition Against
Domestic and Sexual
Violence**

Monday – Thursday
7:00 AM – 4:00 PM
Friday
7:00 AM – 11:00 AM

300 East Fall Creek Parkway
North Drive, Suite 250
Indianapolis, IN 46205
(866) 442-4627
(317) 926-HOPE (4673)
Fax: (317) 926-4672

Email: latinoinfo@indianalatinocoalition.org
www.facebook.com/INCADV
www.indianalatinocoalition.org

The Latino Coalition is a statewide nonprofit organization that provides support and advocacy to Latino victims of domestic violence and sexual assault. The Latino Coalition also provides program coordination and skills training to assist service providers and member programs to develop, enhance, and improve their programs, policies, and services to be more linguistically and culturally competent.

Headquartered in Indianapolis, Indiana, the Latino Coalition serves the Latino community in 92 counties across the state. It is recognized as the only organization of its kind in the country that is dedicating to improving the quality of life for Latino and immigrant families impacted by domestic and sexual violence.

Our Programs

Working Toward the Elimination of Domestic & Sexual Violence Through Awareness and Education.

BCAP Bilingual Counseling and Advocacy Program

BCAP services are designed to assist Latino victims break free from domestic violence and educate them in order to prevent future abuse.

BCAP goals include:

- Help participants understand the causes of violence in relationships, develop individualized safety plans, and learn alternative behaviors to end the cycle of violence.
- Stop violence and/or abuse in Latino families and interrupt the transfer of violent and/or abusive relationship patterns from one generation to the next.
- Provide prevention education and mental health resource information to Latino community groups through their faith-based communities, local community centers, and other grassroots organizations.
- Raise public awareness about the culturally-specific challenges of Latino victims.

BCAP services include:

- Accompaniment and interpretation services at crucial points of contact for victims, such as hospital emergency rooms and emergency shelters.
- Follow up crisis counseling and referrals to long term therapy and other mental health services
- Training and coordination of a small team of bilingual volunteer advocates and survivors of domestic violence to provide interpretation services and emotional support for Latino victims.
- A toll-free Spanish phone line (1-866-442-4627) that provides victims the opportunity to talk to a bilingual advocate and obtain information and guidance in accessing services.

Latino Coalition Against Domestic and Sexual Violence Continued

ENLACE Encouraging Non-Violence through Legal Assistance and Community Education
Meaning link or connection in Spanish, ENLACE was created to help Latino victims navigate the judicial system and learn about their legal options.

The ENLACE program:

- Offers cultural competency and immigration training to legal professionals, law enforcement officers, prosecutors, and other victim service providers.
- Fosters the development of local bilingual victim assistance networks and technical assistance to enhance the continuity of support for Latino victims.
- Increases the capacity of organizations that seek to serve Latino communities through cultural competency training and information resources.
- Trains professionals to find culturally appropriate ways to work with Latino victims and effectively advocate for the Latinos they already serve.
- Advocates crime reporting and access to protective orders or other legal services
- Collaborates with bilingual/bicultural attorneys to provide legal presentations and individual consultation to community members and service providers across the state.

VISA Victim Immigrant Services and Assistance

VISA is a program created to provide direct legal and immigration services to immigrant victims of domestic and sexual violence, and to find remedies under the law to obtain legal status.

The goals of VISA are:

- To provide training and advice on battered/abused immigrants to the community.
- To counsel victims and survivors through the domestic violence legal process and educate Latino families about their rights, procedures to report and legal resources available to them.
- VISA and its immigration clinic provide direct legal services to Latino victims of domestic and sexual violence within the state of Indiana. These services include: immigration assistance for Latino victims who qualify for an adjustment of legal status, work permits, or other related immigration relief.

SEEDS OF HOPE Semillas de Esperanza

Seeds of Hope is a support group for Latina victims and survivors of domestic violence. It is administered through the BCAP by a bilingual, culturally competent professional and is the only Spanish support group of its kind in central Indiana.

The goals of Seeds of Hope are:

- To provide a safe haven for Latina women to talk about their experiences. Victims learn about the group through contact with a Victim Advocate or the Indianapolis prosecutor's office.
- To educate women about their legal rights, provide encouragement, dispel myths associated with abuse, and ultimately help them discover alternatives that are available to them to reduce isolation and become hopeful again.
- To provide victims with participation in a 13-week group program with individual case management sessions that help them achieve economic self-sufficiency---the ability to care for their family.

• **Mental Health
America of Indiana**

Monday – Friday
8:00 AM – 4:00 PM

1431 N Delaware St
Indianapolis, IN 46202
(317) 638-3501

www.facebook.com/MentalHealthAmericaIndiana
www.mhai.net

Legal Services

Mental Health America has a legal service center to work with clients to make sure that they get the representation they need and gain access to services required to protect their rights.

Eligibility Criteria

An individual is eligible for services from MHA Legal Services if the individual has a disability (including individuals with mental illness, developmental disabilities, physical disabilities and individuals in recovery) and the legal issue is related to or significantly impacted by the disability. An individual's income is not a factor in determining eligibility.

Areas of Practice

Special Education, including:

Special Education in public and private schools

Special education services for juveniles who are incarcerated or in treatment centers

Discrimination Constitutional and other Civil Rights issues as they relate to disabilities, including:

Commitment, Treatment and Placement Issues

Parity in Insurance

Employment Discrimination

Housing Discrimination

Criminal issues as they relate to disabilities-Juveniles and Adults, including:

Records expungement

Sealing records when appropriate

Pre- and Post- Diversion Programs

Post-conviction relief.

Other, including:

Commitment-Adult and Child

Guardianship

Advance directives/Power of Attorneys/Health Care Representatives

Child in Need of Services/Parental Terminations:

Custody/Visitation

Wills/Estates

Generally, MHA Legal Services will accept no divorces, bankruptcies, consumer debt, or tax controversies as many pro bono organizations provide representation for these areas.

Mental Health America of Indiana Continued

Intake Process

All potential clients will complete the MHA Legal Services Application and meet with a MHA Legal Services Attorney to be considered for legal services. Blank applications can be downloaded on their website or a MHA attorney will e-mail or mail a blank application to a potential client. MHA will not accept completed applications through the website or e-mail as the applications contain personal and confidential information. Potential clients may mail completed applications to MHA, bring completed application to the intake appointment, or fill out applications at the intake appointment.

MHA Legal Services will review each application to determine if a potential client has a disability, whether the legal issue meets the MHA criteria for services, and whether there is a conflict with the potential client or involved parties. If MHA Legal Services accepts a case, a legal fee, if appropriate, will be determined from the information provided on the application using the Fee Schedule provided on their website.

Outreach and Education

Each year, Mental Health America of Indiana touches the lives of thousands of people through its outreach and education activities. Unfortunately, too many people do not reach out anywhere for help. If you are a person who wants to reach out for help but you don't know where to start, contact our office at (317) 638-3501, ext. 239.

Ombudsman Program

Mental Health America of Indiana has 2 Ombudsman Programs available to help people utilize services across Indiana.

Indiana Mental Health and Addiction Ombudsman – a program to help people who use the mental health and addiction services system throughout Indiana. Contact Information: Phone: 1(800) 555-MHA (1-800-555-6424)

Managed Health Care Ombudsman Program – a program to help people using public health care and signed up in a managed care plan. Contact Information: Phone: 1 (877) 647-5326

Have questions about your health plan? The Anthem Blue Cross and Blue Shield Ombudsman program has the answers. Call 1 (844) 404-1214.

We're here to help you:

Understand your benefits

Fill out forms

File a grievance or appeal

Find translation services

And more!

Mental Health

The Division of Mental Health and Addiction (DMHA)

Key Consumer Organization

National Alliance on Mental Illness (NAMI) La Porte County

SAMHSA's National Helpline

The Division of Mental Health and Addiction (DMHA)

Toll Free Consumer Service Line
(800) 901-1133

24 Hour Gambling Helpline
(chat and talk available)
(800) 994-8448
24 Hour Mental Health and Addiction Resource Helpline
(chat and talk available)
(800) 662-4357

www.facebook.com/ircdmha
www.in.gov/fssa/dmha/

About DMHA

The Division of Mental Health and Addiction (DMHA) sets care standards for the provision of mental health and addiction services to Hoosiers. DMHA is committed to ensuring that clients have access to quality services that promote individual, family and community resiliency and recovery.

DMHA Resources

Addiction services
Problem gambling
Opioid addiction treatment

INDIANA ADDICTION HOTLINE

Indiana Addiction Hotline: 1 (800) 662-HELP (4357)

The Indiana Addiction Hotline is available 24/7 for individuals seeking addiction treatment services in Indiana. Referral to state-approved agencies is provided by master's degree counselors. Hotline counselors can directly transfer calls to a treatment provider when available. Additional information and referrals are provided to community supports including Alcoholics Anonymous and Narcotics Anonymous. The Indiana Addiction Hotline also has bilingual capabilities.

LAPORTE COUNTY

SMI - Adults with Serious Mental Illness

LaPorte County Comprehensive Mental Health Council, Inc.
DBA: Swanson Center
450 St. John Rd. Suite 501
Michigan City, IN 46360
Phone (219) 879-4621
Crisis-Local: (219) 879-0676
Toll Free: (800) 982-7123
www.swansoncenter.org

Porter-Starke Services, Inc.
601 Wall Street
Valparaiso, IN 46383
Phone (219) 531-3500
Crisis-Porter County: (219) 531-3500
Starke County: (574) 772-4040
Toll Free: (800) 982-7123
www.porterstarke.org

The Division of Mental Health and Addiction (DMHA) Continued

SED - Children with Serious Emotional Disturbance

LaPorte County Comprehensive Mental Health Council, Inc.

DBA: Swanson Center

450 St. John Rd. Suite 501

Michigan City, IN 46360

Phone (219) 879-4621

Crisis-Local: (219) 879-0676

Toll Free: (800) 982-7123

www.swansoncenter.org

Oaklawn Psychiatric Center, Inc.

330 Lakeview Drive

Goshen, IN 46528

Phone-(574) 533-1234

Crisis-Local: (574) 533-1234

Toll Free: (800) 282-0809

www.oaklawn.org

CA - Persons with Chronic Addiction

LaPorte County Comprehensive Mental Health Council, Inc.

DBA: Swanson Center

450 St. John Rd. Suite 501

Michigan City, IN 46360

Phone (219) 879-4621

Crisis-Local: (219) 879-0676

Toll Free: (800) 982-7123

www.swansoncenter.org

Life Treatment Centers, Inc.

1402 South Michigan Street

South Bend, IN 46613

Phone-(574) 233-5433

Crisis-(888) 411-5433

lifetreatmentcenters.org

LaPorte Regional Health System, Inc

The Stress Center of LaPorte Hospital

1007 Lincolnway

LaPorte, IN 46350

Phone (219) 326-1234

www.laportehealth.org

Young Women's Christian Association St.

Joseph County

1102 South Fellows Street

South Bend, IN 46601

Phone (574) 233-9491

Crisis (574) 232-9558

www.ywca.org

GAM - Compulsive Gambling Disorder

LaPorte County Comprehensive Mental Health Council, Inc.

DBA: Swanson Center

450 St. John Rd. Suite 501

Michigan City, IN 46360

Phone (219) 879-4621

Crisis-Local: (219) 879-0676

Toll Free: (800) 982-7123

www.swansoncenter.org

Life Treatment Centers, Inc.

1402 South Michigan Street

South Bend, IN 46613

Phone (574) 233-5433

Crisis (888) 411-5433

www.lifetreatmentcenters.org

Key Consumer Organization

Monday – Friday
8:00 AM – 4:30 PM

4755 Kingsway Drive, Suite 325
Indianapolis, IN 46205
(317) 205-2500
Toll- Free (800) 933-5397
Fax: (317)-205-2510

Email: info@keyconsumer.org
www.facebook.com/keyconsumer
keyconsumer.org

Mission

To empower people with mental illness to unlock their full potential and to change the stigma of mental illness from shame, isolation, and despair to hope, dignity, and courage.

We advocate individually and collectively in order to improve services, promote understanding, and end discrimination against persons with mental illness. Our mission includes not only protecting our rights, but also educating ourselves and the public about psychiatric disorders.

We unite our efforts with others concerned about themselves or loved ones being treated by mental health professionals.

The KEY Consumer Organization strives to empower and strengthen mental health consumers who use Indiana's mental health treatment services.

We Offer:

- Free information about mental health issues
- Advisory assistance to individuals and groups
- Referrals to local services
- Newsletter
- Conference with workshop opportunities
- Community involvement at state and local levels
- Help with Supported Employment
- Advocacy services by trained consumers
- A supportive environment for those seeking to improve their lives and learning to cope with mental illness
- A toll free Warm Line to talk to your peers

**National Alliance on
Mental Illness (NAMI)
La Porte County**

Staff Contact:
Mrs. Billie Pappas
(219) 324-9989

(219) 324-9989 Local Office
(800) 950-6264 National Help
Line OR text "NAMI" TO 741741

Email: lpcountynami@frontier.com
www.namiindiana.org
www.facebook.com/NAMI

Provides support, education, and advocacy for consumers of mental health services and their families. Provides information about mental health support groups and family education programs throughout Indiana.

NAMI HelpLine

The NAMI HelpLine is a free service that provides information, referrals and support to people living with a mental health condition, family members and caregivers, mental health providers and the public. The NAMI HelpLine can be reached Monday - Friday, 9:00 AM – 5:00 PM. HelpLine staff and volunteers are prepared to answer your questions about mental health issues including:

- Symptoms of mental
- Treatment options
- Local support groups and services
- Education programs
- Helping family members get treatment
- Programs to help find jobs
- Legal issues (the NAMI Legal Resource Service can connect individuals with attorneys in their area but does not have the resources to provide individual representation)

NAMI AIR

NAMI AIR (Anonymous. Inspiring. Relatable) is the new NAMI app, a free, mobile-based social network designed for individuals living with mental health conditions and their family members/caregivers.

NAMI AIR is intended to provide another way for people to find and give support, to connect with others through smart phone and computer tablet.

- NAMI AIR encourages users to anonymously share their stories and receive feedback in the form of social interactions such as “like,” “hug” and “me too.”
- Also allows users to access information on how to get help, learn more about NAMI and connect with the NAMI HelpLine.
- NAMI AIR facilitates personal connections with others who may be going through, or have been through, similar situations. Users are anonymous but not alone.

SAMHSA's National Helpline

24/7

1 (800) 662-HELP (4357)

www.samhsa.gov/find-help/national-helpline
www.findtreatment.samhsa.gov

What is SAMHSA's National Helpline?

SAMHSA's National Helpline, 1-800-662-HELP (4357), (also known as the Treatment Referral Routing Service) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

Do I need health insurance to receive this service?

The referral service is free of charge. If you have no insurance or are underinsured, we will refer you to your state office, which is responsible for state-funded treatment programs. In addition, we can often refer you to facilities that charge on a sliding fee scale or accept Medicare or Medicaid. If you have health insurance, you are encouraged to contact your insurer for a list of participating health care providers and facilities.

Motherhood/Women's Health

Bethany Christian Services
La Leche League of Porter County
Planned Parenthood Association
Women's Care Center
Women, Infants, and Children (WIC)

**Bethany Christian
Services**

LiveChat
6:00 AM – 11:00 PM

National Pregnancy
Hotline
(800) 238-4269

7168 Graham Road
Indianapolis, IN 46250
(317) 578-5000

www.bethany.org

Get Pregnancy Help

If you are pregnant and don't know what to do, Bethany can provide free, confidential support to help you determine your path forward. Our counselors will walk you through your options and help you make a choice that's uniquely right for you and your child. Explore your options on the website, then connect with us to continue the conversation.

Bringing Families Together through Adoption

When you choose to adopt, you give a child the gift of love. Whether you are seeking adoption because infertility has prevented you from growing your family, or you feel it is God's calling to provide a loving home for a child, adoption is a very rewarding way to start or grow your family. Our goal at Bethany Christian Services is to find loving and nurturing homes for children. Adoptive families give children the opportunity to become all God intends for them to be.

La Leche League of Porter County

Accredited La Leche
League Leaders
available to answer
your questions 24 hours
a day

Katie (219) 688-2169
katiein@attachmentparenting.org

Lisa S. (219) 309-8550
lisarssutton@gmail.com

Megan (317) 701-5194
megmiltz@gmail.com

Carol (219) 477-7031
carolkolar@comcast.net

www.facebook.com/lllporterco
www.llofindiana.org/porter-county

Breastfeeding is natural, but it's not always easy! La Leche League of Indiana is here to help. LLL Leaders are located all over Indiana and we are just a phone call or email away.

La Leche League meetings are informal get togethers where mothers can seek support from other breastfeeding mothers. Leaders are on site to help as needed, but an LLL meeting is not a class. Mothers are encouraged to offer tips and ideas to other mothers. Please note that only accredited La Leche League Leaders are authorized to represent and/or speak for La Leche League International. La Leche League meetings run in a series of four covering the topics: Advantages of Breastfeeding, Bringing Home Baby, Challenges in Breastfeeding, Nutrition and Weaning. Leaders prepare a topic for discussion but also open the meeting up to the questions that mothers bring. On average, a meeting will last about one hour but we encourage you to come even if you are running late or need to leave a little bit early. The amount of participation during the meeting is completely up to each individual. Mothers are encouraged to do what is comfortable for them whether it be to sit back and listen the entire time or jump in with suggestions often. If you have any questions or need immediate help please find a Group and contact a Leader in your area.

Porter County

All breastfeeding mothers and mothers-to-be interested in breastfeeding are welcome to come to our meetings or call one of our Leaders for breastfeeding help or information. Babies are always welcome at our meetings.

For our latest schedule information, please see our group webpage at:
www.lllportercounty.com

La Leche League Leaders are experienced mothers who have breastfed their own babies and who have been trained and accredited by La Leche League International to help mothers and mothers-to-be with all aspects of breastfeeding. They are available by phone whenever you have breastfeeding questions or concerns.

**Planned Parenthood
Association**

Tuesday
10:30 AM – 7:00 PM
Wednesday
9:00 AM – 1:30 PM
Thursday
11:00 AM – 7:00 PM

2424 Franklin St. #101
Michigan City, IN 46360
(219) 872-7215

www.plannedparenthood.org
www.facebook.com/PlannedParenthood

SERVICES OFFERED

Abortion Referral
Birth Control
HIV Testing
LGBT Services
Men's Health Care
Morning-After Pill (Emergency Contraception)
Pregnancy Testing & Services STD Testing
Treatment & Vaccines
Women's Health Care

INSURANCE PLANS ACCEPTED

You can use any of the insurance plans listed below to cover health care services at Planned Parenthood. Most birth control and annual well-woman exams will be covered for free, with no copay. If you don't have insurance, affordable coverage options may be available for you - check out what you may qualify for. With or without insurance, you can always come to us for your health care.

Advantage Health Solutions
Aetna
Ambetter
MHS Market Plan
Anthem
Anthem BCBS of Nevada Market Plans
Anthem HIP
Anthem Medicaid
Blue Cross Blue Shield

Cigna Health
Link Managed Health Services
Managed Health Services HIP
MDWise
MDWise
HIPMDWise
Hoosier Alliance Market Plans
Medicare

Notes: For convenient appointment scheduling, call (800) 230-PLAN:
Monday - Friday 7:00 AM - 5:00 PM or
Saturday 8:00 AM – 2:00 PM

Women's Care Center	1501 Wabash St. Suite 304	512 Maple Ave.
	Michigan City, IN 46360	LaPorte, IN 46350
	(219) 874-4646	(219) 324-4646
	Monday - Wednesday	Monday - Wednesday
	9:00 AM - 5:00 PM	9:00 AM – 5:00 PM
	Thursday	Thursday 11:00 AM – 7:00 PM
	11:00 AM - 7:00 PM	Friday 9:00 AM – 5:00 PM
See Website for Current Calendar		
www.womenscarecenter.org		

Appointments preferred. Walk-ins welcome.

Services Offered:

Pregnancy Testing

Free pregnancy tests are provided at all Women's Care Center locations. Our tests are highly accurate, laboratory quality and you'll receive your test results in minutes.

Pregnancy Verification

If your pregnancy test is positive, our counselors can provide "proof of pregnancy," needed to receive medical care and other social services.

Ultrasounds

Free ultrasounds are provided at all Women's Care Center locations. Even if you are considering abortion, an ultrasound is important. It will tell you if your pregnancy is viable (developing normally) or if you are likely to miscarry. It will also help you date your pregnancy.

Other Services

If you choose to continue your pregnancy, Women's Care Center can provide you with resources to obtain prenatal care and help with a wide range of services, resources and ongoing support.

Confidential Services

All services at Women's Care Center are strictly confidential. Minors under 18 years old are welcome to visit Women's Care Center without parental consent. We will not disclose your visit to anyone without your permission unless we believe there is a physical danger to you or others.

**Women, Infants,
and Children
(WIC)**

Monday
10:30 AM – 7:00 PM
Tuesday – Friday
8:00 AM – 4:30 PM

1719 State St
LaPorte, IN
(219) 362-7565

301 E. 8th St
Michigan City, IN
(219) 879-3025

www.fns.usda.gov/wic

When you call this WIC clinic, the staff will be able to answer your questions and get you started with a certification appointment.

To become eligible for Indiana WIC benefits, an applicant must meet the following requirements:

- An applicant must be an Indiana resident.
- An applicant must be "categorically" eligible.
The Indiana WIC Program serves:
Pregnant Women
Breastfeeding Women (up to baby's 1st birthday)
Non-Breastfeeding Postpartum Women (up to 6 months)
Infants (up to their 1st birthday)
Children (up to their 5th birthday)
- An applicant must be "at nutritional risk." The specific criteria and parameters that indicate risk are determined by a health and dietary assessment performed by a health professional at the time of certification.
- An applicant must be "income" eligible. Families receiving Medicaid, Food Stamps, and TANF are income eligible for the Indiana WIC Program.

WIC Services Provided:

Participants receive checks each month that are used to buy specific nutritious foods at grocery stores. WIC food packages are issued to participants based on their nutritional needs. WIC supplements participant's diets with these nutritious foods: Milk, Cheese, Eggs, Cereal, Juice, Dried or canned beans, Peanut butter, Whole grain bread, tortillas or brown rice, Fresh fruits and vegetables.

WIC encourages women to breastfeed as the most nutritious way to feed their babies. Mothers who fully breastfeed their babies are issued a larger food package that includes canned light tuna, pink salmon, or sardines. Totally breastfed babies will receive infant cereal and jars of baby food fruits, vegetables, and meats at six months of age.

Infants who are not breastfed receive supplemental amounts of iron-fortified formula, and beginning at six months of age, they will receive infant cereal and jars of baby food fruits and vegetables.

Resource Centers

Catholic Charities

Habitat for Humanity LaPorte County-ReStore

Keys to Hope Community Resource Center

PAX Center

Purdue Extension LaPorte County

Salvation Army La Porte

Salvation Army Michigan City

Catholic Charities

Monday – Friday
8:30 AM – 4:30 PM
Closed for Lunch:
12:30 PM – 4:30 PM

Michigan City Office:
321 West 11th Street
Michigan City, IN 46360
Phone: (219) 879-9312
Fax: (219) 879-9073
Main Office:
940 Broadway
Gary, IN 46402
(219) 886-3549

www.facebook.com/CCofGary
www.catholic-charities.org

EMERGENCY SERVICES

Services to help individuals and families overcome an immediate financial crisis.

- Food Assistance / Food Pantry - East Chicago Office
- Housing Assistance (Low Income) Rent or mortgage assistance for low-income individuals facing eviction
- Utility assistance for low income individuals facing utility shut-off
- Homeless & Low Income Shelters
- Food Assistance - Food Pantries

Program Manager

LaShawn Jones-Taylor
(219) 886-3549 ext 330

Valerie Goode
(219) 886-3549

vgoode@catholic-charities.org

Stephanie Miller

(219) 886-3549

smiller@catholic-charities.org

HOUSING COUNSELING/ EDUCATION

Do you want to own a home?

Becoming a homeowner can be very rewarding. However, it is not always the right choice for everyone. Catholic Charities can help you decide if homeownership is best for you! **Call Catholic Charities** to register for the next Housing Counseling session.

Housing counseling offers:

- Pre-homebuyer education: Group seminars and one-on-one counseling
- Pre-purchase qualification: Shopping for a loan
- Credit counseling: Repairing bad credit, financial literacy
- Budgeting: Realistic and responsible borrowing
- Working with a real estate agent: Finding your dream home

Note: Down payment assistance may be available to qualified buyers

For information on Catholic Charities Housing Counseling, please contact Ed Merrion at (219) 879-9312.

**Habitat for Humanity
LaPorte County-ReStore**

Wednesday- Friday
11:00 AM – 5:00 PM
Saturday
9:00 AM – 5:00 PM

225 East Garfield St.
Michigan City, IN 46360
(219) 814-4985

www.facebook.com/laportehabitat
www.laportehabitat.org/restore

We invite you to support your local Habitat for Humanity by shopping at and donating to our ReStore. The ReStore is a trademark brand of Habitat for Humanity, International. The ReStore sells new and gently used building materials, appliances, furniture, flooring, paint, hardware and many other items donated by individuals, corporations, and contractors at 40% to 70% off the retail price. Our ReStore is open to the public, businesses, and organizations to purchase these items at discounted prices. The profits are used to support the mission of the Habitat.

Please note: we provide limited pickup service on the following items: large appliances, large furniture items and cabinets. However, if you are able to bring your donations to the ReStore during normal business hours we can save on labor and vehicle costs.

To Donate to ReStore, Call (219) 814-49

**Keys to Hope
Community
Resource Center**

Monday – Friday
7:00 AM – 6:00 PM
Saturday and Sunday
8:00 AM – 5:00 PM

1802 Franklin St.
Michigan City, IN 46360
(219) 809-9903

Email: keystohopecrc@gmail.com

For Monthly Schedule of Current Classes Please See:

www.citizens4homeless.org/keys-to-hope

www.facebook.com/KeysToHopeDropInResourceCenter

The Keys to Hope Community Resource Center (KTH) aims to serve the most disenfranchised members of the community. KTH provides a program that has been referred to as the ABC's to Self-Sufficiency: A for Appearance, B for Behavior and C for Case Management and Courage to Change. KTH offers participants free showers and laundry amenities, access to computers and the internet, classes, structure, and case management.

KTH works with numerous community partners to act as a central access point for social services and resources including appropriate public aid, health insurance, housing, and a connection to volunteer and job opportunities. KTH collaborates with the following partner agencies: Vocational Rehabilitation, Swanson Center, Covering Kids and Families, Healthlinc, A Hand Up, Goodwill 2nd Chance Program, and many others.

THE PAX CENTER

See Hours Below

605 Washington Street
La Porte, IN 46350
(219) 575-7842

Nate Loucks (President): [nloucks \(at\) statestreet.tv](mailto:nloucks@statestreet.tv)
Jason Clemons (Executive Director): [jclemons \(at\) thepaxcenter.com](mailto:jclemons@thepaxcenter.com)
www.facebook.com/thepaxcenter
thepaxcenter.com

The Pax Center is a caring place that ungrudgingly engages the divisions within LaPorte County caused by poverty, hunger, and loneliness. The Pax Center is an embracing place that is willing to celebrate creativity and art within LaPorte County. The Pax Center is an inclusive place that partners with other organization in LaPorte that is seeking the betterment of our community. The Pax Center is an encouraging place with open doors, humble hearts, and joyful spirits.

Community Meal

Every Monday at the Pax Center we break bread together. Rich or poor, struggling or not, we invite you to join us for a three course meal. We believe that life change can happen when people gather around the table. It's where friends are born, struggles are shared, and life happens.

Mondays from 11:30 AM – 1:00 PM and Wednesdays from 5:00 PM – 6:30 PM

Food Pantry

With the help of the USDA and Feeding America, we are able to provide grocery support for individuals and families in need. The Pax Center food pantry feeds 1,000-1,500 people each month.

Wednesdays from 12:00 PM - 1:30 PM

Thursdays from 12:00 PM - 1:30 PM

Saturdays from 9:00 AM - 10:30 AM

Resource Center

The Pax Center offers a resource center to help connect people with other organizations that assist those in need. Our resource center offers free use of computers (for resumes, email, etc.).

Open during Food Pantry hours

Clothes Pantry

We offer free clothing to those in need. There is an area set up at each food pantry day with adult and children clothing. The selection changes often, depending on donations and stock. Clothes are never sold. We just ask that you take what you will use/need.

Open during Food Pantry hours

Jackson Street Community Garden

We partner with the City of LaPorte to provide a free urban gardening opportunity for adults and children in the city. Our programs feature a weekly children's garden club, free garden boxes for adults, and a u-pick area for those in need. We also have ADA boxes for those who may need them.

Open from late Spring to Fall

**Purdue Extension
LaPorte County**

Monday – Friday
8:00 AM - 4:00 PM

2857 West State Road 2, Suite A
LaPorte, IN 46350
Phone: (219) 324-9407
Fax: (219) 326-7362

Email: laporteces@purdue.edu
extension.purdue.edu/laporte
www.facebook.com/PurdueExtension

Purdue Extension Health and Human Sciences provides education to people of all ages in Indiana's 92 counties. The community is our classroom – where we bring university information to the local level and help people strengthen families, spend smart, eat right, and live well.

Food

Purdue Health and Human Sciences Extension provides educational programs, applied research projects, and information on food-related subjects ranging from food safety and nutrition breakthroughs to healthy eating on a limited budget.
www.purdue.edu/hhs/extension/food

Family

The mission of the Extension Human Development specialty is to maximize the psychological, social, physical, and emotional well-being of Indiana residents. Extension Human Development provides non-formal educational opportunities that increase knowledge, influence attitudes, teach skills, inspire aspirations, and encourage behavior changes. Programs and resources are available in the following areas: Aging, Families, Parenting & Care for Children, Relationships, and School-readiness.
www.purdue.edu/hhs/extension/family

Health

One specialty area of HHS Extension is Health and Wellness. There are currently 18 health and wellness educators in the state who take a particular interest in health and wellness topics for Extension programs and to educate their communities. Information includes Disease Prevention and General Health.
www.purdue.edu/hhs/extension/health

Money

The mission of the Extension Family Resource Management specialty is to maximize household resources through science based research, education and curriculum development. Our Extension Educator team provides science based resource management content to children, youth and adults through programs directed specifically to their needs.
www.purdue.edu/hhs/extension/money

**Salvation Army
La Porte**

Monday – Friday
9:00 AM - 4:00 PM
Office is closed at Lunch
from 12:00 PM - 1:00 PM

3240 Monroe Avenue
La Porte, IN 46350
(219) 326-5342

More Information on Weekly Schedule Can be Found on Website:

salaporte.org
www.facebook.com/salaporte

FOOD PANTRY Hours: Monday 9:00 AM until 12:00 PM, Tuesday 1:00 PM to 3:00 PM, Thursday from 5:00 PM to 7:00 PM. For more information, contact the Corps during Office Hours. **Pet Food** "upon availability" Wednesdays & Friday 9:00 AM – 12:00 PM & 1:00 PM – 4:00 PM. You will need to bring in your current valid Driver's License or State ID.

Safelink Free Phones are available. To qualify you need Food Stamp Card or Medicaid Card or Proof of Social Security or Proof of Energy Assistance Qualification.

REAL Services Lunch program for seniors is served daily, Monday thru Friday. Doors open at 10:30 AM, lunch is a hot meal which is served at 11:30 AM. Everyone aged 60 and above is welcomed for a nutritious meal and a time to share with other seniors. Donations for the cost of the meal are appreciated. Come early and stay afterwards for special programs for your health and for fun. For more information call Donna at (219) 380-1711.

Community Meals are provided Monday, Tuesday, Thursday, and Friday nights beginning at 4:30 PM with a social time. "Soup Kitchen" meals are prepared by churches and other volunteer groups and served at 5:30 PM.

First Steps Office is currently open Monday, Wednesday, and Friday from 10:00 AM until 3:00 PM. The Salvation Army of LaPorte is proud to partner with "First Step of LaPorte" by providing office space in the building. "First Step" is a ministry of the churches of LaPorte that provides financial and referral assistance to those in need. For more information go to www.firststepoflaporte.org or call (219) 326-STEP(7837)

Energy Assistance is no longer in our building as of February 1, 2016. They are still in Michigan City at 301 8th Street. You must call and make an appointment and they will tell you what you need to bring. The telephone number (219) 872-0351.

Christmas Assistance includes Holiday Food Distribution and Christmas Toy Shoppe. Applications for assistance are accepted beginning in October each year.

For more information call Envoys Greg and Bethany Irwin, or the case worker Jan Roberts at The Salvation Army of La Porte. The phone number is (219) 326-5342.

**Salvation Army
Michigan City**

Monday – Thursday
9:00 AM - 3:00 PM
Office is closed at Lunch
from 12:00 PM - 1:00 PM

1201 Franklin St
Michigan City, IN 46360
(219) 874-6885

www.facebook.com/samichigancityin
www.salvationarmyusa.org/usn/www_usn_2.nsf
Calendar of events/services can be found at:
samichigancity.org/michigancity/calendar

Services Provided:

- Food Pantry-Providing nutritious food to hungry families and many senior citizens.
- Adult and Youth Programs-Providing educational and cultural experiences, fellowship, fun, counseling and worship.
- Shelter for Homeless Men-Providing meals, hot showers, a safe haven in which to sleep, with counseling and referrals.
- Thanksgiving Dinners-4,000 individuals were supplied with a meal on Thanksgiving Day; whether it was through food baskets or hot meals!
- Christmas -Assistance given to over 6,000 individuals for Christmas through food, toys, diapers, clothing, and countless smiles to nursing home residents.

Seniors

La Porte County Meals on Wheels

Michigan City Senior Center

Real Services

Swanson Center Activity Center for Senior Citizens

La Porte County Meals on Wheels

Monday – Thursday
9:00 AM - 4:00 PM
Friday
9:00 AM - 2:30 PM

301 E. 8th Street, Suite 110
Michigan City, Indiana 46360
Phone (219) 872-9117
Fax (219) 872-9118

Email: lpcomow@sbcglobal.net

Meals on Wheels is a nonprofit community organization which provides nutritional meals to persons who find it difficult to purchase or prepare meals for themselves. LaPorte County Meals on Wheels is busy providing meals to support home-bound senior citizens and people with disabilities allowing them to continue living independently in their own homes, with dignity and self-respect. Meals are delivered Monday through Friday. Special diets are available as ordered by the recipient's physician.

Eligibility for Meals on Wheels is based on nutritional need, age, disability or person recuperating at home after hospitalization. This service is not limited to any particular age, race, or socioeconomic group.

All charges are based on actual cost of meals. We offer a one or two meal plan. Week-end thaw and serve meals are also available. Some persons pay the established fees, others pay a reduced fee based on financial ability to pay. Special programs are available to assist those who qualify, providing meals at no cost. Check, Cash, Debit, Credit and Food Stamps are accepted.

To sign up for Meals on Wheels call (219) 872-9117. You will need the following documentation:

Name, address, and phone number
Date of birth and social security number
Doctor(s) name(s)
Reason for services
Emergency contact information (See application form on website)

**Michigan City
Senior Center**

Monday-Friday
8:00 AM – 4:00 PM

2 on the Lake
Michigan City, IN 46360
(219) 873-1504

Director: Tara Miller tmiller@emichigancity.com

Monthly Newsletters Providing More Information Can Be Found on Website:
michigancityparks.com/index.php/michigan-city-senior-center
www.facebook.com/MichCitySeniorCenter

Michigan City Senior Center provides services for seniors including recreational activities, classes, events, field trips, and education.

The center offers a variety of intellectual opportunities including speakers that inform and educate on topics ranging from fire prevention to local history and from medical concerns to financial advice.

Exercise classes provide just the right amount of physical activity for our members. There is some form of physical activity class being held on every day of the week to accommodate active senior schedules.

Garden Group
Oil & Water Painting Classes
Knitting and Crocheting Group
Ceramics Class
Jewelry Making Class
Spanish Language Classes
German Language Classes
French Language Classes
South Shore Seniors Investment Group
Senior Citizen Crime Prevention Seminar
Dining with Diabetes
Emergency Medical Services
Cooking for One (or Two)
Internet Classes
Computer Classes

Tai Chi
Line dance lessons
General light aerobics
Yoga/Meditation
Growing Stronger program
Free blood pressure checks monthly
Free hearing evaluations monthly
Fancy Foot Clinic
Lifeline Screenings
Wii game system
Flu Shots
Massage

**Swanson Center
Activity Center for
Senior Citizens**

Monday – Thursday
8:00 AM – 4:00 PM
Friday
8:00 AM – 12:00 PM

910 State Street
La Porte, IN 46350
(219) 326-5354

See Website for Current Activity Flyer:
www.swansoncenter.org/acoa.html

The Activity Center for Older Adults (ACOA) provides educational and recreational programs and activities for seniors 55+. It serves as a centralized meeting place for senior citizens in the City of LaPorte and the surrounding community.

ACOA features:

- Health care presentations
- Recreational activities
- Volunteer Opportunities
- Daily activities

For a small fee of \$18.00 you can become a member of ACOA. A membership includes all events offered on the monthly calendar and discounts at Christo's, Round the Clock and Louie's. Additionally, there are card lessons, pinochle, euchre, movie day, exercise, etc. Please check our calendar for activities you will enjoy.

Shelters

Interfaith Community Men's Shelter

Sand Castle Shelter

Stepping Stone Shelter

INTERFAITH COMMUNITY MEN'S SHELTER

See Hours Below

See Locations Below

www.facebook.com/ICPADS
www.interfaithcommunitypads.com

Mission

We are a faith-based organization providing food, shelter, and resources for the homeless population in our community. We strive to show God's love through compassion, understanding, and dignity.

About

ICPADS is a temporary emergency shelter for the LaPorte County area. We currently provide shelter, food, and security for the homeless men in our community

Men's overnight shelter locations:

All shelters open at 6:30 PM AND CLOSE AT 7:00 AM

Admission to the shelter is 6:30 PM - 8:30 PM ONLY

Monday

First Presbyterian Church
121 W. Ninth Street
Use 9th St. Entrance Next to Alley
(219) 879-4501

Tuesday

River of Life Church
516 Decatur Street
(219) 861-1116

Wednesday

Sacred Heart Church
1001 W. 8th Street
Use West Side Entrance
(219) 874-3491

Thursday

Sacred Heart Church
1001 W. 8th Street
Use West Side Entrance
(219) 874-3491

Friday

St. Paul Lutheran Church
818 Franklin Square
Use 8th Street Entrance
(219) 874-7293

Saturday

Sacred Heart Church
1001 W. 8th Street
Use West Side Entrance
(219) 874-3491

Sunday

Sacred Heart Church
1001 W. 8th Street
Use West Side Entrance

(219) 874-3491

A simple dinner and light breakfast will be served daily

Shelters are seasonal from: October 15th to April 15th

Sand Castle Shelter

Monday – Friday
8:00 AM - 4:00 PM

1005 West 8th St.
Michigan City, IN 46360
(219) 879-2552

Email: info@sandcastleshelter.org
www.citizens4homeless.org
www.facebook.com/10058thst

Who We Serve

Sand Castle offers temporary shelter to LaPorte County families: primarily single moms with children; sometimes families headed by couples or dads, too. When space is available, we accept single women. All family members must test free of drugs and alcohol.

- Single men are referred to the Faith Community Men's Overnight Shelter.
- Domestic violence victims are referred to Stepping Stone Shelter for Women.

Those that are from other counties and those with alcohol, substance abuse or debilitating mental illness are referred to other agencies equipped to help with those issues.

How We Serve Them

- We can accommodate seven families, each in a private room
- The average stay is six weeks
- Children attend the schools they were in before housing loss
- Clients must leave the building Monday thru Friday, 9:00 AM to 2:30 PM to work, seek work, apply for assistance or look for an affordable apartment
- Each adult completes daily chores to keep the property neat and clean
- A case manager meets with each family daily, to set goals, measure progress, affirm efforts, provide information about other helpful programs and talk through obstacles
- Staff persons offer a listening ear and provide empathy and encouragement
- Families must observe a 9:00 PM curfew, unless working later
- 75% of income earned during their stay must be saved toward future housing
- Skill building classes (at Grace Learning Center) are required:
 - Landlord Tenant law
 - Nutrition & Cooking
 - Get the Job, Keep the Job
 - Health Notebook
 - Green Cleaning on a Dime
 - Healthy Relationships
- We respect the privacy of our residents and never reveal any information unless specifically authorized to do so by the resident.

Stepping Stone Shelter

Office Hours:
Monday – Friday
8:00 AM – 4:00 PM

P.O. Box 1045
Michigan City, IN 46361
(866) 879-4615
Fax: (219) 879-4617

Email: info@steppingstoneshelter.org
www.facebook.com/Stepping-Stone-Shelter-for-Women-Inc-341878289278993

Stepping Stone is an emergency shelter for women and their underage children who are victims of domestic violence and/or sexual assault. Services are confidential and include:

- Temporary Shelter
- Clothing and Food
- Crisis Intervention
- Legal Advocacy
- Support Groups
- One to One Support
- Rape Recovery Support
- Essential Transportation
- 24 hour staffing and hotline.
- "The Bridge" Transition Housing (details below)

The Stepping Stone Shelter provides programs that assist women to obtain medical, legal, financial, psychological and housing support services for each unique situation.

"The Bridge" Families that have completed their program at Stepping Stone may be eligible to stay in one of our 15 transition apartments. Rent rates are based on ability to pay. This program allows a woman and her children to live on our safe campus in their own apartment while continuing to rebuild their lives. Units include 1, 2, and 3 bedroom apartments.

Veterans

Centerstone Military Services

Defense Centers of Excellence (DCOE) for Psychological Health and Traumatic Brain Injury

La Porte County Veteran's Services

Military OneSource

Paralyzed Veterans of America Kentucky Indiana Chapter

Rolling Thunder Indiana Chapter 2 (South Bend)

South Bend Community Based Outpatient Clinic, VA Northern Indiana Health Care System

South Bend Vet Center Veteran's Health Administration

Vet Center Combat Call Center

Vet2Vet Kristin Brooks Hope Center

Centerstone Military Services

Crisis Line
(866) 781-8010
24/7

Lifeline Chat
1:00 PM to 1:00 AM

Crisis Indiana
(800) 832-5442
Information & Appointments IN
(800) 344-8802

www.facebook.com/CenterstoneMilitaryServices
www.centerstone.org/locations/military-services

Care Types

As one of the nation's largest providers of community-based behavioral health services, Centerstone serves more than 170,000 individuals and families in Florida, Illinois, Indiana, Kentucky and Tennessee each year. We have a program to help you — whether you need help with marital counseling, a child's behavioral issues, depression, addiction, the effects of abuse or other emotional and behavioral issues.

Children, adolescents, adults, seniors and families all receive help from the multitude of different programs we offer at nearly 200 facilities. Our dedicated professionals focus on your individual needs and are committed to your emotional and mental health. We provide a myriad of services to fit your needs:

- Group, individual, couple and family counseling
- Crisis solutions; psychiatric services and medication management
- Employee Assistance Programs
- Substance abuse treatment
- Case management
- Sexual abuse counseling
- School-based counseling and prevention programs
- and many more.

Get Help Now

Centerstone offers help 24 hours a day, 7 days a week, 365 days a year through our Triage Line staffed by our crisis team. All calls are completely confidential. Our toll-free number can assist a large number of callers at the same time, ensuring prompt attention to your situation. You will also be given information and access to services or programs you may need.

Centerstone can also provide help after a crisis with quality follow-up care. To make a routine appointment or for more information on programs, call our Information and Appointments line. Once again, all calls to Centerstone are completely confidential. Your privacy is guaranteed.

Don't feel comfortable calling? Chat with us. Centerstone has partnered with The National Suicide Prevention Lifeline to offer a confidential, secure, and anonymous way of reaching out for help when you don't know where else to turn: see the website for the Lifeline Chat link.

Hours of Operation: 1:00 PM to 1:00 AM

If chat is not available when you wish to speak to someone, please call us at one of the numbers listed above, as this service is not yet available 24 hours a day.

**Defense Centers of
Excellence (DCOE)
For Psychological Health
and Traumatic Brain
Injury**

Call
(866) 966-1020
24/7

Live Chat
realwarriors.net/livechat
24/7

Email: resources@dcoeoutreach.org
www.facebook.com/DCoEpage
www.dcoe.mil

The DCoE vision is to lead profound improvements in psychological health and TBI prevention and care. As a part of the Defense Health Agency (DHA), DCoE is uniquely positioned to achieve this vision by collaborating across the Defense Department, Department of Veterans Affairs and other agencies to provide clinical expertise, drive policy and influence health outcomes in the Military Health System.

DCoE is comprised of three centers – the Deployment Health Clinical Center (DHCC), Defense and Veterans Brain Injury Center (DVBIC) and National Center for Telehealth and Technology (T2) – that work together to influence the evaluation, treatment and quality of care provided to patients with a psychological health and/or TBI diagnoses. To learn more about DCoE, visit www.dcoe.mil

We Serve

Everyone! Whether you are a service member, a family member or a clinician, or someone who supports them, the DCoE Outreach Center is there for you.

We Provide

A trusted source of psychological health and traumatic brain injury information and resources
Customized responses to your specific questions and needs. If we can't answer your question, we will connect you to someone who can.

We Are

Professional health resource consultants with expertise in psychological health and traumatic brain injury who understand military culture Available 24/7 by phone, online chat or email.
Free!

The DCoE Outreach Center was created to provide information on psychological health and traumatic brain injury. It does not function as a treatment or counseling center and cannot provide advice.

**La Porte County
Veteran's Services**

Monday – Friday
8:00 AM – 4:00 PM
Lunch
12:00 PM – 1:00 PM

555 Michigan Avenue, Suite 105
LaPorte, Indiana 46350
(219) 326-6808 Ext. 2216
Fax: (219) 362-9804

Email: gwatkins@laportecounty.org
www.laportecounty.org/veteransservices

Services

Veteran Services provides info and services to veterans and their dependents. Services include Death and Disability Pensions, Disability Compensation, VA Guaranteed Loans, Education Benefits, Burial Assistance, and Service-Disabled Veterans Insurance.

Veteran's Service Officer

George Watkins

Links Available on Website:

Disability Resources
Guide to Online Schools
The Ultimate Tax Guide for Veterans
College Guide for U.S. Service Members
Indiana Department of Veteran's Affairs
U.S. Department of Veteran's Affairs
Veteran's Dental Benefits
Military & Veteran's Finances Online
VA Home Loan Center
Help for Processing Social Security Benefits
Guide to Social Security Disability Benefit

Military OneSource

(800) 342-9647
24/7

En español llame al
(800) 342-9647
24/7

www.facebook.com/military.1source
www.militaryonesource.com

Confidential Help

Sometimes strength means asking for help. Military OneSource connects you – or immediate family members – to that needed help, whether it involves spouse education and career opportunities, matters specific to families with a member with special needs, financial and tax counseling or other important issues. Military OneSource offers a call center and online support to connect you to the program or professional to make sure that you receive the assistance you need. We are here for you 24/7 online and by telephone. No matter where you serve or live, you always have support. Learn more about who we serve and eligibility requirements on our website or call Military OneSource (800) 342-9647 to speak with a consultant.

Nonmedical Counseling

Sometimes the care of friends and family isn't enough to pull you through a difficult stretch. Military OneSource is committed to promoting readiness and resilience in military members and families. Confidential non-medical counseling provides service members and their loved ones with resources and support to address a variety of issues and build important skills to tackle life's challenges. Sessions are available through the Military and Family Life Counseling Program at installations worldwide and through Military OneSource. Learn more about who we serve and eligibility requirements on our website or call Military OneSource (800) 342-9647 to speak with a consultant 24 hours a day, seven days a week, from anywhere in the world.

Specialty Consultations

Need a little help navigating through the adoption process? Want to better understand your wounded warrior benefits? Is it time to explore adult disability care for your parents? Military OneSource provides support from professionally trained consultants by phone on a broad range of issues for service members, their families and survivors. Eligible members can receive an unlimited number of specialty consultations.

Interactive Tools & Services

Military life is always an adventure; but with so much going on, sometimes it helps to have a little additional guidance to make sure you're moving in the right direction. Beyond specialty consultations and non-medical counseling, Military OneSource offers additional interactive tools and services to help you and your family make the most of every new opportunity.

**Paralyzed Veterans of
America Kentucky
Indiana Chapter**

Monday – Friday
8:30 AM to 4:00 PM

4781 Paoli Pike Suite 2
Floyds Knobs, IN 47119
(502) 635-6539 Regional Office
Fax: (502) 379-4143

www.kipva.org

About Us

The Kentucky - Indiana Chapter is one of 34 Chapters of Paralyzed Veterans of America that continue the fight to ensure that all veterans and people with disabilities, and their families, have everything they need to thrive. KIPVA is a 501(c)(3) tax-exempt non-profit organization that represents the interests and concerns of paralyzed veterans and other individuals with disabilities throughout the states of Kentucky & Indiana.

Membership is free and is open to those that have served in the military and have a spinal cord injury or disease. Paid affiliate and associate memberships are available to members of the Kentucky-Indiana disabled community and all of those who are interested in supporting our work.

The organization's primary focus is veterans' issues, notably quality healthcare for veterans with spinal cord injuries and dysfunction (SCI/D) such as Multiple Sclerosis (MS). KIPVA is interested in all issues affecting the lives of persons with disabilities.

KIPVA serves veterans and others in the disabled community through benefits assistance, government relations, advocacy, education, and the provision of regional programs, including;

- Hardship
- Health and Wellness
- Sports and Recreation

Membership

Life Membership for Veterans with Spinal Cord Injury or Disease - Free

Any individual who meets the following criteria is eligible to join Paralyzed Veterans of America as a lifetime member, at no cost:

- A citizen of the United States
- A veteran of the U.S. Armed Forces whose discharge was other than dishonorable
- An individual who has suffered a spinal cord injury as a result of trauma or disease, which results in paralysis of more than one limb. The injury or disease may or may not be service connected.
- Life members are entitled to the full complement of membership benefits.

Contact Us to request membership information by mail.

**Rolling Thunder
Indiana Chapter 2
(South Bend)**

Mail completed forms to:
Rolling Thunder® In. Chapter Two
PO Box 781
Granger, In. 46539

Pres. John "BUZZ" Opick
PO Box 781
Granger, IN 46539
(574) 206-5023

www.facebook.com/Rolling-Thunder-Chapter-2-Indiana-198186670695211
www.indianarollingthunder.com/RTIVF.html

Rolling Thunder®, Inc. Indiana Veteran's Fund

RTIVF is open to all honorably discharged Veterans, effective July 1, 2015. Financial assistance may be used by the veteran/family for needs such as housing, utilities, medical services, transportation, and other essential family support expenses which have become difficult to manage. Assistance may be requested once per running year, with a maximum of up to \$2,500.00 may be approved. (exclusions, auto loans, cable, satellite, cell, internet services, all insurance, dental care, credit cards, child support, attorneys, debt collectors, storage fees, and funeral expenses, some others may apply) Assistance will be considered by the RTIVF State Committee, and the applicant will be notified of their decision. There may be an emergency waiver granted in some cases, only upon written request indicating the circumstances justifying such a waiver.

Requirements

The applicant must have received an "Honorable Discharge". (DD 214, DD 256, NGB-22)

The applicant must have served a minimum of 30 continuous days of active duty.

The applicant must currently be a permanent resident of Indiana for a minimum of two (2) consecutive years.

The applicant must sign & date their application, provide all required proofs, and documentation requested.

Documentation of need is required to apply for the needed assistance.

Disbursement

All disbursements will be made directly to the vender, and not to the applicant.

Completed Forms

Forms must be Typed or Printed (hand written forms will not be considered).

Mail completed forms to:

Rolling Thunder® In. Chapter Two
PO Box 781
Granger, In. 46539

(Please allow a minimum of 10 working days from the date which application - and all associated forms - are received for it to be reviewed. Total process time may be up to 15 working days). Please note that emailed copies of the application will NOT be accepted.

For more information, please contact Dick Harrington via email at dharr312@hotmail.com or call (317) 991-3085.

**South Bend
Community Based
Outpatient Clinic,
VA Northern Indiana
Health Care System**

Monday – Thursday
6:30 AM – 6:00 PM
Friday
6:30 AM – 4:00 PM

333 W. Western Ave
South Bend, IN 46601
(866) 436-1291 or
(800) 360-8387
Fax: (574) 299-9073

www.facebook.com/pages/South-Bend-VA-Community-Based-Outpatient-Clinic/258323340932612

www.northernindiana.va.gov/locations/SouthBend.asp

Community-Based Outpatient Clinic

Features

Primary care services for veterans in South Bend and surrounding area.

Mental Health services including:

- Medication Management
- Individual and Group Counseling such as Post Traumatic Stress Disorder (PTSD) and Substance Abuse Treatment Program (SATP)

Personal Care

Highly qualified primary care providers, specialty care referrals to VA Medical Centers in Marion, Fort Wayne, Ann Arbor and Indianapolis, Indiana.

Laboratory

Blood drawing services available.

Prescriptions

Routine prescriptions processed through the mail or My HealtheVet, if registered.

**South Bend Vet Center
Veterans' Health
Administration**

Monday, Tuesday,
Thursday
8:00 AM - 8:00 PM
Wednesday, Friday,
Saturday
8:00 AM - 4:30 PM
Sunday
Closed

4727 Miami Street
South Bend, IN 46614
Phone: (574) 231-8480 Or
(877) 927-8387
Fax: (574) 231-8579

www.facebook.com/SouthBendVetCenter
www.va.gov/directory/guide/facility.asp?ID=6172

Vet Centers

Life isn't always easy after a deployment. That's where Vet Centers can help. Vet Centers across the country provide a broad range of counseling, outreach, and referral services to combat Veterans and their families. Vet Centers guide Veterans and their families through many of the major adjustments in lifestyle that often occur after a Veteran returns from combat. Services for a Veteran may include individual and group counseling in areas such as Post-Traumatic Stress Disorder (PTSD), alcohol and drug assessment, and suicide prevention referrals. All services are free of cost and are strictly confidential.

Services

What is readjustment counseling?

Readjustment counseling is a wide range of psycho social services offered to eligible Veterans, Service members, and their families in the effort to make a successful transition from military to civilian life. They include:

- Individual and group counseling for Veterans, Service members, and their families
- Family counseling for military related issues
- Bereavement counseling for families who experience an active duty death
- Military sexual trauma counseling and referral
- Outreach and education including PDHRA, community events, etc.
- Substance abuse assessment and referral
- Employment assessment & referral
- VBA benefits explanation and referral
- Screening & referral for medical issues including TBI, depression, etc.

Does VA have readjustment counseling for family members?

Family members of combat Veterans and Service members have been eligible for Vet Center readjustment counseling services for military related issues since 1979.

Am I eligible for Vet Center readjustment counseling?

If you, or a family member, served in any combat zone and received a military campaign ribbon (Vietnam, Southwest Asia, OEF, OIF, etc.) then both you and your family are eligible for Vet Center services.

For assistance after hours, weekends, and holidays call: 1(877) WAR-VETS (1-877-927-8387)

Vet Center Combat Call Center

24/7

Toll-Free
(877) 927-8387

www.vetcenter.va.gov

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Vet Center Call Center

(877) WAR VETS (877-927-8387) is an around the clock confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life. The staff is comprised of combat Veterans from several eras as well as family members of combat Veterans. The service is free for combat Veterans and their families so they may find resources they need at their nearest Vet Center.

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Vet Center staff are available toll free and around the clock at (877) WAR-VETS (927-8387).

VET2VET
Kristin Brooks
Hope Center

24/7

Toll-Free
(877) 838-2838

www.veteranscall.us

Vet2Vet Veterans Crisis Hotline

Components of this program include:

- Training veteran peer counselors and certifying crisis centers to take these specialized calls using QPR (Question Persuade and Refer) for law enforcement and veterans specifically.
- Data collection of non-confidential information to provide a constant feedback loop for the improvement of services.
- Maintain a resource database for use by crisis centers to provide local resources available to this population.
- The development, printing, and distribution of new and current public education brochures, to all returning soldiers and existing veteran populations, which explain the resources available through this service.
- To help the returning service men and women navigate the complexities of the VA mental health system. To hold their hand through the process and not let go until they have received satisfactory services.

The Kristin Brooks Hope Center is a public benefit corporation that operates the National Hopeline Network (800) SUI-CIDE (the Network). The Network links over 200 community crisis centers that have been certified to respond to individuals in life crisis as well as connecting callers to local community resources.

In order to reach highly vulnerable populations, the Network has developed several peer to peer hotlines with the objective of providing specialized health and welfare services. The latest project in this area is (877) VET-2VET (838-2838). This a toll-free line targeted to the population of returning armed forces men and women and veterans from previous conflicts and wars. This “life” line is a confidential connection which plans to utilize trained peer veterans ready to provide hope and help 24 hours a day, 7 days a week.

