



RESOURCES  
FOR  
FAMILIES  
IN  
MONROE  
COUNTY

PREPARED FOR

**KAP**

**Kids with Absent Parents**

A PROGRAM FOR MONROE COUNTY

# **KAP**

## **Kids with Absent Parents**

**This program is co-sponsored by the  
Hope for Prisoner Task Force  
of the Unitarian Universalist Church,  
Girls Inc  
and  
Big Brothers Big Sisters.**

### ***KAP***

#### **OFFERS CHILDREN**

- creative activities such as music, storytelling, arts and crafts.
- an opportunity to meet other children in similar situations.
- a chance to meet caring adults who volunteer to work with them.

#### **OFFERS PARENT/CAREGIVERS**

- the opportunity to participate in a program designed to support them in meeting the children's needs.
- a chance to interact and draw support from others who share the same challenges.
- information about existing services in our community.

**For Information Contact Mary Goetze,  
goetze@indiana.edu**

**Or leave a message at the  
Unitarian Universalist Church  
812-332-3695**

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**Credits:**

This information is drawn from the New Leaf New Life Re-Entry Workbook and Safety-Net, a publication of SCCAP, South Central Community Action Program. KAP is grateful to Lindsey Badger and member of her group who prepared it and granted permission for KAP to use portions that are relevant to families.

## **GROCERIES**

### **Food Stamps, FSSA**

1711 N. College Suite 101, 800.403.0864

### **Mother Hubbard's Cupboard**

1100 W. Allen St., 812.339.5887

*Open M-F 12:00 PM - 6:00 PM*

### **City Church Food Outreach**

1200 N. Russell Road 812.336.5958

*Third Sunday of the month.*

Tickets distributed during 5:30pm service.

### **Bread of Life Soup for the Soul**

1300 S. Walnut St. 812.822.2134

### **First United Methodist Church**

219 E. 4th St. 812.332.6396

*Wed. 3-5:30pm* Brown Bag Lunches and Groceries

### **Monroe County United Ministries,**

827 W. 14th St. 812.339.3429

### **Township Trustees Food Pantries-Bloomington**

2111 W. Vernal Pike 812.336.4976

*M-F 8am-4pm.*

Provides canned goods to Bloomington Township residents

### **Township Trustees Food Pantries-Perry**

1010 S. Walnut St. 812-336-3713

*M-F 9am-3pm.*

Provides canned goods to Perry Township residents

### **Second Street Baptist Church's Feed the Needy**

321 N. Rogers St. 812.336.5827

### **Salvation Army**

111 N. Rogers St. 812.336.4310

Need ID and proof of resources. 1 week supply of groceries.

Will not provide again for 30 days.

### **Hoosier Hills Food Bank**

2333 West Industrial Park Drive 812.334.8374

Distributes through non-profits, including New Leaf New Life

### **Area 10 Agency on Aging**

631 West Edgewood Dr. Ellettsville, IN 47429 812.876.3383

Food pantry, restaurant vouchers and farmer's market vouchers for seniors

### **Grace Food Pantry**

9206 Old State Road 3, (Harrodsburg, IN) 812.824.7171

### **SLO FoodS garden pantry**

615 N. Fairview Street (Trained Eye Arts Center) (on the B-Line Trail just south of 11th St. underpass)

Volunteer Contact: Mylo Roze <http://ecomediacycenter.org>  
[greenthcity@yahoo.com](mailto:greenthcity@yahoo.com)

The program emphasizes locally grown produce and dispenses food to those in need on a weekly basis.

*Wednesdays from 1:00-3:00 pm*

### **Monroe County Division of Family Resources** 1711 N

College Avenue, Suite 101 1.800.403.0864

*M-F, 8am-4:30pm*

## **WIC**

333 E. Miller Drive 812.353.3221

Food/education for pregnant women and children birth-5yrs.

## **HOT MEALS**

### **Geno's Cafeteria (Backstreet Missions)**

215 S. Westplex Ave. 812.333.1905

*M-F Lunch 11-12pm; Dinner 4-5pm*

*Sat. Breakfast 8-9:30 am; Lunch 11am-12pm*

### **The Community Kitchen + Community Kitchen Express**

1515 S. Rogers St. & 1100 W. 11th St. 812.332.0999

*M-Sat 4-6 pm*

### **Shalom Community Center**

620 S. Walnut St. 812.334.5728

*M-F Breakfast 8-9:30am; Lunch 12-1:30pm*

### **Trinity Episcopal Church**

111 S. Grant St. 812.336.4466

*Sunday Lunch: 2pm*

### **First Presbyterian Church**

221 E. 6th St. 812.332.1514

*Sunday Breakfast 7:30-9*

### **First Christian Church**

205 E. Kirkwood Ave. 812.332.4459

*Sunday Breakfast 8-9:30am*

### **Bloomington Catholic Worker/Christian Radical,**

821 N. Blair Ave. 812.339.4456

We offer short-term, home-based hospitality to people facing homelessness 6pm in their home

### **Harvest House Soup Kitchen**

1107 S Fairview 812.327.8636

*Sundays from 2pm - 4pm, Soup and sandwich lunches.*

### **Area 10 Agency on Aging,**

631 West Edgewood Dr. Ellettsville, IN 47429

812.876.3383 Offers nutritious Congregate and Mobile meals in Bloomington and Ellettsville

### **Bloomington Meals on Wheels**

727 W. 1st St. 812.323.4982

Provides meals to homebound people unable to cook for themselves; no age or economic restrictions

## **CLOTHING**

**Opportunity House** (vouchers from Monroe County United Ministries) 907 W. 11th St. 812.336.2443

**Salvation Army** (vouchers from Salvation Army social worker) 111 N. Rogers St. 812.336.4310

**New Leaf New Life** (for people formerly incarcerated) 1010 S. Walnut St. Suite H 812.355.6842

**My Sister's Closet**, (workforce attire for women) 414 S. College Avenue 812.335.6603

**Monroe County United Ministries** (free to income eligible) 827 W. 14th St. 812.339.3429

## **TRANSPORTATION**

### **Bicycles**

#### **Bloomington Bicycle Project**

245 W. Grimes Lane & 214 N. Madison St.

A project that allows you to volunteer for three hours and then build a bicycle for free.

#### **Billy Young**

To have a bike built for you, contact Billy after you are have been incarcerated at [billyyoungsmusic@gmail.com](mailto:billyyoungsmusic@gmail.com). Limited availability.

### **City Bus**

#### **Bloomington Transit**

812.336.7433

Discounted monthly passes for individuals with disabilities and senior citizens: Organizations providing a limited number of bus tickets to individuals experiencing poverty

- *Shalom Community Center*. Distributes bus tickets every Monday & Friday for appointments.

- *Job Links*. Distributes bus tickets every Tuesday, Wednesday, and Thursday at 10am-12pm for job-related appointments.

- *New Leaf New Life*. Distributes 2 per week on Mondays to up to 20 different people who have been formerly incarcerated.

- *Township Trustee*. Distribute when transportation is a requirement of having a job.

- *St. Vincent de Paul*. Distributes bus tickets every Thursday (no purpose required; bus tickets are separate from financial assistance; does not hinder ability to get financial assistance from them; first come first serve)

### **Rural Transit**

#### **Area 10 Agency on Aging and Disability**

631 W. Edgewood Dr. Ellettsville 812.876.3383

Offers tickets for rural transit.

#### **Shalom**

Also offers Rural Transit tickets when they have them.

### **Assistance for gasoline**

#### **St. Vincent de Paul**

1117 N Jackson St, Bloomington, IN 47404, 812.822.1958

Walmart card.

#### **First United Church**

2430 E. 3rd St. 812.332.4439

They provide a few gas cards a month for urgent needs.

## **PHONE ASSISTANCE**

#### **Shalom Community Center**

has information on receiving a free government phone through Assurance, Access, Safelink, and Top Ten Video. You will need proof of income or copy of assistance card and ID.

#### **St. Vincent De Paul**

4607 West State Road 46 812.961.1510

helps with 1 month of minutes (call or visit on Thursdays)

## **HOUSING, UTILITIES, FURNISHING**

### **Transitional Housing**

#### **The Rise**

812.333.7404

Helps low-income woman, who are recovering from the impacts of domestic violence, to secure permanent, safe and affordable housing; achieve economic security; and develop their capacities for self-determination. A program of Middleway for women and children.

#### **Stepping Stones**

812.339.9771

Offers transitional housing and supportive services to youth between the ages of 16-20 experiencing homelessness.

#### **St. Vincent De Paul**

4607 West State Road 46 812.961.1510

Vouchers for furniture

#### **Bloomington Catholic Worker/Christian Radical,**

821 N. Blair Ave. 812.339.4456

We offer short-term, home-based hospitality to people facing homelessness 6pm in their home every night.

#### **Hannah House Maternity Home**

808 N. College Ave. (812) 334-2662

[www.cpcbloomington.org](http://www.cpcbloomington.org)

A comprehensive residential program for pregnant women and teenagers. Offers access to prenatal and pediatric care. Also offers life skills training and assistance in achieving longer-term educational and career goals.

#### **Housing and Neighborhood Development**

401 N. Morton Street, Ste. 130

(812) 349-3420

[www.bloomington.in.gov/hand](http://www.bloomington.in.gov/hand)

Creates affordable housing opportunities in the City of Bloomington by working through its partnerships with local non-profit and for-profit developers and through its in-house housing programs. HAND provides housing counseling to individuals with housing needs or difficulties and provides a variety of learning opportunities for the community on housing related issues.

### **Resources to check for housing:**

#### **Newspapers (particularly Sunday issue)**

Can be accessed at NLNL, neighborhood shopping fliers, center residents and staff, craigslist, friends and mentors (Do not underestimate this last resource- getting a house if you carry a record is sometimes very hard to do!)

### **Know where you can get help**

#### **The Federal Government**

Also provides the Housing Choice Voucher Program (Section 8), which allows you to find your own place to rent, using the voucher to pay for all or pay part of the rent. However, not every apartment owner participates in Section 8. Check with your local housing authority to determine if you qualify.

**Bloomington Housing Authority**

1007 N. Summitt St., Bloomington, IN 47404  
 812.339.3491 1007 N. Summit St. (812) 339-3491  
 Subsidized housing, Section 8 Public Housing. Cost varies to income eligible.

**Habitat for Humanity of Monroe County**

213 E. Kirkwood Avenue 812.331.4069

www.monroecountyhabitat.org

Habitat for Humanity helps families and volunteers to build homes for those living in inadequate housing. The homes are for families who have an income but do not have the funds to secure a bank loan. The money to build the homes comes from contributions from local churches, citizens, businesses, and other sponsors. Families pay back a zero interest mortgage over 15-25 years. That money goes into a fund which helps to pay for more houses.

**Housing and Urban Development/Veterans Affairs Supportive Housing Program**

Mary Jane McNabb: 455 S. Landmark Ave. 812-336-5723

**Help with Deposits, Rapid Re-Housing, & Rent**

Different organizations in town can help with start-up housing expenses, including the Shalom Community Center, Monroe County United Ministries, Township Trustees, Salvation Army, and various churches. After incarceration, speak to a caseworker at the Shalom Community Center, located at 620 S. Walnut Street, Bloomington, Indiana 47401, about financial assistance options.

**SAFE/Energy Assistance Program**

(For Utility Bills in Winter & Summer Months)

- Contact: South Central Community Action Program, 1500 W.15th Street 812.339.3447
- Notes: emergency energy assistance, Sec. 8 vouchers, individual development account program, affordable rental housing program, donated vehicles program, trash stickers, weatherization

**Township Trustees**

- |                         |                       |
|-------------------------|-----------------------|
| ▪ Bean Blossom 935-7174 | ▪ Polk 837-9446       |
| ▪ Benton 332-6081       | ▪ Richland 876-2509   |
| ▪ Bloomington 336-4976  | ▪ Salt Creek 837-9140 |
| ▪ Clear Creek 824-7225  | ▪ Van Buren 825-4490  |
| ▪ Indian Creek 824-4981 | ▪ Washington 331-0809 |
| ▪ Perry 336-3713        |                       |

- 1) Must live in that township (2) Meet income guidelines (3) Be employed full time; seeking full-time employment; performing workfare; or medically exempted from performing work (4) Apply for any and all other qualifying public assistance programs (5) Seek assistance from family members first; community service required

**Monroe Co. United Ministries (MCUM)**

827 W. 14th Street 812.339.3429

Hours: 8-11:30am, 1-3:30pm

No rental deposits; expected to show ability to pay following month's bills; must be earning income; must have gone to Trustee first.

**Salvation Army**

Contact: 111 N. Rogers St. 812.336.4310, ext.100  
 Monica Clemons, Social Services Coordinator  
*Hours: M 9-11:30, T 1-3:30, W 9-11:30, Th 1-3:30, F 9-11:30* Does not help with deposit; will pay 20% of monthly rent with \$100 maximum; \$50 max for rental, Sec 8 or public housing; will help with \$50-75 for disconnected utilities; need proof of residency (can use shelter address ; will take people out of jail); must already have gone to Trustee within past 2 months

**St. Vincent de Paul Society**

812.961.1510 Call and leave your name, phone number, and a brief message about the assistance needed (primarily provides furniture), and St. Vincent will return your call. They also meet with clients who are experiencing homelessness and do not have a phone at Shalom on *Thursdays from 10am-12pm*.

**Backstreet Missions**

1928 W. Arlington Rd. (behind AutoZone on 3rd  
 812.333.1905 *Hours: 10am-4pm Thursdays (Carol)*

**Shalom Community Center**

620 S. Walnut St. 812.334.5728 *Casework Hours 9am-3pm*  
 When funds are available, can help with the last \$50 of utility disconnect or rental eviction notice or the last \$50 of a rental or electric security deposit.

**Other Churches that Offer Aide****Sherwood Oaks Christian Church**

812.334.0206 Sometimes does Rx. Can do this on their own – must fill out an application, evaluate apps on Mondays and Tuesdays, pick up checks on Wednesdays; funds refilled on first Monday of each month.

**Trinity Episcopal Church**

812.336.4466 (Can do this on their own and schedule appointment).

**Emmanuel Baptist Church 812.824.2768**

1503 W That Road Bloomington, IN 47403

**1st United Church 812.332.4439** Lisa (needs form letter) (no utilities, ONLY emergency housing for families or housing deposits) (guests can call)

**Congregations**

If you are a member of a church, synagogue, temple, mosque, etc., contact your pastor, priest, rabbi, or imam to see if they can assist you. If not religiously affiliated, go through the Yellow Pages in the Phone Book under "Churches" and contact as many congregations as possible to see if they have a charitable fund to help those in need.

*Advice When Looking for Housing (See Appendix)*

**EMPLOYMENT**

Understand your employability and how you can improve it – Be honest with yourself about your skills, abilities, interest in work, and your reliability on the job. Be able to be honest with others about your work history, your goals for the future and your commitment to reaching them.

**Career Portfolio** – It is helpful to have a folder in which you can keep copies of your resume, cover letters, job applications, and any other documents that will demonstrate your skills and abilities.

**Your Career Goal** – You should be able to be clear about the type of work you would like to do in the near future and on a long-term basis.

Do you want to continue doing the type of work you've done in the past, or do you want to try something new? What do you need to do to accomplish this? What can you do now that will help?

#### **Be the Exception**

Years of grant-based research has led us to understand that your time is better worth spent learning communication and job skills that will make you a strong candidate for the job, rather than limiting yourself to employers who are known to hire people with records.

#### **Action Plan: Develop Communication Strategies**

Best to do with others, but also useful to process individually in writing:

- What are your 4 areas of strength with communication? How can you use these when job seeking?
- What are you 4 areas for improvement with communication? How can you work on them now?

**Action Plan: Practice Job Interviews** with a friend. Think about the ways you can answer the questions both honestly AND with answers that are most likely to get you hired. Be strategic. Here are some good interview practice questions:

#### **20 Questions:**

- Tell me about yourself. • What are your strengths? • What are your trained or practiced skills? • What are your weaknesses? • Why do you want this job? • Where would you like to be in your career five years from now? • What's your ideal company? • Why should we hire you? • What did you like least about your last job? • When were you most satisfied in your job? • What can you do for us that other candidates can't? • What were the responsibilities of your last position? • Why did you leave your last position? • Can you explain the gap in your employment record? • What do you know about this industry? • What do you know about our company? • Are you willing to relocate? • Do you have any questions for me?

If you want to find even more interview questions you can write anyone at NLNL, and we'll send you more. Or, when you are released, you can look at more questions online. These questions are from <http://career-advice.monster.com/job-interview/interview-questions/100-potential-interview-questions/article.aspx>

#### **Monroe County Employment Resources**

##### **Work One & Voc Rehab**

450 S. Landmark Ave. Bloomington, IN 47403  
812.331.6000

#### **Job Links at Shalom**

620 S. Walnut Street, Bloomington, IN 47401  
812.334.5728

#### **Monroe County Public Library**

303 E. Kirkwood Avenue, Bloomington, IN 812.349.3050

#### **New Leaf New Life**

1010 S. Walnut St. Suite H, Bloomington, IN 47401

812.355.6842 newleaf1010@gmail.com

[www.newleaf-newlife.org](http://www.newleaf-newlife.org)

New Leaf–New Life runs therapeutic programs in the Monroe County jail, and provides products and services to ex-offenders at our office at 1010 South Walnut, Suite F. Services offered include: assistance in obtaining a birth certificate or social security card, employment help, support groups, family support, community referrals, clothing, bus tickets, hygiene products, and funding for GED testing.

#### **Experience Works**

PO Box 687, Seymour, IN 47274

866.796.8550

#### **ACTION PLAN: Additional Job Planning and Preparation**

Please write us and let us know if you want assistance with any of the following. We are willing to type and edit documents if you would like us to work on these for you. If you would like, we will mail you hard copies and keep copies in the office for you so we can print more. Send as much information as you can so we can best assist you.

- Where would you look for a job?
- Are your career goals related to your skills and ability level?
- Have you developed a resume?
- Have you developed a cover letter to go with your resume?
- Do you have experience in filling out a standard employment application?
- Have you developed a job search schedule?
- Have you learned the skills necessary to keep a job?
- What skills do you still need to develop?
- How do you plan to develop these skills?

Many employers require that you fill out their application form. Since there is no single, standard form, it is helpful if you have on-hand your prior employment information (such as: where you worked, when, and job titles), former home addresses, etc. This will help you to complete the form quickly and accurately.

#### **ACTION PLAN: Don't sweat it! Be prepared.**

Write all your personal information down and keep it with you when you are going to an interview or to get an application, so you can refer to it. Have as much information as you can. Do what you can while inside and have a plan about information you don't have. Have a plan about what details you will plan to fill in right after your release or, if you have a lot of time, write to us to look up information. Memorize your Social Security number (or, at minimum, the last 4 digits) so you do not need to have this on a piece of paper that you might lose. At minimum, include:

- Current Address
- Drivers Licence # and State
- Who to contact in case of emergency (name, relationship, phone):
- Previous addresses for past 5 years (with dates)
- Disabilities that would require special accommodations or which would prohibit you from performing certain activities?
- Education (including trade, technical, apprenticeships) with address and graduation or completion date and any certification received. You may include training you received in a prison in this information.
- A well crafted narrative about your criminal history (see points above)
- Military Service (Branch, Rank on Discharge, Years of Service, Duties, Skills learned, Honorable discharge?)
- Employment History (most recent first)- Include Employer Name/Mailing Address/Dates of Employment/ Position/Supervisor's name and Phone #/Tools or equipment you used/Skills you used/Reason for leaving. You may include work in a prison on this resume.
- Volunteer Service. Brainstorm if there was any volunteer work you did, especially in gaps between work. If you have a gap in time between your release and your first job, come volunteer with us! We give great recommendations! Volunteer work looks great on a resume because it shows you have a community ethic and are not idle.

#### When Filling out Applications:

- Follow the directions carefully. It can be helpful to read through the whole application before you start writing. This will help you avoid putting information (or too much information) in the wrong spaces.
- Be neat, accurate, complete and write clearly
- Avoid negative words and statements
- Emphasize your skills and accomplishments
- Fill in every blank (unless it instructs you not to)
- If possible, use an erasable pen. If not, think through your response before you start writing.
- Also, if possible, try to speak to the person doing the hiring – but, don't be pushy!
- Remember – applications are used to screen-out applicants as well as to screen them in. So, keep these guidelines in mind.

#### WORK ONE

- Provide staffing and professional recruiting services for companies.
  - Can apply at <http://www.employmentplus.com/>
  - Can provide proof of income.
- 450 Landmark Ave. 812.331.6000

#### EMPLOYMENT PLUS

They provide staffing and professional recruiting services. Can apply for a job here: <http://www.employmentplus.com/>

## EDUCATION

### Free Instruction

MCCSC Broadview Learning Center  
705 W. Coolidge Dr. Bloomington, IN 47403 812.330.7731

### MCCSC GED Classes

Monroe County Public Library (MCPL) 812.330.7731

### VITAL (Free tutors for adults)

(MCPL) 812.349.3173 [monroe.lib.in.us/vital](http://monroe.lib.in.us/vital)

### Bloomington Code School

Free technology Instruction  
(MCPL) 200 Daniels Way, Bloomington, IN 47404  
812.349.3173 <http://bloomingtontech.com/code-school/>

### New Skills with Lynda

812.332.1559 [www.mcpl.info/lynda](http://www.mcpl.info/lynda)

### Post-Secondary Schools

#### IVY Tech Community College

200 Daniels Way, Bloomington, IN 47404  
812.332.1559

#### Indiana University Bloomington

107 S. Indiana Avenue, Bloomington, IN 47405  
812.855.4848

### Higher Education Financial Aid FAFSA

(application for free Government aid)  
1.800.433.3243 [fafsa.ed.gov](http://fafsa.ed.gov)

## HEALTH

### Health Insurance

South Central Community Action Plan Healthcare Assistance Program/ Cover Monroe  
812.339.3447 [info@insccap.org](mailto:info@insccap.org)

### IU Individual Solutions

Healthcare application assistance  
413 Landmark Ave., Bloomington, IN 47403  
800.313.1328 [iuhealth.org/individual-solutions/](http://iuhealth.org/individual-solutions/)

### Healthy Indiana Plan (healthcare)

1.844.GET.HIP.9 [www.in.gov/fssa/hip](http://www.in.gov/fssa/hip)

### Medicare (healthcare for older adults)

515 W. Patterson Dr. Bloomington, IN 47403  
1.877.819.2594 [www.medicare.gov/](http://www.medicare.gov/)

### Medicaid (healthcare for people with disabilities, children, and pregnant women),

Monroe County Division of Family Resources  
1711 N. College Ave. Suite 101, Bloomington, IN 47404  
800.403.0864 [medicaid.gov/](http://medicaid.gov/)

### General Health Services

Determine your health history and health goals:

- Health Care- My health goals
- Write down and keep records of: current health conditions and diagnoses/conditions being treated
- Medication names and dosages



- Other health or physical problems,
- Mental health problems,
- The name phone and address of former doctors who will have your medical records (including dentists and eye doctors)

**Physical Health services**

If you lack insurance see *health insurance* for assistance with getting insurance.

**Volunteers in Medicine**

811 W. 2nd St., Bloomington, IN 47403 812.333.4001  
www.vimmonroecounty.org

Provides free medical care, including dental care at the offices of participating dentists, for people living in Monroe or Owen County who lack health insurance and have an income at or below 200% of the federal poverty level. This means that the income must not exceed \$20,420 for a 1-person household. For each additional person, add \$6,960. To qualify for medical care individuals must fill out an eligibility form about their economic situation and set up an eligibility interview. Children or adults who qualify for health care at the clinic will receive free care at Southern Indiana Pediatrics.

**Positive Link**

HIV Prevention and Care 812.353.9150

**Planned Parenthood**

Services provided include pelvic exams, breast exams, testing and treatment of sexually transmitted infections, HIV testing and counseling, pregnancy tests, various types of birth control, emergency contraception (the "morning after pill"), as well as abortion services.

421 S. College Ave 812.336.0219 www.ppin.org

**Futures Family Health Clinic**

119 W 7th St. 812.349.7343

**Mental Health Resources**

**Centerstone**

Provides services for people with behavioral and mental health challenges, such as depression, stress, panic disorders, alcohol and chemical dependencies, phobias, child behavioral disorders, grief and loss, marital and family problems, and severe and persistent emotional disorders. Services provided include psychiatry, 24-hour emergency services, and vocational and residential services. Centerstone hours are Monday through Friday from 8:00 a.m. to 5:00 p.m. Appointments must be made for services in the evening and weekend. 645 S. Rogers St. 812.339.1691

**Reach High Consulting & Therapy LLC.**

Autism ABA and Diagnostic Clinic  
2101 W Tapp Rd. Bloomington IN 47403  
reachhighconsulting.org  
812.330.4460 Fax: 812.330.4461

Email: aba@reachhighconsulting.org

Reach High is Bloomington's first ABA clinic. Reach High

was birthed out of a growing need in the City of Bloomington. Providing Applied Behavior Analysis (ABA) has meant families and clients are equipped with the tools to reach their maximum potential. Reach High strives to have clients in multiple environments within the community, this allows for skill sets to be strengthened and become more natural overtime.

**Catholic Charities**

Counseling. 803 N. Monroe St. 812.332.1262

**Center for Human Growth**

201 N. Rose Ave. 812.856.8302

**Milestones**

Nonprofit outpatient mental health clinic.  
550 S. Adams Street. 812.333.6324

**Youth Services Bureau**

Provides free counseling to families and youth.  
615 S. Adams St. 812.349.2506

**Reproductive Health**

**Planned Parenthood**

421 S. College Ave 812.336.0219

**Futures Family Planning Clinic**

119 W 7th St. 812.349.7343

**Bloomington Area Birth Services**

2458 S Walnut St. 812.337.8121

**All-Options Pregnancy Resource Center**

Support through every pregnancy and parenting turning point, birth contro, adoption, infertility and pregnancy loss. Provide diapers and used baby equipment and clothing.

1014 S. Walnut, Bloomington IN 47401, 812.812.558-0089 <http://alloptionsprc.org>

**Healthcare for Children**

**Community Health Services**

Free for children birth-18 yrs.  
333 E. Miller Drive 812.353.3244

**Hoosier Healthwise for Children**

Free/low cost. 401 N. Morton St Suite 260 812.349.3430

**City of Bloomington Community and Family Resources Department**

401 N. Morton St. Suite 260 812.349.3430

**DISABILITY SERVICES**

FSSA Family and Social Services Administration Dept. of Disability and Rehabilitation Services  
40 S Landmark Ave. 812.332.7331

**Stone Belt**

Residential services, job training, early intervention services for infants. 2815 W 10th St. 812.332.2168

### **LIFE Designs (formerly Options)**

Aktion Club is a service leadership program of Kiwanis International for adults living with disabilities. We meet on the second Friday of every month at the Bloomington office of LIFE Designs Inc.

200 E Winslow Rd., Bloomington, IN 47401  
812.322.0506 or 812.327.8575

### **Addiction-Inpatient**

For clients without resources:

#### **Amethyst House**

Provides structured living environments, treatment, and recovery services for individuals with addictions. Amethyst House operates three transitional living facilities:

(1) a men's 1/2 way house, (2) a women's 1/2 way house that serves women and their dependent children up to 6 years old, and (3) a men's 3/4 way house. Amethyst House also operates an outpatient treatment facility in Bloomington as well as Evansville. 645 N. Walnut St.

812.336.3570 [www.amethysthouse.org](http://www.amethysthouse.org)

Volunteer Contact: Gina Lovell

812.336.3570 x10 [amethyst@bloomington.in.us](mailto:amethyst@bloomington.in.us)

#### **Lifespring**

Jeffersonville (across the river from Louisville); accepts Medicaid, not HIP 812.280.2080

#### **Recovery Matters in East Chicago**

(still in Indiana, but only by 10 miles) 219.398.7050

#### **Indiana Recovery Alliance**

They may sponsor transportation to treatment centers out of state. 812.345.4681 or 812.567.2337

## **COMMUNITY SUPPORT GROUPS**

### **Area 10 Agency on Aging**

631 W. Edgewood Drive, Ellettsville, Indiana 47429

812.876.3383 [www.area10agency.org](http://www.area10agency.org)

Offers programs and services, as well as being a resource of information about services for older and disabled citizens living in Monroe and Owen counties. Services that can be accessed include the Aging and Disability Resource Center, 2-1-1 Info-link, in-home health-related services and referrals, home-delivered meals, food pantry, congregate meal sites, support groups, education for family caregivers, affordable housing, assistance for the homebound, handyman services, a long-term-care ombudsman program for residents of area nursing homes, RSVP 55+ Volunteer Program, recreation and arts.

### **Catholic Charities-Bloomington**

631 North College Avenue 812.332.1262

[www.CatholicCharitiesBtown.org](http://www.CatholicCharitiesBtown.org)

Provides education, social service delivery, and advocacy. Takes special interest in poor, disabled, and otherwise disadvantaged persons. Serves residences of Brown, Lawrence, Morgan, Monroe, Orange and Owen counties, especially through mental health services. Provides individual, family, couples and group counseling to the English- and Spanish-speaking clients.

### **DivorceCare Workshop**

Meetings are Monday at 7:00pm in G51. Larry Decker, facilitator. Sherwood Oaks Christian Church, 2700 E. Rogers Rd. 812.334.0206.

### **Monroe County Suicide Prevention Coalition.**

Group is dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people at risk and those impacted by suicide 645 S. Rogers St., Bloomington, IN 47403 812.339.2284

### **Debtors Anonymous**

First Presbyterian Church 221 E. Sixth Street, Bloomington 812.339.8768 A self help 12 step program similar to Alcoholics Anonymous, for people with debt and spending problems.

### **Vet To Vet**

We are veterans committed to helping ourselves and other veterans achieve recovery from the psychiatric and adjustment problems that we, as veterans, face. 812.863.2178

### **Overeaters Anonymous**

OA is a fellowship of men and women who help each other arrest their disease of compulsive overeating one day at a time. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer. 812.335.3839

### **La Leche League**

Our mission is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and the mother. 812.334.2698

### **Centerstone IOP Addictions POD**

Program for people who are chemically dependant on alcohol and/or drugs. Fees are arranged on a sliding scale, dependent upon income, for those in need of financial assistance. Accepts insurance, medicaid and medicare. 812.337.2268

### **TLC (Together we Learn to Hope)**

Support, education and advocacy for family and friends of people affected by severe mental illness. 812.339.1551 ext.17

### **Schizophrenic Anonymous**

Free and confidential support group for people with Schizophrenia. Meets second and fourth Thursday at 7:00 pm. Fairview United Methodist Church. Wesley Room 600, West 6th St. 812.323.9720

### **Midwest Pages to Prisoners Project**

310A S. Washington St. 812.339.8710

[www.pagestoprisoners.org](http://www.pagestoprisoners.org)

Volunteer Contact: Tess Hannah 812.339.8710

[midwestpagestoprisoners@yahoo.com](mailto:midwestpagestoprisoners@yahoo.com)

Provides free reading material to inmates upon request. Encourages self-education among prisoners in the United States.

### **Alcoholics Anonymous**

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. 812.360.0040

### **Beat Tobacco**

Beat Tobacco is a weekly tobacco cessation group class. This class is free and no reservation is required. Bloomington Hospital can help you quit smoking. 812.353.5811.

### **Narcotics Anonymous**

Support for recovering addicts; requires complete abstinence for all. For local information 812.331.9767 or call National Narcotics Anonymous Help line for meeting information 818.773.9999

### **AL-ANON and ALATEEN**

AL-ANON is a fellowship of men, women and children whose lives have been affected by the drinking of a family member or friend. 812.323.3771

### **Tops #IN 0130**

A support group to help people lose weight sensibly. Call for information. St. Paul's United Methodist Church, 4201 W. 3rd St. 812.232.4751

### **NAMI - National Alliance on Mental Illness**

The purpose of NAMI Greater Bloomington Area is:

- To provide emotional support, education, and advocacy for persons with mental illness, their families, and friends-
- To promote better quality of care, rights, and interests of citizens with mental illness, particularly of those who cannot speak for themselves
- To advocate policies at the local, state, and national levels to accomplish these objectives.

P.O. Box 7794 Bloomington, IN 47407 812.369.3119

### **BEST Bloomington Epilepsy Support Network**

This is a group to help with seizure disorders and to help their families learn more about epilepsy. It also designed to help teachers, health care workers and others who may interact with seizure disorders. Formerly Epilepsy Support Group of Monroe County. 812.336.5152

### **Monroe County CARES**

Local coordinating council of the Governor's Commission for a Drug-Free Indiana. Looks at resources and gaps in the community in relation to drug and alcohol issues. PO Box 3312 Bloomington, IN 47402 812.327.3642

### **Care Circle**

This group provides information, sharing and support for families and caregivers of people with Alzheimer's disease, other dementias, or stroke. Meetings are flexible and informal; drop-ins are welcome. 812.353.9299

## **FAMILY AND PARENTING**

### **What You Need to Know About Family Relationships & Parenting**

The following give some hints about family relationships and parenting that may be helpful to you. Hold a family meeting to discuss beliefs and expectations, set mutual goals, and work to gain a better understanding of how each family member perceives his or her role in the family. Some important things to discuss are:

- How are family disagreements handled? Perhaps new ways of dealing with disagreements might be tried, like using time outs or using mediators, individuals who trusted and respected by everyone involved in the disagreement. Sometimes, members of the clergy may be good mediators for family disagreements.
- What is the degree of trust that each family member expects from other family members and among each other as a group? Being clear on the expectations of others in the family network around the issue of trust can often help to prevent disagreements that begin as misunderstandings or differing expectations.
- Who has control of whom? Who has the right to control another? Who is responsible for whom? When all members of the family are clear on questions regarding control issues, disagreements may be prevented from occurring.
- Do family members share a healthy intimacy among themselves? Individuals may have very different notions of what healthy intimacy is, the importance of expressing it, and the means to express it in their daily lives. Gaining a better understanding of how each person views this important issue will have a positive benefit on family relationships.
- Develop family goals and write them down. A goal not written is only a wish. Post the goals someplace in the home where all may see, read and review at leisure. Praise when a goal has been reached. Celebrate together when a group goal is achieved.

### **Family Resources**

#### **Banneker Community Center**

Family Resource Center: Hours: Monday-Friday, 9 a.m.-9 p.m. Located on the third floor, this is a place where families, can gather information, network with others, build a support system, and enjoy their children in a fun, safe space. 930 W. 7th Street 812.349.3735

#### **Catholic Charities Mental Health Services and Counseling**

803 N Monroe St. 812.332.1262

#### **Center for Human Growth**

Counseling by graduate students of Indiana University. 201 N. Rose Ave. 812.856.8302

#### **Crisis Pregnancy Center**

808 N. College Ave. 812.334.0055

### **Monroe County Safe Kids Chapter**

812.353.5437 Certified Child Passenger Safety technicians will help you install your child's car seat and answer questions regarding general vehicle safety. If you need financial help with the purchase of a seat, let us know. All services are by appointment only.

### **El Centro Comunal Latino**

CCL is a grassroots, community-based organization that seeks to provide an accessible and safe space for all Latinos, with a focus on Spanish-speaking people, to find information, access to resources and a place to hold community events. CCL's work includes tutoring services for all ages, the medical interpretation network, direct service, Volunteer Income Tax Assistance program, the Legal Advice Project, Informate—series of educational presentations, health programming, and the Bienvenidos program; a support group that helps immigrants acculturate to life in the United States.

303 E Kirkwood Avenue, Room 11  
812.355.7513 [www.elcentrocomunal.org](http://www.elcentrocomunal.org)

### **Programas de Alcance a Latinos Latino Programs and Outreach Division**

El Departamento de Recursos Comunitarios y Familiares de la Ciudad de Bloomington ha enfocado sus esfuerzos para alcanzar a la comunidad Hispana ofreciendo una gran variedad de programas. Eventos culturales, educación cívica, servicios directos y traducciones, El programa de radio Hola Bloomington en WFHB y la publicación Del Boletín Comunitario.

The City of Bloomington's Community and Family Resources Department has focused its outreach efforts on the Hispanic and Latino community by offering a variety of programs. Cultural events, civic education, direct service and translations, The Hola Bloomington Radio Show on WFHB and The Boletín Comunitario.

401 N. Morton St. Suite 260, Bloomington, IN 47402  
812.349.3430 <https://bloomington.in.gov/> Contact:  
Araceli Gómez-Aldana, [latinoprograms@bloomington.in.gov](mailto:latinoprograms@bloomington.in.gov)

### **Head Start Program**

Guides children aged 3 to kindergarten towards gaining cognitive skills, patience, sharing, problem solving, hygiene, safety, and practice in good decision making. Free to income eligible. 1520 W. 15th St. 812.334.8350  
[www.headstart.bloomington.in.us/](http://www.headstart.bloomington.in.us/)

### **Monroe County United Ministries**

Affordable child care, ages 2-6.  
827 W. 14th St. 812.339.3429

### **Child Care Voucher Program Changes and Services for Youth and CASY Resource Referral Program**

Hours: M-F 9am-5pm and 1st Saturday of each month 9am-1pm. Provides vouchers for low-income families for childcare assistance.

1101 S. 13th St, Terre Haute IN, 47802 812.232.3952

### **Department of Child Services**

Hours: 8am-4:30pm. 1717 W 3rd St. 812.336.6351.

### **Monroe County Court Appointed Special Advocates Program (CASA) Family Service Association.**

Volunteer advocacy for juvenile court.  
201 N Morton St. 812.333.2272

### **Monroe County Division of Family Resources Hours:**

M-F, 8am-4:30pm. Point of entry for social services.  
1711 N College Avenue, Suite 101 1.800.403.0864

### **Villages of Indiana**

Through our family services programs, we partner with families to strengthen bonds and ensure a brighter future for parents and children alike.  
2405 N. Smith Pike Bloomington, IN 47404  
812.332.1245 or 800.822.4888 (<https://www.villages.org>)

### **Youth Services Bureau of Monroe County**

615 S. Adams St. 812.349.2506

## **YOUTH PROGRAMS**

### **Big Brothers Big Sisters**

807 N. College Avenue 812.334.2828  
[www.bigsindiana.org](http://www.bigsindiana.org) Contact: Mark Voland  
[mvoland@bigsindiana.org](mailto:mvoland@bigsindiana.org) 812.334.2828, ext. 227.  
Big Brothers Big Sisters of South Central Indiana helps children in Monroe and Owen counties reach their potential through professionally supported, one to one relationships with measurable impact.

### **Bloomington Boys and Girls Club**

311 S. Lincoln S 812.332.5311 [www.bgcbloomington.org](http://www.bgcbloomington.org)  
A guidance organization which fosters the physical, intellectual and social growth of boys and girls ages 6-18 with a special concern for those most in need of service.

### **Girls Inc.**

1108 W. 8th St. 812.336.7313 [www.girlsinc-monroe.org](http://www.girlsinc-monroe.org)  
Contact: Lucy Berger, Director of Operations  
812.336.7313 [lberger@monroe.girls-inc.org](mailto:lberger@monroe.girls-inc.org)  
Girls Inc. of Monroe County, is an affiliate of a national youth organization dedicated to inspiring girls to be strong, smart, and bold through after school programming, organized sports, and summer/winter camps. Provides programming for girls ages 6 to 18. Services include transportation, organized sports, a teen room, technology, self-defense and homework help.

### **Harmony School**

909 E. 2nd St. 812.334.8349 [www.harmonyschool.org](http://www.harmonyschool.org)  
Volunteer Contact: Libby Gwynn 812.334.8349  
[libby@harmonyschool.org](mailto:libby@harmonyschool.org)  
An independent pre-Kindergarten through 12th grade school providing education to youth ages 3 to 18 from a wide range of economic and educational backgrounds.

### **Rhino's Youth Center**

331 S. Walnut St. 812.333.3430 [www.rhinosyouthcenter.org](http://www.rhinosyouthcenter.org)  
Volunteer Contact: Brad Wilhelm 812.333.3430  
[rhinosdirector@ameritech.net](mailto:rhinosdirector@ameritech.net)

Provides entertainment as well as other programs for the youth of our community in an alcohol, tobacco, and drug free environment. In addition to music and shows, provides programs in partnership with the City of Bloomington Parks and Recreation Department through the week after school. Several creative and practical classes and workshops, as well as mentoring, tutoring, counseling, and more, are available.

### **WonderLab Museum of Science, Health and Technology**

308 W. 4th St. 812.337.1337 [www.wonderlab.org](http://www.wonderlab.org)  
WonderLab is an award-winning science museum with hands-on exhibits and programs for children and their families. WonderLab offers a free Teen Night monthly during the school year. WonderLab also participates in the Access Pass Program, which provides reduced admission of \$1 per family member per visit for eligible families. The museum also offers many half-price admission events. Volunteering is a natural next step for teens. Those entering grade 7 are eligible to become volunteers at the museum. Additionally, high school students are eligible to apply for summer internships at WonderCamp, the museum's summer science day camp.

### **Youth Services Bureau**

615 S. Adams St. (812) 349-2506  
[www.youthservicesbureau.net](http://www.youthservicesbureau.net)  
Alongside youth shelter, provides counseling, education, supervised recreation, and transportation to and from school, as well as referrals to a variety of agencies for other needed services.

### **SUPPORT FOR FINANCE GOALS, BUDGETING AND TAXES**

#### **Hope for Prisoner Task Force**

Several Task Force members are prepared to serve as financial mentors who will help you work out a budget, learn how to manage credit cards, credit card debt, develop a savings plan, help you prepare your taxes and understand mortgages. This service is free.  
Contact Mary Goetze 812.327.0144.

### **LEGAL SUPPORT FOR FAMILY CASES**

#### **Court Appointed Special Advocates for Children (CASA) of Monroe County,**

Monroe County CASA is a volunteer-powered program which provides representation in juvenile court for child victims of physical abuse, sexual abuse, and neglect.  
201 N. Morton Street, Bloomington, IN 47404  
812.333.2272 [www.monroecountycasa.org](http://www.monroecountycasa.org)

### **District 10 Pro Bono Project**

Provides free legal services in Clay, Greene, Hendricks, Lawrence, Monroe, Morgan, Owen, and Putnam, Indiana. We do so with a number of innovative programs matching volunteer attorneys with clients who need help with shelter, income, safety, or access to justice. Please no walk-ins. Call Mondays between 10AM-12PM and Thursdays 2PM-5PM  
PO Box 8382 Bloomington, IN 47407 812.339.3610

### **Indiana Legal Services**

Monday-Friday 8:30AM-5PM Indiana Legal Services (ILS) is a nonprofit law firm that provides free civil legal assistance to eligible low-income people throughout the state of Indiana. ILS helps clients who are faced with legal problems that harm their ability to have such basics as food, shelter, income, medical care or personal safety. Most of the cases ILS handles are cases such as family law where there is domestic violence, housing, consumer law, access to health care, and access to government benefits. ILS does not handle any criminal matters.

214 S College Ave, Bloomington, IN 47404 812.339.7668

### **IU Community Legal Clinic**

Application process:

Phone in: Family Law intakes are Tuesdays from 2:00 - 4:00 pm.  
All other - Non Family Law issues: Tuesdays 1:30-3:30pm and Thursdays from 10 to 12:00 pm. In an emergency, an applicant may request expedited service when calling the main number. Free for income eligible people. No walkins.  
College Square, Second Floor, 214 S. College Ave, 47404  
812.855.9229

### **Community Justice & Mediation Center**

Programs include the Victim-Offender Reconciliation Program, Shoplifter's Alternative Program, Workshops, Trainings, and Community Mediation Services for neighborhood, school, family or business conflicts.

120 W. 7th St., Ste. 310 812.339.1551  
[www.bloomington.in.us/~mediate](http://www.bloomington.in.us/~mediate) Volunteer Contact:  
Amanda Nickey 812.336.8677 [vorpcm@bloomington.in.us](mailto:vorpcm@bloomington.in.us)

### **Monroe County Prosecutor—Victim Assistance**

Helps to ease the trauma victim's burden by explaining the criminal justice process, accompanying victims to court, updating them on current cases and obtaining restitution.  
301 N. College Ave., Rm. 211 812.349.2670  
[www.co.monroe.in.us](http://www.co.monroe.in.us) Volunteer Contact: Sarah Lanman  
812.349.2670 [slanman@co.monroe.in.us](mailto:slanman@co.monroe.in.us)

### **LEGAL SUPPORT- CRIMINAL CASES**

#### **District 10 Pro Bono Project**

Call Mondays between 10AM-12PM and Thursdays 2PM-5PM Provides free legal services in Clay, Greene, Hendricks, Lawrence, Monroe, Morgan, Owen, and Putnam, Indiana. We do so with a number of innovative programs matching volunteer attorneys with clients who need help with shelter, income, safety, or access to justice.  
PO Box 8382 Bloomington, IN 47407 812.339.3610

## **EMERGENCY SHELTERS**

### **For Women without Dependents**

**Agape Women's House** (through Wheeler Mission)  
Will take women with minor children; religious component required (must attend the religious service daily)  
300 Opportunity Lane 812.334.4047 812.333.1905???

### **Friend's Place** (Formerly Martha's House)

An emergency shelter with 40 beds (18 for men and 12 for women). Services provided include case management, food, and clothing. Call to see if a bed is available or show up at 6:15 PM  
919 S. Rogers St., Bloomington, IN 47402 812.334.1444

### **For Women with Children**

#### **Middle Way House**

Shelter for survivors of domestic violence (Women and children). 318 South Washington Street, Bloomington, IN 47401 812.336.0846 (crisis line),

### **For Families**

#### **New Hope Family Shelter**

[newhope@nhfsinc.org](mailto:newhope@nhfsinc.org)  
The mission of the New Hope Family Shelter (NHFS) is to provide temporary shelter for homeless families in Bloomington and Monroe County and, in collaboration with other agencies, to help those families regain housing by addressing the problems that led to homelessness.  
301 W. 2nd St., IN 47403 812.334.9840

### **For Teens**

#### **Youth Services Bureau Shelter**

Open 24/7. Emergency shelter for people under 18 in crisis or who are experiencing homelessness.  
615 S. Adams St. 812.349.2506

### **Temporary Housing in Emergency Cases**

(i.e. post-surgery)

- a. Emmanuel Baptist Church 812.824.2768
- b. St. Thomas Lutheran Church 812.332.5252
- c. Salvation Army 812.336.4310
- d. St. Vincent de Paul 812.961.1510
- e. Township Trustee - partners with New Hope (contact NLNL - \*New Leaf New Life)
- f. 1st Christian Church 812.332.4459
- g. First United Church 812.332.4439
- h. Trinity Episcopal Church 812.336.4466
- i. Sherwood Oaks Christian Church 812.334.0206
- j. First United Methodist (special referral from \*NLNL)
- k. Monroe County United Methodist (special referral from \*NLNL)

## **APPENDIX 1**

### **Local Health Care Enrollment Assistance**

All U.S. residents are required by law to have health insurance. If you are uninsured, there are coverage options that meet your needs and fit your budget:

- Affordable Care Act "Health Insurance Marketplace"
- Healthy Indiana Plan (HIP 2.0)
- Medicaid
- Children's Health Insurance Program (Hoosier Healthwise)

There are several free local resources that can guide you through the process, explain coverage options, answer questions, and help you enroll. Indiana Navigators provide free unbiased assistance and can work with you one-on-one to enroll in health care plans.

#### **ASPIN Health Navigators**

Call (877) 313-7215 for Navigator assistance.

#### **City of Bloomington**

Call (812) 349-3851 for enrollment assistance. Para Español, (812) 349-3860 o [latinoprograms@bloomington.in.gov](mailto:latinoprograms@bloomington.in.gov)

#### **Individual Solutions-IU Health**

Call 1-888-531-3004 to make an appointment to see a certified Navigator, or visit [iuhealth.org/individual-solutions](http://iuhealth.org/individual-solutions)

#### **Monroe County Health Department**

Call Scott Stowers at (812) 349-2075 or e-mail [sstowers@co.monroe.in.us](mailto:ssowers@co.monroe.in.us)

#### **SCCAP Health Coverage Assistance Program**

Call (812) 339-3447 for Navigator assistance. Visit [www.in.gov/healthcarereform](http://www.in.gov/healthcarereform) to find a certified Navigator.

**Call 211** (available 24/7 free of charge) or visit [www.in211.org/healthcare-project](http://www.in211.org/healthcare-project) to learn how to apply, try a health insurance cost calculator, and get more local information.

## APPENDIX 2

### Key Points to Remember

#### When Looking for Housing

You will need a place near your job or that is accessible by the transportation available to you. The expenses of driving or taking public transportation to and from work can be very expensive. If you need to drive, you must also consider the possible cost of parking, gas and maintenance.

#### Salary

Ideally, no more than one-fourth of your salary should be spent on housing. This includes rent plus the cost of utilities such as gas, electricity, water and possibly garbage collection. If these utilities are included in the rent, you will be able to spend more for rent. Before signing a lease, if there is one, you must be sure you understand all the costs to you.

#### Cost

How much will it cost to move in? It could cost as much as three or four times your first month's rent. Read your lease carefully for possible moving-in expenses. Some of these hidden costs can be:

#### Security deposit

This is usually equal to one or two month's rent, and is held by the landlord to cover any damage to the apartment when you leave. Generally within thirty days, the landlord must return your deposit to you or send you an itemized list of the damages or costs.

#### Utilities deposit

If you are responsible for paying your own electric, water, heat or garbage bills, you may be required by these companies to make deposits before they begin service. If these utilities are included in your rent, you will not need to make these deposits.

#### Telephone deposit

Having a phone is required by Parole. If you have not previously had a telephone in your name, you may have to make a deposit plus installation charges. You can find out the exact charges by calling the telephone company. You will also need to make a selection of a long distance provider, if you want that service.

#### Moving expenses

If you have furniture to move, you may be able to get friends to help and possibly borrow a truck. If not, you may need to rent a truck and be prepared to pay for it with cash. They usually charge by mileage or by the day. Other expenses may include an appliance dolly and pads.

#### Renter's insurance

Your new landlord may require that you obtain renter's insurance to cover the value of your personal property and liability for any damage you may cause. You may also want this coverage for your own peace of mind. You should also ask about coverage provided by the landlord.

#### Positive Attitude

Having the right attitude can make all the difference: Having a positive attitude always makes a difference. How you approach any task will affect the outcome. Be pleasant and positive when you approach potential landlords to ask about housing. You will want to have a positive experience and so will they.

#### Know your rights and responsibilities

While Federal law prohibits housing discrimination based on your race, color, national origin, religion, sex, family status, or disability, you should expect that many people will be uncomfortable renting to you because of your record – not necessarily those other factors.

Be polite and respectful – and try to put yourself in their shoes. Remember that you're facing this challenge because of poor choices you've made in the past. When you do locate an apartment, remember that you have both rights and responsibilities. Be sure you know what's expected of you – and what you can expect in return.

#### Figure out how much you can afford

Some experts recommend that you budget 25-30% of your income on housing.

#### Decide what you need

It's a good idea to think through what you need in an apartment before you begin looking. How many bedrooms do you need? Do you need to be close to work? Do you need parking? Do you have Parole or Probation requirements that will affect your home plan? Make a list before you begin, that will narrow down your search.