

# FINDING HELP

## IN CHAPEL HILL AND ORANGE COUNTY

Prepared by

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**This directory was based on available information. Revisions will be needed over time. It is based on my 47 years of pastoral and mental health care experience and a Master's Degree in Planning and Development. It is offered to assist pastors, program personnel and individuals who are seeking care for themselves or someone else. Another purpose is to foster cooperation between existing service providers.**

**A similar directory is available for Durham: Directory of Most Agencies and Services in Durham. If you would like an electronic copy, please contact me ([sdealmeida45@gmail.com](mailto:sdealmeida45@gmail.com)).**

**HOW TO USE THIS DIRECTORY: Services are listed under major categories. Go to the categories which address the services you are needing. Then look at the services, which are primarily listed in alphabetical order. Go to the websites listed for details in terms of the services provided.**

**Please inform us of additions and corrections: [sdealmeida45@gmail.com](mailto:sdealmeida45@gmail.com).**

*Hold the control button then click with mouse to jump to category.*

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Edward Binanay at ebinanay@med.unc.edu

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(919) 962-4919 Contact: Thava Mahadevan, MS

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Helping people with disabilities to be employed and to live independently.  
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Phone: 919-967-0643 Website: [www.ifcweb.org](http://www.ifcweb.org) Medical volunteers provide free health care, consultation, medicine, and information to the homeless.

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Phone Numbers: Main: (919) 245-2400 Medical appointments: (919) 245-2400  
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 Phone: 919-942-8741 See details below.  
 Go online to [www.med.unc.edu/shac](http://www.med.unc.edu/shac) to schedule an appointment.

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 Website: [www.co.orange.nc.us/socsvcs](http://www.co.orange.nc.us/socsvcs)

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 Phone: 919-245-2800 Website: [www.co.orange.nc.us/socsvcs](http://www.co.orange.nc.us/socsvcs)

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 Phone: 919-245-2800 Website: [www.co.orange.nc.us/socsvcs](http://www.co.orange.nc.us/socsvcs)

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 Phone: 919-933-3301 Chapel Hill Website: [www.ncbirthcenter.com](http://www.ncbirthcenter.com)

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 Phone: 919-966-9803 Website: [www.med.unc.edu/obgyn/centers/unc-horizonsprogram](http://www.med.unc.edu/obgyn/centers/unc-horizonsprogram)

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 Phone: 1-800-662-7030 (English/Spanish) 1-877-452-2514 (TTY)

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Website: [www.nccarelink.gov](http://www.nccarelink.gov)

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Phone: 919-463-5011 Website: [www.unitedwaytriangle.org](http://www.unitedwaytriangle.org)

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Phone: 919- 966-7890 24hours a day from 8:30am to 5pm, Monday through Friday

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**Orange County Cooperative Extension**  
Phone: 919-245-2050 for details go to the website: [www.orange.ces.ncsu.edu](http://www.orange.ces.ncsu.edu)

**Orange County Health Department – Nutrition Program**  
Phone: 919-245-2400 For details go to the website: [www.co.orange.nc.us/health](http://www.co.orange.nc.us/health)

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Phone: 919-932-6025, 2505 Homestead Road, Chapel Hill, NC 27516

**MEALS FOR HOMESTART** Cindy Hynes [Cindy\\_Hynes@unc.edu](mailto:Cindy_Hynes@unc.edu).....Page 55

**IFC@SECU Community House**.....Page 55  
Phone: 919-969-9643, 1315 Martin Luther King, Jr., Blvd, Chapel Hill, NC 27516

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Jane Hathaway, [jhathaway1@nc.rr.com](mailto:jhathaway1@nc.rr.com), 919.612.2759  
Kathie Kearns, [kathielkearns@gmail.com](mailto:kathielkearns@gmail.com), 919.932.9705

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Chapel Hill Phone: 919-267-9251 Phone: 919-245-2175 Website: [www.co.orange.nc.us](http://www.co.orange.nc.us)

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Phone: 919-956-2513 x234 Website: [www.foodbankcenc.org](http://www.foodbankcenc.org)

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(919) 929-6380, 110 W. Main Street, Carrboro, NC, 27510

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Chapel Hill-Carrboro MOW Call: (919)942-2948 Email: <a href="mailto:stacey@chcmow.org">stacey@chcmow.org</a> PO Box 2102 Chapel Hill, NC 27515 <u>See details below.</u>	
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Chair Sue Wolf 919.942.5425 <a href="mailto:starsofhope.nc@gmail.com">starsofhope.nc@gmail.com</a> Co-chair Anneke Jakes 919.542.1548 <a href="mailto:ajakes1@embarqmail.com">ajakes1@embarqmail.com</a>	
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 (919) 967-3402 - [www.caramore.org](http://www.caramore.org) 550 Smith Level Road Carrboro, NC 27510  
**TROSA Inc. (Triangle Residential Options for Substance Abusers, Inc.)**.....Page 66  
 (919) 419-1059 1820 James Street Durham, NC 27707

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 800 Eastowne Dr. Suite 105, Chapel Hill, North Carolina 27514  
 Tel: (919) 490-5577 Fax: (919) 490-4905 TDD: (919) 490-5577  
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Phone: 919-245-2000 Chapel Hill Website: <a href="http://www.co.orange.nc.us/aging">www.co.orange.nc.us/aging</a>	
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Phone: 919-966-9460 Chapel Hill Website: <a href="http://ww.co.orange.nc.us/aging">ww.co.orange.nc.us/aging</a>	
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<u>Carrboro Branch</u> Phone: 919-945-0132 Fax: 919-945-0141 Email: <a href="mailto:info@elcentronc.org">info@elcentronc.org</a>	
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Phone: 919-338-1939 Carrboro Website: <a href="http://www.elfuturo-nc.org">www.elfuturo-nc.org</a>	
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Phone: 919-754-0046 Address: 336 E. Six Forks Rd., Raleigh, NC 27609	
Website: <a href="http://consulmex.sre.gob.mx/raleigh/">http://consulmex.sre.gob.mx/raleigh/</a>	
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Phone: 919-489-6541 <a href="http://www.redcross.org/nc/durham">www.redcross.org/nc/durham</a>	
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Phone: 919-929-8800 Website: <a href="http://www.disputesettlement.org">www.disputesettlement.org</a>	
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Co-Chairs: Tish Galu 919.225.2986; Maurico Castro 919.423.6332	
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Phone: 919-969-7022 / 888-919-6277 Website: <a href="http://www.ncpreventionpartners.org">www.ncpreventionpartners.org</a>	
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Phone: 919-933-0740 Website: <a href="http://www.autismsociety-nc.org">www.autismsociety-nc.org</a>	
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(919) 533-9510 - Email: <a href="mailto:dbsachapelhill@gmail.com">dbsachapelhill@gmail.com</a> Binkley Baptist Tuesday 7:30 PM-9:00 PM	
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Phone: 919-968-2085 Meets 3rd Thurs 2:30-4pm Website: <a href="http://www.co.orange.nc.us/aging">www.co.orange.nc.us/aging</a>	
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Phone: 919-968-2085 Meets 1st Tuesday of month, 4-5:30pm	
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1-800-821-6922	
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Call (919) 968-2070 for meeting dates and times. Website: <a href="http://www.co.orange.nc.us/aging">www.co.orange.nc.us/aging</a>	
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(919) 929-7822 P.O. Box 4201, Chapel Hill, NC 27514	
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Contact Doug and Katherine Kubel (919) 967-9564 Email: <a href="mailto:kkubel@aol.com">kkubel@aol.com</a>	
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(919) 929-7822 <a href="http://www.nami.org">www.nami.org</a> See below for local NAMI meetings.	
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Website: <a href="http://www.chapelhillmothersclub.org">www.chapelhillmothersclub.org</a>	
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Phone: 919-755-5391	
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Phone: 919-968-2073 Interested participants call Wellness Coordinator	

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Phone: 919-406-9300 Website: <a href="http://www.triangleoa.org">www.triangleoa.org</a>	
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Phone: 919-960-5173 Contact is Ed O'Hara Meets 3rd Wednesday of the month at 1:30 p.m.	
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Phone: 919-245-2015 Website: <a href="http://www.co.orange.nc.us/aging">www.co.orange.nc.us/aging</a> Meets 4 <sup>th</sup> Wed 11:30 – 1:30 PM	
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Phone: 919-843-5307 Contact person is LuAnn Smith. Meets 1st Wednesday of the Month from 4–5 p.m.	
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Go to Recovery International website for information and meetings in your area <a href="http://www.recoveryinternational.org">http://www.recoveryinternational.org</a>	
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(919) 408-6118 - Email: <a href="mailto:heidihackney@hotmail.com">heidihackney@hotmail.com</a> Friday 12:00 PM – 1:30 PM <a href="http://www.recoveryinternational.org">www.recoveryinternational.org</a>	
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Phone: 919-966-9493 (call Stephanie McAdams) Website: <a href="http://www.unchealthcare.org">www.unchealthcare.org</a>	
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St. Bart's Episcopal Church, Pittsboro. Phone: (919) 604-2770 - Email: <a href="mailto:billiehinton@gmail.com">billiehinton@gmail.com</a> The second Tuesday of each month from 6:30-8:00pm	
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United Church of Chapel Hill Phone: (919) 962-4988 - Email: <a href="mailto:joflick@email.unc.edu">joflick@email.unc.edu</a> Meets 2nd & 4th Thursdays monthly at 7:00pm	
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Phone: 919-485-7433 Website: [www.gotriangle.org](http://www.gotriangle.org)

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Phone: 919-245-2006 / 919-245-2008 Website: [www.co.orange.nc.us/transportation](http://www.co.orange.nc.us/transportation)

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Phone: 919-549-9999 Website: [www.ridetta.org](http://www.ridetta.org)

**END OF INDEX**

## **CRISIS SERVICES – 24 HOUR A DAY**

### **Crisis Unit - Town Of Chapel Hill**

Phone: **919-968-2806** Go to website **[www.townofchapelhill.org](http://www.townofchapelhill.org)** for more information

Address: 828 Martin Luther King Blvd Chapel Hill, NC 27514

**Services:** The crisis unit has counselors who respond to emergency situations, most referred by Chapel Hill police officers. The types of calls to which they respond include: psychiatric emergencies and suicide attempts, crime victims, family violence and child abuse, sexual assault, indecent exposure, interpersonal conflicts and traumatic events such as a death of a family member, missing child or residential fire. The crisis unit also provides follow-up and case management services. This may involve assistance with court proceedings, safety planning, and referrals for counseling or other services.

### **CRISIS INTERVENTION TEAM**

The CIT program is a community-based collaborative between consumers, families, the Mental Health LME, law enforcement agencies, mental health providers, NAMI (National Alliance on Mental Illness) consumer advocacy organizations, the community college, and the medical community.

Law enforcement officers are frequently first responders to people in crisis. The types of calls to which they respond include: *Psychiatric emergencies and suicide attempts; Crime victim; Family violence and child abuse; Sexual assault, indecent exposure, peeping tom; Interpersonal conflicts; Traumatic events* such as a death of a family member, missing child or residential fire.

CIT training facilitates ongoing collaboration between law enforcement and the mental health community. CIT is designed to assist law enforcement officers who respond to incidents involving people experiencing a crisis. Police officers receive 40 hours of training on a variety of helpful topics.

**Strong mental health partnerships:** Police officers respond to people in crisis using viable options, when appropriate, for linking individuals with needed mental health treatment in lieu of arrest and incarceration.

**Freedom House Recovery:** Operates the Advanced Access/Walk-in Crisis Center in Orange County. Crisis services are for children, adolescents and adults. Open 24 hours a day, seven days a week, 365 days a year. **[www.freedomhouserecovery.org](http://www.freedomhouserecovery.org)**

### **Chapel Hill Crisis Services**

**(919) 967-8844** **110 New Stateside Drive, Chapel Hill, NC 27516**

**Mobile Crisis Services** (psychiatric, substance abuse, and mental health services)

**(919)-967-8844**

Whether you (or a loved one) are experiencing a mental health and/or substance abuse crisis, Freedom House has a state-of-the-art Facility-Based Crisis Unit and offers an array of crisis support services to help:

- 23-Hour observation chairs – short-term intensive observation, evaluation and support for up to 23 hours, for people with mental illness and/or substance abuse issues; includes evaluation to determine if transfer to a more intensive and/or longer term level of care is indicated.
- Crisis stabilization – short-term residential intensive evaluation, treatment intervention or behavioral management to stabilize acute or crisis situations, including acute psychiatric symptoms, disruptive or dangerous behaviors or intoxication from alcohol or drugs.
- Detoxification, from alcohol and/or drugs – social setting and non-hospital medical detoxification, providing 24-hour evaluation and withdrawal management, with emphasis on both medical supervision and peer and social support.
- Mobile Crisis – Mobile Crisis Teams travel to a person in crisis to provide integrated, short-term crisis response, stabilization and intervention for adults and children experiencing a mental health or chemical dependency crisis.
- Walk-In and Telepsychiatry - Clients can meet with a licensed psychiatrist to meet urgent needs. Additionally, rural clients can receive remote care via secure and confidential video conferencing.

## **UNC Hospital Crisis Intervention**

Phone: 919-966-2166 / 919-966-4131 Chapel Hill, NC

For details go to website: [www.unchealthcare.org](http://www.unchealthcare.org)

## **UNC Health Care Crisis and Assessment Service at WakeBrook**

Phone: 984-974-4830 Fax: 984-974-4914

107 Sunnybrook Road, Raleigh, NC 27610

### **Service Line**

- Alcohol and Substance Abuse Program
- Mental Health

UNC Health Care Crisis and Assessment Service at WakeBrook - Our staff is here to help you if you are in a crisis related to mental illness, developmental disability and/or substance use. Services are available to anyone 24 hours a day, regardless of age, race, gender, national origin, religion, disability status, veteran status, sexual orientation, gender identity or expression, county of residence or insurance/ability to pay.

### **What to Expect**

- Clinical triage, health screening and safety check
- Assessments by licensed and credentialed staff including psychiatrists, psychologists, registered nurses, social workers and other licensed therapists



- Safe and secure location for individuals to stay in while awaiting placement at a higher level of care such as a recovery center or a psychiatric hospital
- Hospitalizations may either be voluntary or involuntary

Assistance with accessing the Alliance Behavioral Healthcare 24-hour Access and Information Call Center

## **Cardinal Innovations Healthcare Solutions**

### **Access Call Center 1-800-939-5911**

Cardinal Innovations Healthcare Solutions has a 24-hour, toll-free number, which is answered by Access Call Center staff. Use this number to get information, referrals to community organizations, to request services or to get help or advice in a crisis. Professionals answer the phone at the Access Call Center 24 hours a day, 7 days a week and 365 days a year for the following needs:

- Telephone assessments and enrollment of individuals for mental health, intellectual and developmental disabilities, and substance use/addiction services.
- Information on community resources for mental health, intellectual and developmental disabilities and substance use/addiction.
- Crisis intervention by telephone or to arrange for an emergency face-to-face clinical assessment related to a crisis.
- Referral for services to Cardinal Innovations Healthcare Solutions' local network of providers.

If deaf or hard of hearing, dial 711 for NC Relay

### **DAY TIME CRISIS SERVICES**

#### **UNC Hospitals/Department of Psychiatry Walk-in Clinic**

**For emergencies only: 9 AM to 3 PM (919) 966-2166**

Neurosciences Hospital, 1st Floor  
101 Manning Drive - Chapel Hill, NC 27514

#### **Freedom House Crisis/Outpatient Clinic**

**(919) 442-1844**

110 New Stateside Drive - Chapel Hill, NC 27516  
See information above for 24-hour services.

### **ABUSE/DOMESTIC VIOLENCE**

#### **ORANGE COUNTY RAPE CRISIS CENTER**

**24-Hour Help Line: 919-968-4647 (or 1-866-WE-LISTEN)**

## Two Locations

### CHAPEL HILL LOCATION

Address: 1506 E. Franklin Street, Suite 302, Chapel Hill, NC 27514

### HILLSBOROUGH LOCATION

Address: 109 Millstone Drive, Suite B Hillsborough, NC 27278

Website: [www.ocrcc.org](http://www.ocrcc.org)

Our services are free and confidential. Se habla español.

- 24-Hour Help Line: Our Help Line operates 24 hours a day, every day of the year.
- Support Groups
- Therapy Referrals
- Latino Services: All our services are also offered in Spanish. (En español.)
- Community Education

### SEXUAL ASSAULT RESPONSE TEAM (SART)

Facilitated by the Center, the Sexual Assault Response Team (SART) is made up of people who work with survivors of sexual violence. SART members work together to better serve the needs of the community. The SART helps survivors receive medical attention, make police reports, and get support.

### SUPPORT GROUPS

Many survivors feel like they don't have anyone to talk to about their experiences with sexual violence. Support groups offer a safe space to talk to people with similar experiences. Our groups give survivors the opportunity to support and encourage each other.

We offer discussion-based groups and activity-focused groups. Each group is led by two trained facilitators who have experience working with survivors of sexual violence. Most groups have only 6-10 members and meet weekly for 8-12 weeks. Once they begin, groups are closed to new members. If you are interested in joining a group, call our [help line](#) at **866-WE LISTEN** or **919-967-7273** or email us at [groups@ocrcc.org](mailto:groups@ocrcc.org). We can tell you about upcoming groups and how they work. All our groups are free and confidential.

### LATINO SERVICES

For services in Spanish, please call our Help Line at **1-866-WE LISTEN** or **919-967-7273**. You can also reach Nancy Carrión Sarzosa, our Latino Services Coordinator, at 919-968-4647 or [nancy@ocrcc.org](mailto:nancy@ocrcc.org).

- Call our [Help Line at 1-866-WE LISTEN](#) and request to [speak to someone in Spanish](#).

- Our Crisis Companions can accompany survivors to the hospital, the police, or court.
- We offer counseling and support groups in Spanish.
- You can request educational programs in Spanish.
- We have Spanish-language materials and we partner with local newspapers and radio stations to educate the community about preventing sexual violence.
- We partner with other local agencies for community outreach.

Our programs are age-appropriate. We provide programs to youth and adults with disabilities, and we offer programs in Spanish. Contact us at info@ocrcc.org or 919-968-4647.

## **Compass Center For Women and Families**

**24 Hour Domestic Violence Hotline: 919-929-7122 Spanish is Available**

If you are in immediate danger, call 911

**Website: www.compassctr.org**

Phone: 919-968-4610 Fax: 919-932-3125

Address: 210 Henderson Street, Chapel Hill, NC 27514

Mailing Address: PO Box 1057, Chapel Hill, NC 27514

Monday-Friday 9:00 AM – 5:00 PM Closed Sat-Sun

**Services:** Compass Center provides services to prevent and end domestic violence, facilitates financial stability through career and financial education, and guides individuals through difficult legal questions with legal resources.

“We work with women and men who are experiencing or have experienced emotional, verbal, physical, sexual or other forms of abuse. We talk to people over the phone or in person at our office. We provide information and options and allow those we assist to make their own choices about the best options for them. We can also help people who are unsure if their relationship is abusive and would like to talk to someone about this.”

### **Client Services**

All services are free and confidential and available in English and Spanish. Services are provided to people of all races, classes, religions, ethnic groups, sexual orientations and gender identities.

**Direct Services** - 24-Hour Hotline; Emotional Support; Crisis counseling (in office and on Hotline); Safety planning; Emergency shelter placement; Help with Domestic Violence Protective Orders; Support and Advocacy in Civil and Criminal Domestic Violence Court; Support Groups with free childcare; 911 cell phones; Community advocacy & resource referrals and Community education programming. Please contact our Volunteer and Community Outreach Coordinator at (919) 968-4610 for more information about community education programming.

**Career Program** - Career advising volunteers meet with clients individually and offers a sliding scale, based on individual income and ability to pay. For an appointment, please email the

program director or call 919-968-4610. Career Development Workshops are held on numerous topics such as how to find the job that is right for you and effective interviewing skills to help you get and keep the career that is right for you. Career Development Resources—go to [www.compassctr.org](http://www.compassctr.org)

Financial Literacy Education programs help individuals become self-sufficient and financially stable. This includes Individual Financial Counseling, Financial Coaching and Support Program and Volunteer Income Tax Assistance FREE through the Volunteer Income Tax Assistance (VITA) program. The VITA program is staffed by IRS trained and certified volunteers.

## Durham Crisis Response Center

**Crisis Lines 919-403-6562 (English) 919-519-3735 (Spanish)**

Contact Crisis Line to see what to do after assault 919-403-6562

Go to the website for details: [www.durhamcrisisresponse.org](http://www.durhamcrisisresponse.org)

Address: 206 North Dillard Street, Durham, NC 27701

Administrative Office: 919-403-9425 Fax: 919-490-9726

**Crisis Line:** The crisis line serves as the gateway to all of the shelter and support services offered by DCRC (primarily in Durham), including case management, counseling, and legal advocacy. Trained advocates are available 24 hours a day to provide support through active listening, crisis intervention, community referrals, safety planning and emergency room accompaniment for survivors of domestic violence and sexual assault. All calls are confidential.

**Information and Case Management:** DCRC office staff are available during office hours (Monday – Friday, 9-5pm) to provide information, one-on-one support, and assistance for survivors of domestic violence or sexual assault to address any needs that they may have to rebuild their lives free of violence.

**Sexual Assault Services for Individuals & Families:** If you are the victim of a sexual assault or rape, you will find important information in our Resources section on our web site about what to do immediately. Web Site: [www.durhamcrisisresponse.org](http://www.durhamcrisisresponse.org)

DCRC provides services to any individual 13 years and older who has been affected by rape or sexual violence. It does not matter when the sexual assault or abuse occurred. These services include personal case management, crisis intervention and ongoing emotional support, advocacy and accompaniment (to court, the hospital, and follow-up medical appointments), support groups, and counseling.

**Legal Advocacy:** The Durham Crisis Response Center provides information, support and advocacy for victims of domestic and sexual violence throughout the criminal or civil justice system. The DCRC Legal Advocate is not an attorney and does not provide legal representation or advice, only advocacy. The Legal Advocate may answer questions about what to expect, explain the options available, refer survivors to other DCRC services, assist with safety planning, and accompany survivors through any criminal or civil process to ensure their rights.

DCRC offers a Legal Clinic twice per month. The clinic is free and local attorneys provide *pro bono* advice, answering questions about separation, divorce, child custody, immigration, criminal

proceedings and civil orders for survivors of domestic violence and sexual assault. Please call 919-403-9425 to speak to talk with the Legal Clinic Coordinator about attending the Legal Clinic.

**Survivors' Groups:** DCRC offers support groups to adult and adolescent survivors who are currently or have previously experienced domestic violence and sexual assault. See web site for a current list of groups. Please call 919-403-9425 to speak to a Counselor about current group sessions.

**Specialized Safety Programs:** DCRC offers 911-ready cell phones and safety planning free of charge to victims at high risk of domestic violence and sexual assault.

**Temporary Emergency Shelter:** DCRC's emergency shelter gives women and children a safe and supportive environment where they can begin to recover from the effects of domestic violence. The shelter offers case management and counseling, as well as assistance with legal, housing, and employment needs. Spanish-speaking staff is available.

**Counseling:** Therapeutic counseling is available to survivors of abuse, secondary survivors, as well as family and loved ones. Please call Cyndi Lestyk at the main office (919-403-9425) for more information and to set up an appointment.

**Community Education and Training:** Workshops about domestic and sexual violence, sexual harassment and date rape prevention are available for local schools, community groups and professionals, including local law enforcement, health and medical personnel. Displays with DCRC info are available for community events. Please call 919-403-9425.

**Rape Prevention Education:** Rape prevention education impacts the attitudes, beliefs and behaviors that lead to sexual violence. Through programs, workshops, and trainings, DCRC is working to reduce the incidences of sexual violence in our communities. For more information please call 919-403-9425.

## **Legal Aid of North Carolina (LANC)**

**Pittsboro office 919-542-0475 or 1-866-219-5262**

**If you need help right away, call 911.**

**If you need information or someone to talk to, you can call the National Domestic Violence Hotline at **1-800-799-SAFE (7233) 1-800-787-3224 (TDD)**  
**<http://www.legalaidnc.org>****

LANC offers free legal assistance, advice and representation to low-income North Carolinians for domestic violence protective orders and child custody cases. Go to <http://www.legalaidnc.org/> to view the telephone numbers of Legal Aid of North Carolina offices by county.

The **Domestic Violence Prevention Initiative (DVPI)** is a statewide project of Legal Aid of North Carolina that provides legal assistance to battered women and/or domestic violence victims. Legal Aid of North Carolina (LANC) is a nonprofit law firm that provides free legal services in all 100 counties of North Carolina through 24 geographically located offices. Additionally, LANC's Battered Immigrant Project (BIP) provides comprehensive and culturally appropriate legal services to battered immigrants across the state of North Carolina.

## **Advocates for Children's Services**

For **Legal Help: Call 1-866-219-5262 (toll-free)** or apply online **[www.legalaidnc.org](http://www.legalaidnc.org)**  
For Other Matters: Call 919-226-0052 or email [acsinfo@legalaidnc.org](mailto:acsinfo@legalaidnc.org)

Advocates for Children's Services (ACS) is a statewide project of Legal Aid of North Carolina that focuses on serving children in the public education system. ACS' cases involve: short-term suspension; long-term suspension; expulsion; involuntary transfers to alternative school; denial of enrollment; discrimination on the basis of race, national origin, sex, or disability; mistreatment by school security personnel; special education; bullying; and academic failure. ACS also handles a limited number of Medicaid and foster care cases.

In addition to providing direct legal services to clients, ACS provides community education in the form of publications, presentations, trainings, and media outreach, and collaborates with other organizations and individuals working for education justice. To request a presentation or training, contact ACS' Community Outreach Director, Julia Nieves, at [JuliaN@LegalAidNC.org](mailto:JuliaN@LegalAidNC.org) or 919-675-1717.

To be eligible for services from ACS, a child must live in a household with an income not more than 187.5 percent of the federal poverty level, or live in foster care. Legal Aid of North Carolina screens all applicants to determine if they meet financial and other requirements for service.

### **Abusers Can Monitor Your Online and Offline Activity**

Your Internet activity may not be totally secure. If your abuser knows computers well, you might not be able to hide all your tracks. There are ways that an abuser can access your e-mail and also find out where you have been on the Internet.

### **Safety Planning**

The National Center for Victims of Crime has created a comprehensive Safety Plan, which we have reproduced for you. Go to the website **[www.legalaidnc.org](http://www.legalaidnc.org)** to access the booklet "A Practical Guide for Domestic Violence Survival."

## **About the Domestic Violence Prevention Initiative**

The Domestic Violence Prevention Initiative (DVPI) is a specialized, statewide project of Legal Aid of North Carolina that provides legal assistance to victims of domestic violence. It is comprised of attorney/advocates based in Legal Aid of North Carolina field offices (geographically located across North Carolina) and a project director located in Raleigh. These DVPI attorneys/advocates are trained in the laws available to help increase the safety and self-sufficiency of victims, as well as the dynamics of domestic violence and safety planning.

Legal Aid of North Carolina's DVPI attorneys/advocates provide legal advice and representation to domestic violence victims in non-criminal legal matters. Most Legal Aid of North Carolina offices have one or two domestic violence attorneys/advocates on staff. In field offices without a DVPI attorney on staff, Legal Aid of North Carolina typically contracts with local attorneys to represent battered women in protection order hearings on a case-by-case basis.

A Mortgage Foreclosure Prevention (MFP) is a special statewide project of Legal Aid of NC (LANC). For immediate help with your foreclosure call (toll-free): Legal Aid of North Carolina: **866-219-LANC (866-219-5262)** OR **Homeowner's HOPE Hotline: 888-995-HOPE (888-995-4673)**. The goal of LANC's Mortgage Foreclosure Prevention (MFP) unit is to keep working poor and working families in possession of their homes and their equity.

## **NC Coalition Against Domestic Violence**

Toll Free: **1-800-799-SAFE (7233)** Go to web site for details: **[www.nccadv.org](http://www.nccadv.org)**



**Address: 123 W. Main St., Suite 700, Durham, NC 27701**  
**Contact/Representative: Beth Froehling, Executive Director**  
**Office Phone: 919-956-9124**

**Services: The Coalition provides community education and technical assistance to domestic violence programs statewide. Asistencia disponible en español.**

The NCCADV serves victims of all forms of oppression, including, but not limited to: sexism, racism, and homophobia. We believe it is critical to serve all domestic violence survivors, regardless of race, age, class and ethnic group, sexual orientation, gender identity, mental and physical abilities, religious and spiritual beliefs, and immigration status. We know oppression comes in all forms and leads to secondary issues for survivors; we will strive to serve all survivors of domestic violence and their respective needs.

We need your help, too. Your support will go directly to NCCADV programming that assists victims of violence in gaining and maintaining their freedom from abuse. It will support parents fighting to protect their children from an abusive partner or ex-partner within the custody court system. It will also support NCCADV's public policy efforts aimed at educating national and state leaders on the issue of domestic violence and influencing national and state legislation, policy and funding decisions that keep victims of violence safe.

## **North Carolina Coalition Against Sexual Assault (NCCSA)**

Call **1-888-737-2272** Go to web site for details: **[www.nccasa.org](http://www.nccasa.org)**

Office Phone: **(919) 871-1015** Address: 811 Spring Forest Road, Raleigh, NC 27609

**Our Mission: The North Carolina Coalition against Sexual Assault is an inclusive, statewide alliance working to end sexual violence through education, advocacy, and legislation. It provides information, referrals, and resources to individuals, rape crisis programs, and other organizations; Supporting rape crisis programs and other individuals in their efforts to address sexual violence in their communities; Advocating for local rape crisis programs; Creating networking opportunities for those involved in the rape crisis movement; Training rape crisis advocates and allied professionals; Promoting awareness through education and media campaigns; Educating North Carolina legislators; Coordinating Sexual Assault Response Teams (SART) across the state; Developing sexual assault protocol for allied professionals; Assisting colleges and universities in their efforts to address sexual assault through the NCCASA Campus Consortium.**

## **North State Legal Services**

Phone: 919-732-8137 Go to website for details: **[www.legalaidnc.org](http://www.legalaidnc.org)**

Address: 959 East Street, Suites A&B Pittsboro, NC 27312

Description: Legal Aid of North Carolina - Pittsboro Office provides legal assistance in civil matters (noncriminal) to eligible, low-income clients who have problems with their basic needs and live in the 11-county area surrounding Pittsboro, NC.



## **Orange County Human Relations Commission**

Phone: 919-245-2487 Go to website for details: [www.co.orange.nc.us/housing/HRC.asp](http://www.co.orange.nc.us/housing/HRC.asp)

Address: 300 West Tryon Street, Hillsborough, NC 27278

Description: The Office of Human Relations provides educational programs, technical assistance and research on issues involving civil rights, equal opportunities, and human relations to individuals, businesses and community agencies/groups.

## **Program on Childhood Trauma and Maltreatment**

Phone: 919/966-1760 Fax: (919) 966-7984

Address: 104-A Market St., Chapel Hill, NC 27516

Contact/Representative: Mark D. Everson, Ph. D., Director

Services: Our Program exists to promote safety and healing for maltreated and traumatized children, regardless of their financial status. We do this by providing high quality and timely clinical and forensic services to children and their families, state-of-the-art training to other professionals, and authoritative leadership in the field.

The Program on Childhood Trauma and Maltreatment is a unique outpatient clinical program at UNC Hospitals in Chapel Hill, North Carolina, specializing in the assessment and treatment of abused, neglected, and psychologically traumatized children and adolescents. We offer clinical and forensic services in the form of brief assessments, extended evaluations, brief and long-term treatment, case reviews, case consultations, and expert witness testimony. Most of our referrals are received from child protective services, law enforcement, the courts, and other mental health professionals.

In addition, we provide training workshops and seminars for professionals from social services, law enforcement, mental health, and law.

## **Childhelp National Child Abuse Hotline**

Phone: [1-800-422-4453 \(1-800-4-A-CHILD\)](tel:1-800-422-4453)

Go to website for details: [www.childhelp.org](http://www.childhelp.org)

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 200 languages. The hotline offers crisis intervention, information, literature, and referrals to thousands of emergency, social service, and support resources. All calls are confidential.

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 your 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 cannot 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.

## **HUMAN TRAFFICKING**

### **Battered Immigrant Project (BIP) of Legal Aid of NC**

A special statewide project of Legal Aid of NC

**1-866-204-7612 (toll-free)**, Intake on Thursdays, 9:00 AM - 4:00 PM

Domestic violence is a pervasive problem among North Carolina's immigrant population, just as it is among U.S. citizens. Battered immigrants need legal assistance in order to navigate the complex maze of immigration laws that change on a regular basis.

Through the Battered Immigrant Project (BIP), Legal Aid of North Carolina's Domestic Violence Prevention Initiative (DVPI) also provides comprehensive and culturally appropriate legal services to immigrant survivors of violence needing assistance with immigration. The BIP represents qualifying applicants across the state of North Carolina in immigration matters including:

Self-Petitions and Petitions to Remove Conditions on Residency under the Violence Against Women Act (VAWA); U Visas for victims of domestic violence, sexual assault and human trafficking; T Visas for victims of human trafficking; Deportation defense for qualifying victims of domestic violence, sexual assault and human trafficking.

As domestic violence experts, LANC's BIP attorneys are in a unique position to assist immigrant victims of domestic violence, sexual assault, and human trafficking with these types of cases. Due to the constantly changing and regulatory nature of immigration law, it is necessary to have specially trained immigration attorneys as part of the Domestic Violence Prevention Initiative corps of attorneys. Although there may be several paths for an undocumented battered immigrant to potentially obtain legal immigration status, it is extremely challenging to acquire immigration status without the assistance of an attorney. BIP attorneys work with domestic violence and immigrant rights advocates across the state to provide them with information about the rights of battered immigrants. Through the DVPI, staff in local LANC offices, as resources allow, represent immigrant survivors in legal matters such as: Domestic Violence Protective Orders; Family Law issues; Public Benefits; Housing issues.

## **Carolina Women's Center at the University of North Carolina at Chapel Hill**

150 South Road, Stone Center, Suite 101, Chapel Hill NC 27599  
Phone: 919-962-8305 Fax: 919-843-5619

The Carolina Women's Center at the University of North Carolina at Chapel Hill works toward eradicating sex trafficking in the state and worldwide through policy and advocacy efforts. The Center helps to generate research and knowledge about trafficking practices. We raise awareness, both on campus and in the community, about the human rights violations trafficking causes, including the mental and physical effects on its victims and the impact on communities.

The Center is a member of two state-wide anti-trafficking coalitions: the North Carolina Coalition against Human Trafficking, comprised of direct service providers, law enforcement, policy and legislative advocates; and NC Stop Human Trafficking, the focal point for individual and community group advocacy and activism.

### **Carolina Sex Trafficking Working Group**

The Sex Trafficking Working Group, organized and facilitated by the Carolina Women's Center, is a North Carolina inter-institutional, inter-disciplinary working group for folks interested in pursuing research on sex trafficking. The group includes scholars at all levels — from undergraduates to senior faculty. The purpose of the group is to help members connect to others with similar research questions and agendas, share work in progress, and potentially collaborate on grant-funded projects.

### **National Center for Missing & Exploited Children®**

**24-hour call center: [1-800-843-5678](tel:1-800-843-5678) [www.missingkids.com/home](http://www.missingkids.com/home)**

The National Center for Missing & Exploited Children® provides services, resources and technical assistance to child victims of abduction and sexual exploitation, their families and the professionals who serve them. NCMEC provides the most comprehensive resources regarding missing children, child sexual exploitation, child safety and prevention, law enforcement training and victim and family support. Learn more about our services below.

When a child goes missing, the National Center for Missing & Exploited Children® is ready to assist families and law enforcement agencies 24 hours a day. Each case brings its own set of unique challenges, and NCMEC is prepared to help meet those challenges.

## **MISSING CHILDREN**

**1-800-843-5678 (1-800-THE-LOST)**

NCMEC's case management teams work each case on an individual basis by providing coordinated support and access to analytical and technological resources. NCMEC is prepared to assist in all missing child cases, even when a child has been missing for a long period of time, was abducted internationally by a parent or has special needs.

NCMEC works closely with more than 270 corporate photo partners who disseminate photos of missing children to millions of homes across the U.S. every day. NCMEC is able to assist in the most serious child abduction cases by sending specially trained, retired law enforcement professionals to provide support and technical assistance to local law enforcement agencies.

No missing child is ever forgotten, no matter how long they have been missing. Through the Biometrics Team NCMEC coordinates the collection of DNA, dental records and other unique identifiers from family members to search for potential matches, even for long-term cases. The Case Analysis Unit provides direct analytical support to law enforcement for missing and unidentified deceased child cases.

## **VICTIM AND FAMILY SUPPORT**

NCMEC provides support services to victims and families coping with the traumatic experiences of abduction and sexual exploitation. Services are administered by master's-level trained mental health and child welfare professionals.

Coping with the traumatic experiences of abduction and sexual exploitation demands courage and determination on the part of the victim, parents, guardians and other family members. The master's-level trained mental health and child welfare professionals at the National Center for Missing & Exploited Children® work within the Family Advocacy Division to proactively help families, law enforcement, social service agencies and mental health agencies by providing a support network for child victims and their families.

The victim and family support services provided by NCMEC include:

- Immediate crisis intervention when a family needs help with a missing, exploited or recovered child.
- Support for survivors of abduction and exploitation, including helping them to connect with other victims.
- Emotional support for endangered runaways, parents, guardians and families.
- Referrals to appropriate agencies and mental health professionals.

- Reunification assistance from skilled therapists to help reintegrate a recovered child back into the home during each stage of reconnecting and rebuilding.
- Support for siblings of victims.
- Assistance in locating federal, state and local organizations for sexually exploited youth.
- Support for law enforcement if local services are not able to meet a family's needs.

### **CyberTipline (1-80-843-5678 [www.cybertipline.com](http://www.cybertipline.com))**

The CyberTipline® receives leads and tips regarding suspected crimes of sexual exploitation committed against children. More than 4.3 million reports of suspected child sexual exploitation have been made to the CyberTipline between 1998 and April 2015. If you have information regarding possible child sexual exploitation, report it to the CyberTipline.

The CyberTipline is operated in partnership with the FBI, Immigration and Customs Enforcement, U.S. Postal Inspection Service, U.S. Secret Service, military criminal investigative organizations, U.S. Department of Justice, Internet Crimes against Children Task Force program, as well as other state and local law enforcement agencies. Reports to the CyberTipline are made by the public and Electronic Service Providers. ESPs are required by law to report apparent child pornography to law enforcement via the CyberTipline.

Reports are continuously triaged to help ensure children in imminent danger get first priority.

Analysts review reports and:

- Examine and evaluate the content.
- Add related information that may be useful to law enforcement.
- Use publicly available search tools to determine the geographic location of the apparent criminal act.
- Provide all information to the appropriate law enforcement agency for potential investigation.

The CyberTipline reporting mechanism assists law enforcement and prosecutors in their detection, investigation and prosecution of child sexual exploitation crimes. The CyberTipline helps make law enforcement's efforts more efficient and maximizes the limited resources available in the fight against child sexual exploitation. The value of the CyberTipline as a source of leads for law enforcement has been greatly enhanced by collaboration with ESPs.

In addition to referring CyberTipline reports to law enforcement for potential investigation, the National Center for Missing & Exploited Children® engages with the Internet industry on voluntary initiatives to reduce child sexual exploitation online.

### **How Cyber Traffickers Target Their Victims:**

It is hard to believe that, in America, we have people trapped and forced to work as laborers or prostitutes as slaves of human traffickers. North Carolina has been ranked in the top 8 most common sites for human trafficking. One of the reasons we are so popular is I85 and I95.

The problem in the U.S. is so serious, that President Barack Obama has declared January National Slavery and Human Trafficking Prevention Month.

These criminals are using the Internet to recruit their next victim and future customers of their slave services.

Human trafficking is the modern day version of slavery. These criminals force their victims into labor and it can be in any industry. The most common forms of enslavement include labor, such as farming or working in a sweatshop, and sex trade.

Human traffickers love the I85 and I95 highways in North Carolina and they also use another high speed highway to recruit, enslave, and find new customers-the Internet.

Human traffickers target those who are society's most vulnerable, have the quietest voices and find it hard to fight back. Often, victims include immigrants and children. Children who are loners or runaways are also a popular target of cyber traffickers.

North Carolina passed a bill in 2007 which makes human trafficking a felony and offers state assistance to victims.

In the last several months there were several cases in human trafficking uncovered in North Carolina. Human trafficking via the Internet to enable their crime rings has long been on the radar of the law enforcement community.

### **WEBSITES:**

[ncstophumantrafficking@gmail.com](mailto:ncstophumantrafficking@gmail.com)

Carolina Women's Center: [www.womenscenter.unc.edu](http://www.womenscenter.unc.edu)

Office to Monitor and Combat Trafficking in Persons: <http://www.state.gov/g/tip/>

Rescue and Restore: <http://www.acf.hhs.gov/trafficking/index.html>

Polaris Project: <http://polarisproject.org/>

Not For Sale: [www.notforsalecampaign.org](http://www.notforsalecampaign.org)

Free the Slaves: <http://www.freetheslaves.net/>

33 WAYS TO RESPOND: <http://callandresponse.com/33responses.html>

A Primer on Ending Human Trafficking: <http://humantrafficking.change.org/about/primer>

Polaris analysis of sex trafficking networks

Link: <http://wp.me/pikPQ-hw> or [Sex Trafficking Networks](#)

Sexualization of Girls

This report examines and summarizes psychological theory, research and clinical experience addressing the sexualization of girls.

Link: <http://wp.me/pikPQ-hz>

## **National Human Trafficking Resource Center**

**GET HELP 1-888-373-7888**

**Website [www.traffickingresourcecenter.org](http://www.traffickingresourcecenter.org)**

The NHTRC can also be accessed by emailing [nhtrc@polarisproject.org](mailto:nhtrc@polarisproject.org)

The National Human Trafficking Resource Center (NHTRC) is a national anti-trafficking hotline and resource center serving victims and survivors of human trafficking and the anti-trafficking

community in the United States. The toll-free hotline is available to answer calls from anywhere in the country, 24 hours a day, 7 days a week, every day of the year in more than 200 languages.

The NHTRC can also be accessed by emailing [nhtrc@polarisproject.org](mailto:nhtrc@polarisproject.org), submitting a tip through the [online tip reporting form](#), and visiting the web portal at [www.traffickingresourcecenter.org](http://www.traffickingresourcecenter.org).

Our mission is to provide human trafficking victims and survivors with access to critical support and services to get help and stay safe, and to equip the anti-trafficking community with the tools to effectively combat all forms of human trafficking. We offer round-the-clock access to a safe space to report tips, seek services, and ask for help. We also provide innovative anti-trafficking trainings, technical assistance, and capacity building support.

The NHTRC has been operated since December 7<sup>th</sup>, 2007, by [Polaris](#), a non-profit, non-governmental organization that is a leader in the global fight to eradicate modern slavery and restore freedom to survivors of human trafficking. We are not a government entity, law enforcement, or immigration. Agency. Funding is provided by the Department of Health and Human Services (HHS) and other private donors and supporters.

## **What We Do**

The National Human Trafficking Resource Center (NHTRC) is a national, anti-trafficking hotline and resource center serving victims and survivors of human trafficking and the anti-trafficking community in the United States. The toll-free hotline is answered live 24 hours a day, 7 days a week, and 365 days a year. Callers can speak with the hotline in English or Spanish, or in more than 200 additional languages using a 24-hour tele-interpreting service. When you call the hotline at 1-888-373-7888, you can expect a specially trained and experienced Call Specialist who will speak with you about your needs, your options, and the resources we have available to help. The NHTRC is operated by [Polaris](#).

You can also email the hotline at [nhtrc@polarisproject.org](mailto:nhtrc@polarisproject.org) or report a tip using our [online tip reporting form](#).

Hearing and speech-impaired individuals can contact the hotline by dialing 711, the free national access number that connects to Telecommunications Relay Services (TRS).

Correspondence with the NHTRC is confidential, and you may request assistance or report a tip anonymously. The NHTRC is not a government entity. We are not law enforcement, immigration or an investigative agency. We are not a direct victim service provider. We help individuals access direct services through our extensive referral network, and we facilitate reporting of potential human trafficking tips to specialized law enforcement agencies.

We support victims and survivors and their friends and family, law enforcement, service providers, government, practitioners and advocates in the human trafficking and related fields, community groups, and more who are looking to access the following services.



### **Get Help**

Call Specialists provide assistance to victims in crisis through safety planning, emotional support and/or immediate connections to emergency services through our network of trained service provider and law enforcement partners. The NHTRC supports a victim's right to choose what next steps to take in a crisis, including whether or not to access services or report information about his/her experience to law enforcement. Read more information on our reporting policies on the website.

### **Report a Tip**

The NHTRC takes tips about potential situations involving all forms of sex and labor trafficking and facilitates reporting to specialized human trafficking task forces, federal authorities, local law enforcement, and service providers throughout the country. We are not a law enforcement or investigative agency.

### **Referral Directory**

The online National Human Trafficking Referral Directory is designed to provide access to critical emergency, transitional, and long-term social services for victims and survivors of human trafficking, and to connect individuals with training and technical assistance and opportunities to get involved in their communities

### **Request a Training**

The NHTRC provides training and technical assistance to help build the capacity and expertise of law enforcement, service providers, government agencies and other practitioners, in order to strengthen local and national anti-trafficking infrastructure and improve the nationwide response to human trafficking.

### **Resource Library**

The NHTRC's online resource library contains diverse training and informational materials for community members, students, and professionals interested in learning more about the issue of human trafficking.

### **Get Involved**

The NHTRC helps to connect community members with opportunities to raise awareness and get involved in local and national anti-trafficking initiatives.

## **NC STOP HUMAN TRAFFICKING**

**[ncstophumantrafficking@gmail.com](mailto:ncstophumantrafficking@gmail.com)**

NC Stop Human Trafficking is the statewide community member coalition whose mission is to eradicate modern day slavery in all its forms. NC Stop Human Trafficking works to fight human trafficking on multiple levels following the P.A.V.E. model: Prevention, Advocacy, Victim Services and Education/awareness. NC Stop works through connecting and supporting individuals, community-based and faith-based organizations, non-governmental and governmental

organizations. NC Stop strives to create opportunities for community members to become involved in the fight to stop human trafficking in ways that are fulfilling and appropriate for each member. We focus on collaboration and communication between all groups to be effective and efficient in the fight to end human trafficking.

We have active member groups in Wilmington, Greenville, Fayetteville, Raleigh, Durham, Chapel Hill, Burlington, Greensboro, Charlotte and Asheville. We also have members who are students at NC State, UNC-Chapel Hill, Duke University, UNC-Greensboro, and UNC-Charlotte. Email [ncstophumantrafficking@gmail.com](mailto:ncstophumantrafficking@gmail.com) if you live near these areas and would like to meet with groups in your area and learn how to be involved.

**Perceived factors leading to human trafficking:**

- Non-identification of trafficking situations by law enforcement and community members
- Lack of awareness and education in the general public and direct service providers
- Vulnerability to exploitation due to isolation, abuse/neglect, low self-esteem, poverty
- Victims have little to no knowledge of, or access to, alternatives and resources available
- Normalization of degradation and violence against women and children
- Normalization of exploitation and devaluation of human life
- Little deterrence on the demand side – lack of adequate consequences for offenders
- Lack of follow-up programs, effective counseling and alternative placement for victims
- Broken foster care and social work system – runaway/throwaway and homeless youth are the highest risk group
- Lack of collaboration and communication between government, NGO, faith- and community-based groups

NC Stop Human Trafficking’s core areas of focus of Prevention, Advocacy, Victim Services, and Education/Awareness (P.A.V.E. model) are designed to address these problems. We seek to work through existing organizations, first through providing training on issues and program development, then planning to fill in gaps as needed. In this way we choose to collaborate and effect communication across all borders for the common purpose of ending human trafficking.

**Prevention –**

Protect and educate the vulnerable to reduce risk of exploitation

Work to reduce and eliminate contributing factors of isolation, abuse/neglect, low self-esteem and poverty through mentorships, capacity building, life-skills education, parenting training, etc.

Ensure access to resources and options in life.

Work to expose and reduce normalization of degradation, violence, exploitation and devaluation.

Education/Awareness focus will also help with prevention – education to at-risk population.

Educate young people on what a healthy relationship looks like, how to spot exploitation, who to turn to for help, technology and bullying – how to cope, education for boys as well as girls

Address foster care/social work system

**Advocacy-**

Advocate for tougher penalties for traffickers and end users – Washington state law – cars impounded/ \$5000 fine

Support legislation that funds programs for victims – shelter, education, food, therapy, etc.

Raise awareness that there is no such thing as a child prostitute – anyone under 18 is a victim – consent is off the table

Advocate for reduced penalties (or none – based on Sweden model) for prostitutes and funded alternative programs in exchange for lesser sentences

Change prostitution laws in NC so prostitution charges acquired before age 18 can be struck off record

### Victim Services –

Shelter – security; Health Care; Food; Clothing; Personal Hygiene; Therapy;

Life coaching; Legal Services – including immigration processing if needed;

Alternative life choices – training and support needed

Long-term support system and reintegration into society – love and support – effective follow-up and follow-through

### Education/Awareness –

Civic organizations and associations with a service mission

NGO/Nonprofits with a service mission – esp. focusing on women and children’s health, safety, welfare, etc.

Faith-based organizations and churches

Schools

Anyone in contact with at-risk youth – social workers, guidance counselors, school nurses, teachers, existing mentorship programs such as Boys and Girls Club etc.,

Planned Parenthood, foster parents, adoption/fostering networks, malls, movie theaters, social media, etc. –

Law Enforcement; Media; Celebrity; Legislators; General Public

You can get connected to the coalition through our Google group, where members can communicate with each other and share information, and also through our Facebook group. Want to find out how you can be a part of North Carolina’s abolitionist movement? Email us at [ncstophumantrafficking@gmail.com](mailto:ncstophumantrafficking@gmail.com), tell us where you’re from, and we’ll see how we can get you hooked in! Know something that you think should be shared on this blog? Email us!

## **LAW ENFORCEMENT**

Orange County Sheriff: **(919) 245-2900**

Chapel Hill Police Department: **(919) 968-2760**, in Chapel Hill call **911**

Chapel Hill Police Department Crisis Unit: **(919) 968-2806**

(24/7 non-police crisis assistance for Chapel Hill residents only. NOT police response.)

## **LOCAL MENTAL HEALTH TREATMENT PROVIDERS**

### Art Therapy Institute

Phone: 919-381-6068 For details go to the website: [www.ncati.org](http://www.ncati.org)

Address: 200 N. Greensboro St., Carr Mill Mall Suite D-6, Carrboro, NC

Description: ATI improves access to mental health services for diverse populations and promotes education and awareness about art therapy.

## **Assertive Community Treatment Youth Villages Raleigh-Durham Office** (serves Orange County)

(919) 474-6400 For details go to website: [www.youthvillages.org](http://www.youthvillages.org)  
100 Capitola Drive - Suite 310 - Durham, NC 27713

### **MST Intensive In-Home Services and Transitional Living**

Our intensive in-home treatment programs provide help for troubled teenagers, children and families in their own homes at times convenient for the families. Youth Villages offers two intensive in-home treatment programs: Intercept and Multisystemic Therapy® (MST®).

#### **Intercept**

The **Intercept** intensive in-home services program is an effective alternative treatment for children and youth who otherwise would be placed in foster care, residential treatment, detention centers, hospitals or other juvenile facilities. Diverting youth from these out-of-home placements, Intercept family intervention specialists provide guidance and treatment resources for youth and families in their own homes.

#### **Multisystemic Therapy (MST)**

Youth Villages offers intensive in-home services using **Multisystemic Therapy (MST)** in North Carolina, Washington, D.C., and Dothan, Ala. MST has been demonstrated to be successful in helping young people ages 12 to 17 who display serious antisocial behaviors and are at risk of placement out of the home due to their behaviors.

The program serves children of any age (infant to age 18) who have serious emotional and behavioral problems. Intercept specializes in diverting youth from out-of-home placements such as residential treatment facilities, foster homes, psychiatric residential treatment centers, hospitals or group homes, and in successfully reuniting children with their families in the community.

## **Bereavement Services - Unicorn - Duke Community**

Phone: 919-644-6869 For details go to the website: [www.dhch.dukehealth.org](http://www.dhch.dukehealth.org)  
Address: 1001 Corporate Drive, Hillsborough, NC 27278

*The mission of Duke Hospice Bereavement Services is to facilitate a safe and healing grief process for persons of all ages in the Triangle region who are adjusting to a loss due to death.*

Professional bereavement care is available to ALL members of the community. Services are free of charge to our Duke Hospice families, and by donation to all others. Our staff consists of two hospice grief counselors as well as a counselor who specializes in children and teen grief. Volunteers who have been specifically trained in facilitating bereavement support groups complement the expertise of our professional staff.

The heart of the bereavement program is the Unicorn Bereavement Center, located in an historic

home on 11 acres of beautiful farmland in Hillsborough. The bereavement program provides this natural setting as a way to affirm that grief is a normal and healthy process. However, the bereavement program extends its services into many community settings such as schools, workplaces, senior centers, and places of worship.

### **Carolina Outreach (Serves Orange County residents)**

**(919) 251-9001** For details go to the website: [www.townofchapelhill.org](http://www.townofchapelhill.org)

2670 Durham-Chapel Hill Boulevard - Durham, NC 27707

Serves children, families, adults and transition-age youth: assessment, individual, group, and family therapy; psychiatric evaluation and treatment; community support, assertive community treatment, substance abuse services.

### **Carolina Partners in Mental HealthCare in Chapel Hill, NC**

Phone: 919-929-1375 Details on the website: [www.carolinapartners.com](http://www.carolinapartners.com)

401 Providence Rd, Ste. 100, Chapel Hill, NC 27514

Call 919-929-9610 today to make an appointment or fill out our online detailed intake form at [www.carolinapartners.com](http://www.carolinapartners.com)

In Chapel Hill, our psychiatrists, psychologists, physicians' assistants, nurse practitioners and therapists offer a unique, holistic approach to therapy, including: Psychotherapy, Family therapy, Medication Management, Mindfulness, Meditation and Groups. Other therapies are available at other program offices and facilities. The professionals build a treatment program specifically suited for your mental health needs. We tailor personalized, integrative wellness programs for children, adolescents, couples, families, people in transition, seniors, soldiers, and members of the LGBT community.

Our areas of expertise include: Cognitive Behavioral and Dialectical Behavior Therapy, Substance abuse, Mood disorders, Post-traumatic stress disorder, Depression, Anxiety, Bipolar disorder, Grief and loss, Obsessive compulsive disorder, Adult ADHD/ADD, Dementia, and Eating disorders.

### **CATHOLIC CHARITIES**

Durham Catholic Charities Office at 919-286-1964.

Financial assistance for rent or utilities, please call the Parish Office at 919-942-6216 or Catholic Charities in Durham at 919-286-1964

Catholic Social Ministries offers a variety of services and community involvement opportunities. Services include:

- Problem pregnancy counseling;
- Sliding scale short-term individual, couple and family counseling;
- Clothing closet, emergency assistance (on a very limited basis);
- Advocacy for the Hispanic community (Spanish-speaking staff) and
- Adoption (CSM is a state-licensed adoption agency).

**Provides comprehensive services to Spanish-speaking victims of domestic violence and sexual assault.**

**Catholic Charities welcomes individuals and families of all faiths or no faith tradition, living in the 54 most eastern counties in North Carolina, to participate in services.**

**Counseling is offered for needy individuals, couples and families. Family Life programs and financial assistance are available. Support is provided for the poor from both the Spanish- and English-speaking communities.**

### **Volunteering**

**If you are interested in volunteering, please call the Durham Catholic Charities office at 919.286-1964.**

### **El Futuro**

**Phone: 919-338-1939 For details go to the website: [elfuturo-nc.org](http://elfuturo-nc.org)**

**Address: 110 W. Main St., Suite 2H, Carrboro, NC 27510**

**Description: El Futuro is a non-profit resource for Latino Mental Health and Substance Abuse Treatment. The El Futuro Durham office has walk-in clinic hours. These are for new referrals only – people who are not currently in treatment. No appointment is needed. Walk-in hours are from 9am to 12pm each Monday.**

**Our mission is to strengthen the whole community by providing and advancing bilingual and culturally informed behavioral health treatment for underserved Spanish-speaking individuals and families. We do this by providing 1) high impact (evidence-based) clinical services; 2) training for professionals who work with this population; and 3) prevention, education and outreach in the community.**

**The clinical work of El Futuro includes evidence-based practices used by clinicians who are licensed behavioral health service providers in North Carolina. Therapy includes Interpersonal Psychotherapy (IPT), Cognitive Behavioral Therapy (CBT), Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Child Parent Psychotherapy (CPP), Dialectical Behavioral Therapy (DBT), Motivational Interviewing (MI), Parent Child Interaction Therapy (PCIT) and Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS). Two of our clinicians are certified instructors in the Incredible Years Parenting facilitation.**

**When individuals and families visit El Futuro, they will experience an environment sensitive to Latino culture and find services to address their unique needs.**

**We provide:**

- **Mental Health Evaluations**
- **Individual, Family and Group Therapy**
- **Psychiatric Treatment**
- **DWI Assessment and Treatment (including ADETS)**
- **Parenting classes, social skills classes and DBT Skill Classes**
- **Substance Abuse Evaluation and Treatment**

- **Trauma Treatment (all ages)**

We accept Medicaid, Health Choice, and other insurances. We also serve those who do not have insurance. For further questions surrounding payment, we encourage clients to attend our orientation appointments. El Futuro firmly believes that money should be no obstacle in accessing quality health care.

## **Freedom House Recovery Center**

**PHONE: (919) 442-1844** For details go to the website: [freedomhouserecovery.org](http://freedomhouserecovery.org)

110 New Stateside Drive, Chapel Hill, NC 27516

We provide support & treatment for children and adults with behavioral disorders or mental illness. We also specialize in recovery treatment for those struggling with substance abuse.

### **Child and Adolescent Services**

Freedom House Recovery Center offers a variety of services and programs to help children, adolescents and their families manage mental health and substance abuse issues. Our collaborative team of professionals creates a tailored treatment plan specifically for your child. We believe that the most effective treatment for children involves the people who love them – their family – and offers therapies and trainings to parents, siblings and extended family.

#### **Services include:**

**Comprehensive Clinical Assessment**

**Individual and Family Outpatient Therapy**

**Peer Group Therapy**

**Medication Management**

**Parenting Workshops and Trainings**

**Intensive In-Home Therapy**

**Substance Abuse Intensive Outpatient Therapy (SAIOP)**

**Support services for children and adolescents with a parent struggling with mental illness or substance abuse**

### **Adult Services**

#### **Outpatient Services for Adults**

Our outpatient services provide assistance in managing severe mental disorders, resolving shorter-term difficulties, achieving recovery from addictions and maintaining sobriety. Freedom House utilizes leading-edge, evidence-based practices and therapies when creating a treatment plan for you.

Freedom House Recovery Center is committed to serving the needs of the whole person, not simply treating a single disorder. We are proud to offer primary medical care within our behavioral care clinics. Our clients can now receive a wellness evaluation and treatment of acute illnesses such as sinus infections, as well as manage chronic conditions such as diabetes.

#### **Services include:**

**Comprehensive Clinical Assessment**

**Individual and Group Therapy**



Family Therapy  
Substance Abuse Comprehensive Outpatient Treatment (SACOT)  
Substance Abuse Intensive Outpatient Program (SAIOP)  
Peer Support  
Psychiatric Evaluation and medication management  
Primary Medical Care (*Chapel Hill, Durham, Roxboro*)  
Primary Medical Care Services  
Wellness Evaluation

## **Freedom House Adult Residential Services**

A safe haven, Freedom House Recovery Center offers residential recovery services for adults who are alcohol- or drug-addicted and those who are dually diagnosed with a mental illness. We offer Transitional Housing (30-day) and Halfway Housing (up to 6 months).

### **CHAPEL HILL**

**Maggie Alvis Women's House**  
919-442-1944 (dial extension provided)  
Timeka Harper, Program Director  
Timeka.h@fhrecovery.org

### **CHAPEL HILL**

**Men's Halfway House**  
919-442-1944 (dial extension provided)  
Reginald Horton, Program Director  
Reginald.h@fhrecovery.org

## **Adult Halfway Housing**

Freedom House Halfway Houses for men and women provide up to six months of recovery services. Our in-house clinical program provides comprehensive services to each resident, based on a person-centered, individualized treatment plan. Our Halfway Housing offers a safe, structured environment that incorporates a program to help residents recover and regain necessary life skills, including: securing employment; functioning as a member of the house community and the community-at-large; securing permanent housing upon program completion; reuniting with their families upon graduation; receiving direction and oversight; professional counseling; educational support; vocational support; clinical support; and life skills training.

## **Adult Transitional Living**

**OFFICE: (919) 425-5474 FAX: (919) 688-7033**  
601 Carlton Ave. Durham, NC 27701  
Bud Curry, Program Director for Residential Services  
EMAIL: bud.c@fhrecovery.org

Our Transitional Living service is a short-term (up to 30 days) residential setting and licensed as a Supervised Living Residence. This service provides care, habilitation and rehabilitation support for individuals having mental illness or a substance abuse disorder that requires residential supervision. It also steps down clients from crisis services and/or from hospital settings when

clinically appropriate to do so. The service is designed to provide transitional support in a supervised residential setting until appropriate long-term residential supports are secured.

## **LGBTQ Center UNC Chapel Hill**

Terri Phoenix: [tphoenix@email.unc.edu](mailto:tphoenix@email.unc.edu)

When: Every Tuesday, from 6:00 to 7:30 during the fall & spring semesters

Where: SASB South, room 3314

Q Group is a confidential peer support and discussion group that meets every Tuesday night during the fall & spring semesters to discuss topics related to sexual orientation, gender identity, and gender expression. Two trained graduate students co-facilitate this confidential group discussion. Whether you are supporting a friend or family member in their coming out, questioning your own sexual orientation or gender identity, having relationship challenges, or working to reconcile multiple identities, you can find support and information at Q Group. There is no need to pre-register, and you can come as often or rarely as you find helpful.

## **LGBT Center of Raleigh**

324 South Harrington Street, Raleigh, NC 27603

(919) 832-4484

Mental Health Resources: Listed by County Go to LGBT Website:

[www.lgbtcenterofraleigh.com/resources/mental-health-resources.html#orange-county](http://www.lgbtcenterofraleigh.com/resources/mental-health-resources.html#orange-county)

All of the mental health providers have submitted a written statement that they are LGBT-affirming therapists and have agreed to practice in ways that are supportive of the LGBT community. Please use their descriptions to guide you in selecting the best provider for your needs.

## **Lutheran Services Carolinas LSC ACT Team**

(919) 968-2552 or email [actt@LSCarolinas.net](mailto:actt@LSCarolinas.net)

891 Willow Drive, Suite 2, Chapel Hill, NC 27514

### **What is ACTT?**

ACTT (Assertive Community Treatment Team) is a mobile multi-disciplinary approach to the treatment of Severe and Persistent Mental Illness (SPMI). LSC ACTT operates in Orange, Person, and Chatham Counties in North Carolina. It is evidenced-based treatment that works.

Individuals diagnosed with a SPMI often have a difficult time functioning in the community. ACTT gives these individuals access to the services they need, when they need them, in order to maximize their quality of life while maintaining their independence. Clients receive help with basic needs, help with medications, and help simply getting through each day.

### **How does ACTT work?**

ACTT takes treatment to the person. At Lutheran Services Carolinas, the ACT Team includes a director, psychiatrist, psychiatric nurses, clinical counselors, a substance abuse counselor, a peer support specialist, a vocational specialist, and an office manager.

ACTT provides comprehensive person-centered care. Services are available 24 hours a day, seven days a week. Although ACTT operates from an office, 75 percent of services are provided to the individual at home, at work, or in other community settings, wherever and whenever needed.

### **What services does ACTT provide?**

- Psychiatric treatment and assessment
- Group and individual therapy
- Group and individual substance abuse counseling
- Medication management and support
- Physical health assessment and monitoring
- Family support and education
- Entitlement and financial management
- Housing and tenancy support
- Employment support.

### **How does ACTT help?**

The goals of the team are:

- To lessen/eliminate symptoms of mental illness and to minimize or prevent recurrent acute episodes of the illness
- To reduce or prevent hospital admissions
- To reduce family stress
- To reduce the frequency of crisis events
- To reduce involvement with the criminal justice system
- To improve the quality and stability of the client's housing
- To meet basic needs and enhance the client's quality of life
- To improve functioning in social and employment settings

## **Mental Health America of the Triangle**

Phone: 919-942-8083 For details go to the website: [www.mhaorangeco.org](http://www.mhaorangeco.org)

3729 Murphy School Rd., Durham, NC 27705

Description: Works to promote mental health in community and to improve the lives of our residents living with mental illnesses.

## **The Family Advocacy Network: *Supporting Families & Children***

Through the Family Advocacy Network (FAN), Mental Health America of the Triangle provides critical assistance to parents raising school-age children with emotional/ behavioral issues, mental illness, learning differences, substance abuse problems and other challenges. FAN's

compassionate, nonjudgmental support and services can be lifelines for parents juggling problems at school, extra medical needs, increased stress, strained relationships and lost work hours as they struggle to meet their children's needs.

The network's centerpiece is 1:1 support with a staff family advocate or volunteer parent mentor. Our advocates and mentors have received best-practice training, and they often offer empathy and insights gained through their own experience as parents raising children with special needs. (Note: Volunteer parent mentors are currently only available in Orange County.)

FAN also offers group support, advocacy and parenting skills training, all to help families navigate challenges at home, in school and in the juvenile court system. FAN: parent-driven, family-focused!

### **Pro Bono Counseling Network**

(919) 942-8083, x3.

**Mental Health America of the Triangle (formerly Mental Health Association of Orange County)** in collaboration with Healthy Carolinians of Orange County and with funding from OPC Area Program launched the Pro Bono Counseling Network in January 2009, which serves Orange, Chatham, Person and Durham county residents.

The goal of the program is to recruit mental health professionals to join a network of providers who agree to provide counseling pro bono (one client/year, a minimum of eight sessions), and to match up underinsured or uninsured clients seeking mental health services with an appropriate provider.

### **Partnerships Serving Youth**

Mental Health America of the Triangle partners strategically with other community organizations to create a more caring and compassionate community for our youth, especially those at risk for mental health and substance abuse issues. Examples of our collaborative efforts include:

Orange Partnership for Alcohol and Drug Free Youth was launched in 2008 by Healthy Carolinians to change how we view underage substance abuse — not as a rite of passage, but a threat to healthy development. Mental Health America of the Triangle provides consultation and office space for the partnership, which is funded through a significant grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). [www.orangepartnership.org](http://www.orangepartnership.org)

### **Compeer: *Companionship for People with Severe Mental Illness***

Compeer harnesses the power of friendship and mentoring to combat the loneliness and isolation that people with mental illness often experience. After being carefully screened and trained, a Compeer volunteer is matched with an individual of the same gender, often close in age, and with similar interests. Thanks to ongoing training and support, each Compeer volunteer is able to provide useful information about resources and services in addition to companionship.

By giving an hour a week of their time for at least a year, Compeer volunteers get to know some wonderful people — and they help speed and sustain the recovery of the people they befriend.

Compeer started in 1973 in Rochester, New York and remains a model mental health organization with over 100 affiliates in the United States, Canada, and Australia, including Mental Health America of the Triangle. The Compeer model is recognized as a best practice for recovery by the American Psychological Association.

Compeer's programs are routinely recognized for achieving measurable results:

- Our volunteer mentoring relationships build self-confidence and independence.
- Our programs save precious healthcare dollars by reducing hospitalization costs.
- All those involved in our programs – the people we serve, volunteers and therapists – give us outstanding effectiveness ratings, ranging from 94-100 % satisfaction.

People being treated for serious mental illness achieve a significant increase in social support and personal well-being, as a result of being matched in a Compeer mentoring relationship, according to a study published in the Community Mental Health Journal.

## **MENTAL HEALTH FIRST AID**

*Training sessions offered throughout the year*

**Shelley Danser**

**919-942-8083, ext. 3**

Mental Health First Aid is a national, in-person 8-hour training course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses.

### ***4 Reasons to Become a Mental Health First Aider***

**Be prepared: When a mental health crisis happens, you will know what to do.**

- You can help: People with mental illnesses often suffer alone.
- Mental illnesses are common: 1 in 5 adults in any given year.
- You care: Be there for a friend, family member, or colleague.

The course trains participants to help people who may be experiencing a mental health problem or crisis. You learn:

- Risk factors and warning signs of mental health problems.
- Information on depression, anxiety, trauma, psychosis, and addiction disorders.
- A 5-step action plan to help someone developing a mental health problem or in crisis.
- Where to turn for help - professional, peer, and self-help resources.

Registration includes a free course manual and certificate of completion.

For more information or to sign up for an upcoming training, please contact the certified course instructor.

## **North Carolina Division of Mental Health, Developmental**

### **Disabilities and Substance Abuse Services**

**Phone: (919) 715-3197 Toll Free: 1-855-262-1946, 8am-5pm**

**Spanish: 1-800-662-7030 Email: [dmh.advocacy@dhhs.nc.gov](mailto:dmh.advocacy@dhhs.nc.gov)**  
**See website for details: <http://www.nc.gov/agency/mental-health-developmental-disabilities-and-substance-abuse-services>**

## **OPC Mental Health - Alcohol Service**

**Phone: 919-929-0471 For details go to the website: [www.opcareaprogram.com](http://www.opcareaprogram.com)**  
**Address: 100 Europa Drive, Suite 490, Chapel Hill, NC 27517**

**Description: OPC is the local governmental agency with responsibility for oversight and management of publicly-funded mental health, developmental disability, and substance abuse services in Orange, Person and Chatham counties.**

## **OPC COMMUNITY OFFICE**

**Phone: 919.913.4000 Fax: 919.913.4001**  
**201 Sage Road, Suite 300, Chapel Hill NC 27514**

**The OPC Community Office assists individuals and families affected by mental illness, developmental disabilities or substance use disorders.**

**Referral Line: 919-913-4100**

**Description: Referral line will provide contact information of local mental health providers**

## **UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL SERVICES**

### **UNC Department of Psychiatry**

**UNC Psychiatry: The Acute Diagnostic and Treatment Clinic (ADTC) is a general adult psychiatric clinic staffed by teams of faculty and resident psychiatrists. For appointments, call 919-966-5217.**

**UNC Child & Adolescent Psychiatry: (919) 966-5217**

**UNC Center of Excellence for Eating Disorders: (919) 966-7012**

**UNC Center for Women's Mood Disorders: (919) 966-9640**

### **UNC Center for Excellence in Community Mental Health**

**(919) 962-4919**

### **STEP Community Mental Health Clinic**

**(919) 962-4919**

**Carr Mill Mall, 200 N. Greensboro St., Suite C-6, Carrboro, NC 27510**

**Multidisciplinary treatment services for persons with psychotic disorders and other severe mental illnesses.**

## **Enhanced Community Based Services**

**(919) 962-4919**

Services are provided to individuals with severe and persistent mental illness (SPMI) with co-occurring Intellectual and Developmental Disabilities (IDD) and/or a Substance Use Disorder. The Center utilizes evidenced-based practice models with a Rehabilitation/ Recovery focus:

- Wellness Management and Recovery (WMR)
- Integrated Dual Disorder Treatment (IDDT)
- Assertive Community Treatment Team (ACTT)

## **OASIS (Outreach and Support Intervention Services)**

**(919) 962-1401**

Carr Mill Mall, 200 N. Greensboro St., Suite C-6, Carrboro, NC 27510

A multidisciplinary team approach to treatment of early psychosis in older adolescents and adults.

## **Brushes with Life**

Brushes with Life is a creative arts program for people in treatment at OASIS and STEP; members of Club Nova, a local clubhouse for persons with mental illness; and other select community programs in the Chapel Hill area. The program offers a recovery art group. For information contact: Edward Binanay at [ebinanay@med.unc.edu](mailto:ebinanay@med.unc.edu).

## **Cross Disability Services**

XDS Inc.

**(919) 962-4919**

Contact: Thava Mahadevan, MS

- Assertive Community Treatment Team (ACTT)
- Community Support Team
- The Farm at Penny Lane: Community Garden (horticulture therapy) and UNC PAWS (a shelter-to-pet program, dog-training therapy program for individuals with severe mental illness and a puppy development center).

## **Community Resource Court**

The Community Resource Court, a program of the UNC Center for Excellence in Community Mental Health, addresses the needs of individuals with diagnosed mental disorders who become involved with the criminal courts in Orange or Chatham County.

## **UNC Center for Excellence in Community Mental Health-Courts**

Caroline Ginley, MSW, LCSW-A  
(919) 218-1052 or (919) 962-5126

District 15 Court Judge's Office-Hillsborough  
Marie Lamoureaux, MA  
(919) 644.4659

## **UNC Department of Psychology Community Clinics**

**(919) 962-6906**

UNC Campus (Davie Hall) and Finley Golf Course Road

Five services are offered through the UNC Department of Psychology Community Clinics (Assessment and counseling services are provided by graduate students, under supervision of a licensed psychologist.)

- Adult Psychotherapy Clinic
- Child and Family Clinic
- Couples Clinic
- Anxiety Clinic
- Assessment Services.

## **UNC Alcohol and Substance Abuse Program (ASAP)**

**1-888-457-7457 or (919) 966-6039**

Program Director: Britta M. Starke, LCSW, LCAS, CCS  
1101 Weaver Dairy Road, Suite 103, Chapel Hill, NC 27514

Program services include:

Individual comprehensive assessment/evaluation,

Individual, group, and family therapy

Outpatient therapy groups

Individualized treatment and treatment goals

Psychopharmacological management available

Education, process, and multifamily groups

Family involvement emphasized and encouraged

## **DWI/DMW Services**

DWI Substance Abuse Assessment

Court Ordered Substance Abuse Evaluations

Short-Term Counseling (20 Hours)

Longer-Term Structured Treatment (40 Hours)

Intensive Outpatient Treatment (90 Hours)



## **UNC Horizons**

**(919) 966-9803**

127 Kingston Drive, Chapel Hill, NC 27514

UNC Horizons is a substance abuse treatment program for pregnant and/or parenting women and their children, including those whose lives have been touched by abuse and violence. Services offered:

- Prenatal Clinic
- Outpatient Treatment Program
- Horizons Residential Programs
- Services for the Children

## **Volunteers For Youth Program**

Phone: 919-967-4511 For details go to the website: [www.volunteersforyouth.org](http://www.volunteersforyouth.org)

Address: 250 Lloyd Street, Suite 103 Carrboro, NC 27510

Description: Volunteers for Youth works with at-risk youth, their families and the community of Orange County, NC to foster relationships that promote a climate of mutual caring and respect for the purpose of helping young people.

The focus of Volunteers for Youth is delinquency prevention. Through the mentoring program, community service program, and teen court program, Volunteers for Youth works to provide young people with the tools to become responsible adults.

Volunteers for Youth's mission is to provide services to Orange County youth that help them become contributing members of the community by: cultivating their strengths, encouraging positive relationships, and developing their ability to make responsible choices.

### **SMART Mentoring**

Volunteers for Youth (VFY) is fortunate to partner with University of North Carolina undergraduate students through the Stimulating Mental Awareness Relating to Teens (SMART) Mentoring program. SMART Mentors are matched with youth in September and continue developing a relationship with their mentee for a minimum of 7 months. In addition to making a mentoring commitment, students also enroll in an accompanying three-credit sociology course during the fall and a one-credit sociology course in the spring.

### **The Juvenile Community Service & Restitution Program**

This program works with youth who have committed crimes in Orange County and are assigned community service hours. Young people are placed in nonprofit work sites throughout the county where volunteer supervisors oversee and evaluate their work. The program coordinators organize group events such as park clean-up projects and arts & crafts projects that benefit the community. Through this program, youthful offenders learn important lessons in responsibility and accountability and often develop positive relationships with their adult supervisors. Young people are also taught valuable life and job skills while volunteering.

## ***Program Coordinators***

Scott Dreyer – [scott@volunteersforyouth.org](mailto:scott@volunteersforyouth.org)

Nicole Hunter – [nicole@volunteersforyouth.org](mailto:nicole@volunteersforyouth.org)

**Orange County Teen Court** accepts referrals of first-time offenders ages 11-18 who have admitted guilt to misdemeanor offenses such as assault, affray, underage possession/consumption of drugs, alcohol and or drug paraphernalia, vandalism, disorderly conduct, and larceny/shoplifting. Teen Court will not accept cases involving sexual offenses, firearms, hate crimes, motor vehicle violations, and offenses that have resulted in serious injury. Cases are referred to Teen Court by law enforcement, school resource officers, judges and court counselors. Defendants who refuse to participate in Teen Court are directed back to the referring agency and may be subject to prosecution in traditional juvenile or district court.

The program is voluntary and confidential. Trained student volunteers take on the roles of attorneys, clerks, bailiffs, and jurors. An adult judge presides over court proceedings. As in traditional court, student attorneys present the facts of the case to the court, and the peer jury is responsible for rendering a constructive sentence that benefits the defendant and the community. Most sentences involve serving as a juror in future cases and community service, but can also include apology letters, counseling, mediation, essays, observation of District Court and educational seminars.

Sessions are held every other Monday in Hillsborough at the Historic Orange County courthouse (across from the jail, not in the regular District Courthouse), 106 E. Margaret Lane, upstairs in the Superior Courtroom.

## **EVERY GIRL COUNTS**

Volunteers for Youth's newest program, Every Girl Counts, brings together middle school girls on a weekly basis in a group setting during the school day. The program empowers young women through a life skills curriculum that fosters pride, self-esteem and a sense of achievement. Led by VFY staff member, Nicole Hunter, Every Girl Counts facilitates fun activities that teach young girls how to become successful women.

For more information, please contact the program coordinator:

Nicole Hunter: [nicole@volunteersforyouth.org](mailto:nicole@volunteersforyouth.org)

**Mentoring – Community Service – Teen Court.** Three different programs with one common aim: connecting disengaged young people with their community and helping them make responsible choices.

For over thirty years, Volunteers for Youth has worked to make a difference in the lives of Orange County children. As the county's only nonprofit focusing solely on delinquency prevention, Volunteers for Youth steps in to provide guidance to young people in need of a helping hand.

## **MENTORING**

Volunteers for Youth operates Orange County's longest running mentoring program. Mentoring is the organization's original, signature program. Research shows that mentoring is one of the most effective means of curbing delinquency. The hundreds of children matched with mentors through Volunteers for Youth are living proof that mentoring works.

In 2009, Volunteers for Youth formed a mentoring partnership with the SMART project, a UNC Buckley Public Service Scholars program. Through this partnership, 113 UNC students have been matched one-on-one as mentors to 113 local children who could benefit from time with a caring mentor. As participants in a fall and spring semester sociology class, the SMART mentors commit to spending the entire academic year with their young mentees.”

Volunteers for Youth salutes the SMART students for their leadership role in an exciting and innovative collaborative project.

Every Girl Counts, a group mentoring project for middle school girls, started in 2010. The group meets weekly and is designed to empower its members and set them on a path to future success. Led by Nicole Hunter, the girls participate in fun activities that help them explore the challenges of growing up and how to make wise choices when faced with those challenges. In addition to their regular weekday meetings, Every Girl Counts sponsors occasional Saturday activities such as service projects and field trips to college campuses.

Volunteers for Youth continues its traditional community mentoring program, matching trained volunteers with children who could benefit from positive adult role models. In 2014, 23 community mentors have been paired one-on-one with 23 local children. Together these matches have explored the community, learned new skills, attended live performances and sporting events, and developed lasting relationships.

Executive director Susan Worley, social work intern Kara Logan, and Every Girl Counts coordinator Nicole Hunter run the mentoring program at Volunteers for Youth.

## **GOVERNMENTAL**

### **North Carolina Division of Mental Health, Developmental Disabilities and Substance Abuse Services (NC DMH/DD/SAS) Customer Services and Community Rights**

Phone: (919) 715-3197 Toll Free: 1-855-262-1946, 8am-5pm  
Spanish: 1-800-662-7030 Email: dmh.advocacy@dhhs.nc.gov

### **NC Division of Vocational Rehabilitation Services**

Helping people with disabilities to be employed and to live independently.  
Orange County

Chapel Hill/Carrboro Office (919) 969-7350  
548 Smith Level Road - Carrboro, NC 27510

## **HEALTH SERVICES**

### **Interfaith Council for Social Services - Robert Nixon Free Clinic**

**Address: 100 W. Rosemary Street Chapel Hill, NC 27516**

**Phone: 919-967-0643 For details go to the website: [www.ifcweb.org](http://www.ifcweb.org)**

**Description: Medical volunteers provide free health care, consultation, medicine, and information to the homeless.**

**Poor health can contribute to being homeless, and being homeless can lead to poor health. Chronic conditions undermine the capacity to maintain stable housing and function independently. For those struggling to pay for housing and other basic needs, the onset of a serious illness or disability can easily result in homelessness following the depletion of financial resources.**

**Since 1989, volunteer medical professionals have provided medical and mental health services to Community House and HomeStart residents at the Robert Nixon Free Clinic for the Homeless. These volunteers have contributed immeasurable hours of primary health care, screenings, risk assessment, patient education and mental health interventions for our homeless shelter residents.**

**The majority of homeless individuals who come to the IFC do not have health insurance and have chronic, untreated medical and mental health conditions. Attending to their physical and psychological well-being is a priority for IFC and moves ahead of any other service we can provide. With restored health, individuals have a better chance of remaining in permanent housing and being independent.**

## **ORANGE COUNTY HEALTH SERVICES**

### **Phone Numbers**

**Main: (919) 245-2400 Línea de Mensajes en Español: (919) 644-3350**

**Medical appointments: (919) 245-2400 Dental appointments: (919) 245-2435**

**Environmental Health: (919) 245-2360**

### **Our Mission**

**Our mission is to enhance the quality of life, promote the health, and preserve the environment for all people in Orange County.**

### **Chapel Hill - Medical Clinic Only**

**2501 Homestead Rd. Chapel Hill, NC 27516**

**(919) 245-2400 Press 3**

**For details go to the website: [www.co.orange.nc.us/health](http://www.co.orange.nc.us/health)**

## Hillsborough

### Medical & Dental Clinics

300 W. Tryon St.

Hillsborough, NC 27278

### Environmental Health

131 W. Margaret Lane, Suite 100

Hillsborough, NC 27278

MON – WED 8:00 am - 5:00 pm

THURS - 9:30 am - 6:30 pm

FRI - 8:00 am - 12:00 pm

## PLANNED PARENTHOOD – CHAPEL HILL, NC

1765 Dobbins Drive, PO Box 3258, Chapel Hill, NC 27514

Phone: 919.942.7762 | Fax: 919.933.5270

Planned Parenthood is a trusted health care provider, an informed educator, a passionate advocate, and a global partner helping similar organizations around the world. Planned Parenthood delivers vital reproductive health care, sex education, and information to millions of women, men, and young people worldwide.

Services include: Abortion Services; Birth Control; HIV Testing; LGBT Services; Men’s Health Care; Morning-After Pill (Emergency Contraception); Pregnancy Testing Services; STD Testing, Treatment and Vaccines; Women’s Health Care.

For nearly 100 years, Planned Parenthood has promoted a commonsense approach to women’s health and well-being, based on respect for each individual’s right to make informed, independent decisions about health, sex, and family planning.

### Providing Trusted Community Health Care

Planned Parenthood is America’s most trusted provider of reproductive health care. Our skilled health care professionals are dedicated to offering men, women, and teens high-quality, affordable medical care. One in five American women has chosen Planned Parenthood for health care at least once in her life.

The heart of Planned Parenthood is in the local community. These health centers provide a wide range of safe, reliable health care — and the majority is preventive, primary care, which helps prevent unintended pregnancies through contraception, reduce the spread of sexually transmitted infections through testing and treatment, and screen for cervical and other cancers. Caring physicians, nurse practitioners, and other staff take time to talk with clients, encouraging them to ask questions in an environment that millions have grown to trust.

### Informing and Educating the Community

Planned Parenthood is a respected leader in educating Americans about reproductive and sexual health. We deliver comprehensive sex education that empowers women, men, teens, and families to make informed choices and lead healthy lives. Planned Parenthood is proud of its vital role in providing young people with honest sexuality and relationship information in classrooms and online to help reduce our nation’s alarmingly high rates of teen pregnancies and sexually transmitted infections. Planned Parenthood affiliates provide educational programs and outreach to 1.5 million young people and adults every year.

## Leading the Reproductive Health and Rights Movement

On campuses and online, in statehouses and courts, in community settings, and in the media, Planned Parenthood is a visible and passionate advocate for policies that enable Americans to access comprehensive reproductive and sexual health care, education, and information.

The Planned Parenthood Action Fund is an independent, nonpartisan, not-for-profit organization formed as the advocacy and political arm of Planned Parenthood Federation of America. Fortifying our commitment to protect women's health, educate teens, and prevent unintended pregnancies, the Action Fund engages in educational and electoral activity, including public education campaigns, grassroots organizing, and legislative advocacy.

## UNC Campus Health

Phone: 919-966-2281 For details go to the website: [www.campushealth.unc.edu](http://www.campushealth.unc.edu)  
Address: CB #7470, Chapel Hill, NC 27599

Description: For UNC students only. Campus Health offers low-cost medical care to the NC student community. Campus Health offers wellness and preventive care, care for injury, acute or chronic medical conditions, consultation, and medical testing.

## UNC SHAC Free Clinic

Phone: 919-942-8741 For details go to the website: [www.med.unc.edu/shac](http://www.med.unc.edu/shac)  
Address: Carrboro Community Health Center Carrboro, NC 27510

Description: Health care and screenings for adults and children. See website for full list of services. Go online [www.med.unc.edu/shac](http://www.med.unc.edu/shac) to schedule an appointment.

SHAC is a student-led organization whose mission is to:

- Provide free health services to local underserved individuals and communities
- Partner with communities to develop and implement sustainable programs
- Create an interdisciplinary service learning environment for students in the health science program at UNC

### Medical Clinic

301 Lloyd St., Carrboro, NC 27510

Tel: (919) 842-6841 Email: [shacmedicalclinic@gmail.com](mailto:shacmedicalclinic@gmail.com)

### Dental Clinic

UNC School of Dentistry

Ground Floor, Tarrson Hall

101 Manning Drive, Chapel Hill, NC 27699 Tel: (646) 580-7422

### Office

UNC-Chapel Hill

037 MacNider Hall, CB #9537, Chapel Hill, North Carolina 27599

Email: [shac\\_director@med.unc.edu](mailto:shac_director@med.unc.edu)

## **MATERNAL AND CHILD HEALTH**

### **Adolescent Pregnancy Prevention Coalition of NC**

Phone: 919-226-1880/800-684-3228 For details go to the website: [www.appcnc.org](http://www.appcnc.org)

Address: 3708 Mayfair Street, Suite 310, Durham, NC 27707

Description: Aimed at preventing pregnancy among teens and adolescents.

### **Compass Center for Women and Families**

Phone: 919-968-4610 For details go to the website: [www.womenspace.org](http://www.womenspace.org)

Address: 210 Henderson Street, Chapel Hill, NC 27514

Description: The Compass Center formed from the merger of The Women's Center and the Family Violence Prevention Center of Orange County. The Compass Center will continue the work of the two agencies by providing services to prevent and end domestic violence, facilitating financial stability through career and financial education, and guiding individuals through difficult legal questions with legal resources.

### **Mothers of Multiples Chapel Hill/Durham**

Phone: 919-933-7962 for details go to the website: [www.momchd.com](http://www.momchd.com)

Description: Support group and activities for parents with at least one set of twins, triplets or more. Many members have other children as well.

### **NC Family Health Resource Line**

Phone: 919-828-1819 For details go to the website: [www.nchealthystart.org](http://www.nchealthystart.org)

Description: The NC Family Health Resource Line is for anyone in North Carolina who has questions about having a healthy pregnancy or raising happy, healthy children and teens.

### **Orange County Department of Social Services - Adolescent Parenting Program**

Phone: 919-245-2800

Address: 2501 Homestead Road Chapel Hill, NC 27516

Description: The Adolescent Parenting Program is a program for pregnant and parenting teens who are under 18 years of age.

## **Orange County Department of Social Services - Counseling for Problem Pregnancy**

Phone: 919-245-2800

Address: 2501 Homestead Road, Chapel Hill, NC 27516

Description: Counseling for Problem Pregnancies Orange County

## **Orange County Partnership for Young Children**

Phone: 919-967-9091 For details go to the website: [www.orangesmartstart.org](http://www.orangesmartstart.org)

Address: 120 Providence Rd., Suite 101, Chapel Hill, NC 27514

Description: The Partnership is a nonprofit organization dedicated to ensuring that every child in Orange County arrives at school healthy and ready to succeed.

## **Piedmont Women's Health Center**

Phone: 919-933-3301

Address: 930 Martin Luther King, Jr. Blvd., Chapel Hill, NC 27514

Description: Family planning services for women.

## **Pregnancy Support Services**

Phone: 919-942-7318 For details go to the website: [www.pregnancysupport.org](http://www.pregnancysupport.org)

Address: 104 South Estes Drive, Suite 301 A, Chapel Hill, NC 27514

Description: Offices in Chapel Hill and Durham. Christian ministry helping families deal with unplanned pregnancy.

## **The Women's Birth and Wellness Center**

Phone: 919-933-3301 For details go to the website: [www.ncbirthcenter.com](http://www.ncbirthcenter.com)

Address: 930 Martin Luther King, Jr. Blvd., Suite 202, Chapel Hill, NC 27514

Description: Provides family-centered maternity care by Certified Nurse-Midwives.

## **UNC Health Care - The Horizons Program**

Phone: 919-966-9803 For details go to the website:

[www.med.unc.edu/obgyn/centers/unc-horizonsprogram](http://www.med.unc.edu/obgyn/centers/unc-horizonsprogram)

Description: Horizons is a treatment program for women struggling with substance abuse or addiction. Services are available to all mothers or women of childbearing age who need or want to stop or reduce their use of alcohol and/or drugs.



## **HEALTH REFERRAL LINES**

### **NC CareLine**

Phone: 1-800-662-7030 (English/Spanish) 1-877-452-2514 (TTY)

Description: The CARELINE is the North Carolina Department of Health and Human Services' (NCDHHS) toll-free Information and Referral telephone service. Information and Referral Specialists provide information and referrals regarding human services in government and non-profit agencies. Available Monday-Friday, except state holidays.

### **NC CareLink**

For details go to the website: [www.nccarelink.gov](http://www.nccarelink.gov)

Description: Site provides information about programs and services across North Carolina for families, seniors, and children. It is a collaborative effort of the North Carolina Department of Health and Human Services and many other government and non-profit information and referral stakeholders across North Carolina

### **Triangle United Way**

Phone: 919-463-5011 For details go to the website: [www.unitedwaytriangle.org](http://www.unitedwaytriangle.org)

Address: PO Box 110387 RTP, NC 27709

Description: Triangle United Way serves Chatham, Durham, Orange and Wake counties by connecting callers to health and human service programs through United Way 2-1-1, a free, bilingual, 24-hour-a-day telephone information and referral service.

### **UNC HealthLink Nurse Advice Line**

Phone: 919- 966-7890

Description: UNC HealthLink provides information about UNC services and clinics. HealthLink is available 24 hours a day to answer questions. From 8:30am to 5pm, Monday through Friday, HealthLink can connect callers to a UNC clinic or practice for appointment scheduling.

## **NUTRITION**

### **Orange County Cooperative Extension**

Phone: 919-245-2050 for details go to the website: [www.orange.ces.ncsu.edu](http://www.orange.ces.ncsu.edu)

Address: 306-E Revere Road, Hillsborough, NC 27278

Description: Orange County Cooperative Extension is dedicated to our mission of helping the citizens of Orange County by putting research-based knowledge to work for economic prosperity, environmental stewardship and an improved quality of life.

### **Orange County Health Department – Nutrition Program**

Phone: 919-245-2400 For details go to the website: [www.co.orange.nc.us/health](http://www.co.orange.nc.us/health)

Address: 300 W. Tryon Street Hillsborough, NC 27278

Description: Provides chronic disease screenings at senior centers, medical nutrition therapy for people with diabetes and those at risk, sliding scale nutrition services. Accepts insured and Medicaid-eligible clients.

## **HOUSING**

### **HomeStart Residential Facility for Homeless Women and Children**

Phone: 919-932-6025

2505 Homestead Road, Chapel Hill, NC 27516

If you are a homeless single woman who would like to stay at HomeStart, please call 919-932-6025. Homeless women with children need to call the Orange County Department of Social Services at 919-245-2400 for a referral.

HomeStart provides 24-hour emergency and longer-term housing and services to homeless women and children. HomeStart's mission is to provide "a safe, structured home for homeless women and children, helping them to access community resources and offering everyone ongoing support to break the cycle of poverty and homelessness."

Domestic violence, eviction, unemployment, low-paying jobs, mental illness, lack of support services, family breakup and substance abuse are just some of the reasons HomeStart residents find themselves homeless.

The range of services provided includes meals, social work services, job coaching, health and mental health care. Intensive case management serves as the key tool for helping families to achieve their goals of earning their own income and finding affordable childcare and housing.

## **MEALS FOR HOMESTART**

Chair or Contact Person: Cindy Hynes

[Cindy\\_Hynes@unc.edu](mailto:Cindy_Hynes@unc.edu)

Additional Contact(s): Joyce Kern

[busymom1978@yahoo.com](mailto:busymom1978@yahoo.com)

Mission Statement/Purpose: Project HomeStart delivers healthy, well balanced dinners to the HomeStart Shelter for women.

Major Accomplishments: We have volunteers of all ages and interests, and we deliver 6 to 10 dinners per month to the shelter. We are the main dinner provider for the shelter, with two other groups or organizations filling in one or two days per month.

**Major Activity: Prepare and deliver dinners to HomeStart.**

## **IFC@SECU Community House**

**Phone: 919-969-9643**

**1315 Martin Luther King, Jr., Blvd., Chapel Hill, NC 27516**

**Michael Reineke, Executive Director**

**This 52-bed Community House offers safe living accommodations, meals, showers and laundry facilities. Community House guests also receive an array of services: referrals to substance abuse education and counseling; medical and mental health treatment; social worker support; job coaching; and referrals to community agencies.**

**Residents are encouraged to identify and address personal challenges, seek employment opportunities, and establish a plan with short- and long-term goals. Volunteer professionals provide health care and mental health services to respond to the various needs of homeless men.**

**All health services are provided through collaboration with Piedmont Health Services, UNC Schools of Pharmacy and Social Work, and UNC Hospitals.**

**Staff and volunteers strive to empower, educate and support homeless men so they can re-examine their life choices and take important steps towards a successful transition out of homelessness. There are a variety of volunteer opportunities for individuals and groups available at Community House, including evening volunteers, receptionists, building monitors and clinic staff.**

**On the ground floor there is a dental clinic operated by Piedmont Health Services and the Robert Dixon Free Clinic for the Homeless sponsored by UNC Health Care and the UNC School of Medicine. Private offices are available for use by volunteer psychiatrists and counselors. In addition, there is an Emergency Shelter for 17 more men when temperatures turn cold.**

**On the second floor is a commercial kitchen, dining room, the Chris Moran Library, and the 52-bed living quarters. Seven showers and commercial size washing machines will make shorter lines for daily tasks. There is even a single occupancy bathroom on the ground floor for trans-gender residents. Someone beginning to figure out his steps will bunk in a large room with up to seven others. Residents can move into a four-person room with more windows as they reach the next stage. They should be working or seeking interviews, attending classes or learning a trade. They can choose a double-occupancy room at the third stage of progress. They have their own key and freedom to go into their room whenever they want. Emergency guests will be screened at the IFC office in Carrboro and taken to Community House.**

## **HABITAT FOR HUMANITY**

### **Habitat for Humanity Contact Persons**

Jane Hathaway, [jhathaway1@nc.rr.com](mailto:jhathaway1@nc.rr.com), 919.612.2759

Kathie Kearns, [kathielkearns@gmail.com](mailto:kathielkearns@gmail.com), 919.932.9705

Additional Contact(s)

St. Thomas More

Susan Doyle 919.933.3291 [spdoyle@bellsouth.net](mailto:spdoyle@bellsouth.net)

Linda Heffernan 919.942.6862 [jheffernan@nc.rr.com](mailto:jheffernan@nc.rr.com)

Tish Galu 919.960.4437 [galump@centurylink.net](mailto:galump@centurylink.net)

### **Mission Statement/Purpose**

This ministry coordinates with other churches and groups working in conjunction with Habitat for Humanity to build good, affordable housing for local citizens.

### **Major Accomplishments**

St Thomas More has participated in 22 houses with Habitat for Humanity of Orange County since the mid-1990's, providing affordable homes in Chapel Hill, Efland and Hillsborough. For seven years STM partnered with University Methodist Church and the Newman Catholic Student Center Parish. In 2001 St Thomas More Parish provided both the volunteer labor and the finances to build the Art Hattman Memorial House in Richmond Hills, Hillsborough. Since 2004 STM and other local churches (including Holy Trinity Lutheran, Community Church of Chapel Hill, Unitarian Universalist, United Church of Chapel, and Newman Catholic Student Center Parish) have joined to build a house a year. This partnership of local churches is called Building Hope Partnership.

### **Major Activity**

Volunteers are needed to help build. Additional volunteers are needed to provide lunches for work crews.

## **SOCIAL ASSISTANCE SERVICES, FOOD, MEALS, CLOTHING, MEETING BASIC NEEDS AND HOMELESSNESS PREVENTION**

### **Child Care Services Association**

Phone: 919-967-3272 / 919-732-1148 For details go to the website:

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

Address: 1829 East Franklin Street, Building 1000, Chapel Hill, NC 27514

In many important ways, our preschool years determine our future competitive role in the global economy, the public safety of our communities, the cost-effective investment of public and private dollars, and the success of welfare reform. When child care becomes necessary for families; quality child care becomes critical for children. If done well, child care benefits us all.

What do we mean when we say child care? Child care is the fee-based early education and care services a child receives in a center or home-based setting when not in the direct care of a parent. The safe, nurturing environment of quality child care may support a child's need for early

education, a parent's need to work or attend school, or a child's need for a healthy meal and protection resulting from a family crisis.

Child Care Services Association (CCSA) is a nationally recognized nonprofit working to ensure affordable, accessible, high quality child care for all families through research, services and advocacy. We are more than just an agency working to improve child care; we are also an association of groups, individuals and volunteers committed to supporting the right of young children and their families to have the best possible life.

Child Care Services Association provides free referral services to families seeking child care, technical assistance to child care businesses, and educational scholarships and salary supplements to child care professionals through the T.E.A.C.H. Early Childhood® and Child Care WAGE\$® Projects. CCSA licenses its successful programs to states across the country and provides consultation to others addressing child care concerns.

Headquartered in the Triangle region of North Carolina, CCSA is a leader and advocate in child care services on the local, state and national level. We collaborate with many partners, businesses and stakeholders to address needs within the child care system. CCSA is only a part of the broader community's commitment to create systemic changes affecting everyone. As we grow, we come closer to the day when all children, and their teachers, have the tools they need for success.

## **Child Support Enforcement**

Phone: 919-267-9251 x2175 For details go to the website: [www.co.orange.nc.us](http://www.co.orange.nc.us)

Address: 2501 Homestead Road, Chapel Hill, NC 2514

Phone: 919-245-2175

Address: 131 W. Margaret Lane, Hillsborough, NC 27278

**Description:** Orange County Child Support Enforcement office strives to obtain child support for Orange County children, thereby strengthening the family's potential for economic independence and self-sufficiency and reducing the taxpayers' costs of public assistance.

### **Primary Services**

Obtain child support for the children of Orange County by:

- Locating non-custodial parents,
- Establishing paternity for children born outside marriage,
- Establishing child support orders, and
- Enforcing child support orders.

## **Children's Home Society of NC**

Phone: 800-632-1400 For details go to the website: [www.chsnc.org](http://www.chsnc.org)

Address: PO Box 14608, Greensboro, NC 27415

Children's Home Society has been serving children and families for more than a century, with programs built on its mission of promoting the right of every child to a permanent, safe, and loving family. Since it was founded in 1902, CHS has placed more than 15,000 children into loving, adoptive homes. Today CHS has one of the most comprehensive and seamless offerings of child welfare and family support services in North Carolina – providing programs in parenting

education, family preservation, teen pregnancy prevention, foster care, and adoption - all from one agency. Through these types of programs, CHS serves well over 20,000 clients each year, with a statewide staff and offices in ten cities across North Carolina. CHS is a 501(c)3 nonprofit organization.

**Services:** CHS services include pregnancy counseling, family and therapeutic foster care, domestic adoption for infants and older children, and adoption support services. Go to the CHS website for greater details: [www.chsnc.org](http://www.chsnc.org)

## **Club Nova Thrift Shop**

Phone: 919-967-6985 Website: [www.clubnovashop.org](http://www.clubnovashop.org)

Address: 103-C W. Main Street, Carrboro, NC 27510

Description: Thrift shop operating to increase awareness of mental illness, establish a connection and provide a service to the community, and provide fiscal support to Club Nova.

## **Food Bank of Central and Eastern NC - Food Bank of Durham**

Phone: 919-956-2513 x234 For details go to the website: [www.foodbankcenc.org](http://www.foodbankcenc.org)

Address: 708 Gilbert St., Durham, NC 27701

Description: Durham Outreach Coordinator - 919-956-2513 x2103

## **Interfaith Council for Social Services**

(919) 929-6380 For details go to the website: [www.ifcweb.org](http://www.ifcweb.org)

110 W. Main Street, Carrboro, NC, 27510

## **Crisis Intervention Program – Prevention of Homelessness**

The Crisis Intervention Program is open Monday to Friday from 9am to 5pm.

The Crisis Intervention program serves local households and persons in need by providing food, clothing, rent, utility assistance, help obtaining ID's, transportation, information and referrals. Anyone who lives or works in Chapel Hill or Carrboro may call or visit us when faced with economic uncertainty, an illness, or hardship that could lead to homelessness. Trained volunteers and professional staff assess clients' needs and provide a compassionate response to personal and household emergencies.

Members of IFC Community Services may be eligible for:

- Assistance with rent and/or utilities once every 12 months.
- Household grocery allotments every month on an as-needed basis (see "[Food Pantry](#)")
- Clothing vouchers for the PTA Thrift Shop once every six months
- Medication in case of an emergency
- Help getting an ID every two years
- Bus passes for appointments, interviews, funerals or emergencies

## **Community Kitchen**

Provides food to anyone who is hungry

100 W. Rosemary Street, Chapel Hill, NC 27516

Phone: 919-967-0643

### Meal Times

- Breakfast: 6:15 am - 7 am (7:15 am - 8 am Sundays)
- Lunch: 11:15 am - 12:30 pm (12:15 pm - 1:30 pm Sundays)
- Dinner: 6:15 pm - 7 pm (same on Sundays)

The Community Kitchen provides around 80,000 meals to hungry persons every year. Meals are free of charge and are provided to residents of Community House and anyone who is hungry. Community volunteers and volunteer groups representing congregations, businesses, neighborhoods and the University provide three nutritious, hot meals 365 days a year. The Kitchen Coordinator--the one paid staff member in the Community Kitchen--schedules and trains volunteers to prepare and serve meals. Nearly all of the food that is served is donated by local restaurants, food services, campus groups, farmers, congregations and businesses. The IFC partners with Farmer Foodshare and other local groups to provide fresh, locally-grown produce for the Community Kitchen.

The Community Kitchen relies heavily on volunteers and Community House residents to prepare and serve meals and clean up afterwards. Meal monitors provide support to volunteer groups and address client needs during the meal. Volunteers and residents also help pick up, receive, sort and store food donations.

### Groceries for Neighbors in Need

110 W. Main Street, Carrboro, NC 27510

Phone: 919-929-6380

#### Hours of operation

The Food Pantry is open from 9am to 5pm on weekdays. On most Tuesdays and Wednesdays the pantry stays open until 7pm.

The Food Pantry provides around 1,300 bags of groceries to those in need every month. Households in Chapel Hill or Carrboro, or in which an adult works in those communities, may become members of the Pantry who are welcome to receive groceries once a month. Grocery quantities offered are based on the number of people in the household. Food Pantry members may be eligible for other services. (See "Crisis Intervention" for more info.)

Staff, student interns and community volunteers receive, sort and stock food, interview clients and greet visitors at the reception desk. Evening hours are provided through a special collaboration with Project Rushhour, a service of the North Carolina Hillel.

The IFC relies on donations from individuals, congregations, community food drives, grocery stores, UNC campus, the Inter-Faith Food Shuttle and the Food Bank of Central and Eastern North Carolina. The Pantry also partners with Farmer Foodshare to receive fresh locally-grown produce that is distributed with non-perishables.

With community donations and hands-on help, holiday meals are distributed at the end of November and December to member households that have pre-enrolled.

## **MEALS ON WHEELS: Chapel Hill-Carrboro**

Chapel Hill-Carrboro MOW

Call: (919)942-2948 Email: [stacey@chcmow.org](mailto:stacey@chcmow.org)

PO Box 2102, Chapel Hill, NC 27515

Contacts: Stacey Yusko 919.942.2948 (Meals on Wheels Office);  
919.423.1812 (cell); 919.929.9752 (home)  
[stacey@chcmow.org](mailto:stacey@chcmow.org)

Lisa Finegan  
[fin5@aol.com](mailto:fin5@aol.com)

### **Mission Statement/Purpose**

We nourish the bodies and spirits of the homebound with a balanced meal and the human connection they need to help them live independently.

### **Major Accomplishments**

Meals on Wheels delivered over 33,000 meals in 2013 to people in the community who were unable to prepare meals for themselves. We provide a hot meal at lunch regardless of a person's ability to pay. We have over 150 dedicated volunteers who work to help those who are aging, infirm or disabled (mentally or physically) in our community. We have managed to create new routes to meet the continuous increase in demand, and we have no waiting list for services right now.

### **Major Activity/Volunteer Opportunities**

We always need drivers to deliver the meals on a substitute as well as a regular basis. We need volunteers to bake home-made desserts for our daily delivery. We need someone to help coordinate the donation of fruit cups for our Wednesday deliveries. We will have a benefit in the fall to help raise funds to cover the subsidy we provide our recipients who can't cover the full cost of a meal. We will need volunteers to help plan and staff that.

## **Orange Congregations in Mission**

Phone: 919-732-6194 For details go to the website: [www.ocimnc.org](http://www.ocimnc.org)

Address: 300 Millstone Drive, Hillsborough, NC 27278

Description: Orange Congregations In Mission is a private non-profit ministry composed of over 40 congregations in northern Orange County, North Carolina. OCIM strives to meet the emergency needs of those who find themselves in a crisis.

## **SAMARITAN RELIEF MINISTRY**

The Samaritan Relief Ministry has seen an increase in people needing help with the basics of life, such as food, shelter, water, electricity and clothing. Much publicity has been given to the national issue of food banks running out of food. At this point, the Samaritan Relief Ministry has not had to turn anyone away because of a lack of food, through sometimes the ministry has had to purchase the basics such as soup, fruit and beans.



## **MEALS ON WHEELS: Northern Orange County**

The Meals on Wheels program delivers a nutritious meal to frail, elderly and homebound residents of northern Orange County.

## **WALK FOR HUNGER**

The Walk for Hunger endeavors to alleviate local hunger and create a new funding support to the OCIM Food Pantry and Meals on Wheels.

## **INTERFAITH WORSHIP**

Interfaith services are held periodically at one of the member congregations. For example, our annual Thanksgiving Service is held in November. Its location changes each year and is advertised in the Hillsborough Newspaper and through mailings to local congregations.

## **OCIM THRIFT SHOP**

**Address: 300 Millstone Drive, Hillsborough, NC 27278**

A great place to shop for bargains. Clothes are very reasonably priced. Antique and rare book shoppers are welcome! Household items and furniture are gently used and cleaned. Revenue from the OCIM Thrift Shop supports our ministries.

## **Orange County Department Of Social Services – The Food and Nutrition Services Program (formerly Food Stamps)**

**Phone: 919-245-2800 Website: [www.co.orange.nc.us/health](http://www.co.orange.nc.us/health)**

**Address: 2501 Homestead Road, Chapel Hill, NC 27516**

The Food and Nutrition Services Program (formerly Food Stamps) is a federal program that provides a monthly allotment of benefits issued via Electronic Benefit Transfer cards (EBT cards) that can be used like debit cards. The Food and Nutrition Services Program is an entitlement program, so all eligible individuals and households can receive assistance. Benefits may be used to purchase most foods at participating stores. They may not be used to purchase tobacco, pet food, paper products, soap products, or alcoholic beverages.

### **Eligible applicants must:**

- Be a U.S. Citizen or an immigrant admitted to the United States under a specific immigration status. Citizens and eligible immigrants must also meet all other Food and Nutrition Services Program eligibility requirements.
- Meet an income test to receive benefits. Income limits vary by household size. (Current income limits can be found on the website.)

This is just a guide. An eligibility worker at the Department of Social Services will assess your individual situation and inform you of your eligibility status. Interested in seeing if you might qualify? Go to the website and click on qualifications button.

The United States Department of Agriculture has an online screening tool that can tell you whether you might qualify based on income, family size and other information. This is not an

application for services. All applications must be processed by the Department of Social Services in your county.

**Application Information:**

Applications are taken by Income Maintenance workers at both of the Orange County Department of Social Services buildings on a first-come first-served basis. Persons who live in households consisting only of SSI (Supplemental Security Income) applicants or recipients may apply for Food and Nutrition Services benefits at the Social Security Administration Office.

You can also fill out the online application found [here](#) and mail it in. A caseworker will contact you for additional information.

Bringing the following items will aid in the process of applications:

- Identification
- Social Security Cards or numbers for all members of household (Including children)
- Proof of Residence - (Lease, rent or mortgage receipts, utility bill)
- Proof of Income - (Pay stubs, SSI, Social Security, Work First, Pensions or Other)
- Bank Accounts - (Recent bank statements and or passbooks, etc.)
- Utility Bills - (Gas, electric, phone, water, sewer, etc.)
- Tax Bill/Insurance - If Homeowner
- If Elderly/Disabled - (Unpaid medical bills, prescriptions, health and hospital insurance)
- Proof of Child Care Costs - (If employed or in school full-time)

## **Orange County Health Department - Vital Records**

Phone: 919-245-2409 Website: [www.co.orange.nc.us/health](http://www.co.orange.nc.us/health)

Address: 300 W. Tryon Street, Hillsborough, NC 27278

Description: All birth and death certificates pass through Vital Records for completion, verification of information, and signature of the Health Director before being sent to the Register of Deeds for certification.

## **Orange County Register of Deeds**

Phone: 919-245-2700 Website: [www.co.orange.nc.us/deeds](http://www.co.orange.nc.us/deeds)

Address: 228 South Churton Street, Suite 300, Hillsborough, NC 27278

Description: The Register of Deeds serves as custodian and manager of a large number of public records.

## **PTA Thrift Shop**

Phone: 919-942-6565 For details go to the website: [www.ptathriftshop.com](http://www.ptathriftshop.com)

Address: 115 W. Main Street, Carrboro, NC 27510

Description: The PTA Thrift Shop, Inc. is a non-profit resale business operated for the benefit of the Parent Teacher Associations of the public schools located in Chapel Hill and Carrboro.

115 W. Main St., Carrboro, 125 West Main, St. Carrboro, Village Plaza 103 S. Elliot, Chapel Hill

## **St. Thomas More Church Caring and Sharing Ministry**

**Caring and Sharing Center Phone: 919.942.6263**

**Phone: 919-942-1040 x263 Website: [www.church.st-thomasmore.org](http://www.church.st-thomasmore.org)**

**Address: 940 Carmichael Street Chapel Hill, NC 27514**

**Description: Run by volunteers; Emergency food, shelter, housing, and clothing**

### **Hours of Operation**

**Monday-Friday from 11:00 a.m.-2:00 p.m., Saturdays from 10-12, Sundays from 3-4.**

**Please bring donations ONLY when the Center is open.**

### **Contact Persons**

**Marie Clark, 919.942.9222 , [mariepaulaclark@yahoo.com](mailto:mariepaulaclark@yahoo.com)**

**Marilyn Kearns, 919.967.8277, [mrkearns@nc.rr.com](mailto:mrkearns@nc.rr.com)**

### **Mission Statement/Purpose**

**To provide gently used clothing and household items in good condition for the needy in our community and surrounding counties. (For food donations, contact InterFaith Council at 919-929-6380. For furniture donations, contact the Furniture Project at 919.578.2989.**

### **Major Accomplishments**

**The Caring and Sharing Center provides a variety of clothing and household items free of charge to over 400 individuals or families every month. Please bring donations only when the Center is open.**

## **FINANCIAL MINISTRY**

### **Chair or Contact Person**

**Mary Ellen McGuire, Pastoral Associate**

**919.942.6230**

**To contact by email, click at [email me...@stmchapelhill.org](mailto:email_me...@stmchapelhill.org)**

### **Mission Statement/Purpose**

**Ministry members talk to local residents experiencing a financial crisis. We provide a compassionate, listening ear and can offer prayer support and sometimes financial support to help with rent/utilities.**

### **Major Accomplishments**

**Each year we help 400-500 families with rent or utility payments. Our aim is to help keep people in their homes, giving priority to the elderly, handicapped persons, and families with young children.**

### **Major Activity**

**The ministry is open Mondays from 8:30-11:30am, and we receive inquiries in person and on the telephone. We get to know about the person's situation and make a determination about if/how we are able to assist; we also offer local referrals for additional resourcing.**

### **Additional Information**

**If you are in need of financial assistance, please come to the parish office, or call on Mondays**

from 8:30-11:30am. Phone number: 919-942-6216. You may also try Catholic Charities in Durham at 919-286-1964 or InterFaith Council in Carrboro at 919-929-6380.

## **MIGRANT WORKER OUTREACH**

### **Chair or Contact Person**

Tish Galu 919.225.2986 [galump@centurylink.net](mailto:galump@centurylink.net)

### **Additional Contact(s)**

Mary Ellen McGuire 919.942.6230

[memcguire@st-thomasmore.org](mailto:memcguire@st-thomasmore.org)

### **Mission Statement/Purpose**

Migrant Worker Outreach collects and packages toiletry donations from St. Thomas More parishioners. Donated goods and funds are delivered to a local clinic in cooperation with Catholic Charities.

### **Major Accomplishments**

Each summer, 200-300 health kits are delivered for migrant workers in NC fields.

Major Activity: This is a summer-only service project.

## **FURNITURE PROJECT**

**919-5788-2989**

### **Mission Statement/Purpose**

The Furniture Project is an ecumenical ministry of 18 faith communities (16 churches and 2 synagogues) plus 3 businesses under the umbrella of St. Thomas More. We collect gently used furniture, provide a tax donation form, and deliver to families that are recommended to us by advocates of service organizations that help the homeless and marginalized.

### **Major Accomplishments**

We have worked with Red Cross, Catholic Charities, and the Department of Social Services to help flood victims. We have provided beds for 21 children and their families in January alone. We received referrals for those coming out of shelters, marginalized workers at UNC and the hospitals, domestic violence victims, children in our local schools, and others who cannot afford to adequately furnish their apartments. Many Christian immigrants fleeing their homelands for the safety of their families have arrived here with nothing but their suitcases.

### **Major Activity**

This is an all-volunteer effort. We are in need of those with pickup trucks to help occasionally or regularly with either picking up donations or delivering to a needy family. We are also in need of individuals who can help lift furniture. Volunteers must be at least 18 years of age and have insurance. We have a fun group of volunteers and would love to expand our group, so if you have

the time and want to see someone transformed before your eyes when the furniture is delivered, please join us. This is a life-changing ministry for both the recipient and the volunteer.

## **SOCIAL SECURITY ADMINISTRATION**

Phone: 800-772-1213 For details go to the website: [www.ssa.gov](http://www.ssa.gov)

Address: 3308 Chapel Hill Blvd, Durham, NC 27707

Description: Social Security Information and filing assistance

## **STARS OF HOPE QUILTERS**

Chair--Sue Wolf [919.942.5425](tel:919.942.5425)  
[starsofhope.nc@gmail.com](mailto:starsofhope.nc@gmail.com)

Co-Chair, Anneke Jakes [919.542.1548](tel:919.542.1548)  
[ajakes1@embarqmail.com](mailto:ajakes1@embarqmail.com)

### **Mission Statement/Purpose**

Our mission is to bring comfort to our wounded troops returning from the wars on terror by covering them with a quilt (aka Quilts of Valor). We want them to know that the "home front" cares about them and we thank them for their service.

### **Major Accomplishments**

So far we have made three deliveries to the 'Warrior in Transition' Battalion at Ft. Bragg and have delivered over 200 quilts. We have a goal of 500 quilts.

### **Major Activity**

We have booths on Memorial Day at the American Legion and also at various quilt show venues in the region. We have made presentations at the American Legion. Our quilts have also received local media recognition.

## **PSYCHOSOCIAL REHABILITATION (PSR)**

These are services aimed at assisting the person with severe and persistent mental illness to regain skills and maximize functioning in the community. This might mean returning to work or school, or moving toward more independence.

## **CLUB NOVA**

Phone: 919-968-6682 For details go to the website: [www.clubnova.org](http://www.clubnova.org)  
103-D West Main Street, Carrboro, NC 27510

Club Nova promotes and provides opportunities for individuals with mental illness to lead meaningful and productive lives of their choice in the community. Club Nova was founded in 1987 to address the needs of Orange County citizens living with mental illness, Club Nova provides a holistic, caring environment designed to promote rehabilitation and reintegration into

the community. Club Nova follows the successful Clubhouse Model pioneered by Fountain House in New York City. Club Nova focuses on members' strengths and potential rather than illness.

### **A Place to Come**

Mental Illness typically isolates individuals from society. Club Nova provides a place to come for a sense of belonging, acceptance, friendships, and repeated opportunities.

### **Club Nova offers:**

A place to come six days a week  
Support through a newly discovered circle of friends  
Opportunities to gain confidence through the work-ordered day  
A range of employment opportunities  
Access to housing  
Supported education  
Evening and weekend social/recreation programs  
Community support services (case management)  
13 affordable meals each week

### **Meaningful Work**

To live meaningful lives, we each must have some place that expects us - where we are needed. Members are needed at Club Nova.

## **Caramore Community Inc.**

**(919) 967-3402** - For details go to the website: [www.caramore.org](http://www.caramore.org)  
550 Smith Level Road, Carrboro, NC 27510

Caramore Community is a 24-hour employment and independent living services program for adults living with mental illness in North Carolina. Caramore Community services are normalized, clinically-coordinated, transitional, and community-based.

## **TROSA Inc. (Triangle Residential Options for Substance Abusers, Inc.)**

**(919) 419-1059** For further information go to [www.trosainc.org](http://www.trosainc.org)  
1820 James Street, Durham, NC 27707

TROSA is a comprehensive two-year residential substance abuse recovery program in Durham, accepting substance abusers with one condition: they must have a strong desire to change their lives. TROSA's program elements include vocational training, education, counseling, mentoring, leadership training, and continuing care.

Vocational training is the cornerstone of our treatment program. TROSA residents receive vocational training through our operations and businesses, which creates a sense of community and shared responsibility for the individual's and the group's

success. Importantly, all residents gain a strong work ethic and a wide variety of marketable job skills (customer service, computer, and phone skills) as well as specific skills depending on the resident's vocational training placement (such as moving, lawn care, warehousing, auto mechanics, sales, masonry, construction, and catering).

## **EARLY CHILDHOOD EDUCATION SERVICES**

### **CHAPEL HILL TRAINING-OUTREACH**

#### **Chapel Hill Training-Outreach Project, Inc.**

800 Eastowne Dr., Suite 105, Chapel Hill, North Carolina 27514  
Tel: (919) 490-5577 Fax: (919) 490-4905 TDD: (919) 490-5577

Mike Mathers, (ext. 223)  
Executive Director

Angela Wilcox, (ext. 247)  
Director of Orange County Head Start and Early Head Start

Linda Baker 919-493-1584  
Director ARCH and FRIENDS

Jill Kagan (703) 256-2084  
Director of ARCH and the National Respite Network

Linda Foxworth (919) 644-6590 (ext. 4810)  
Director KidSCOPE Early intervention Program

Melissa Mishoe (919) 439-7107  
Director Durham Early Head Start

Terry David (ext. 266)  
Director Durham Head Start

Chapel Hill Training-Outreach Project is a national provider of training and technical assistance services, and audiovisual and print materials, as well as a provider of direct services to families and children such as Head Start and Early Head Start.

Our mission is to develop, demonstrate and deliver programs and strategies that will enhance the lives of children, youth and families. Of principal concern to outreach project staff are families in poverty, families caring for the elderly, children with disabilities or chronic illness, and children at risk of abuse and neglect.

CHTOP, Inc. was started in 1969 as one of the original outreach projects which were created to develop and disseminate strategies for educating young children with disabilities. In its early days, staff developed a series of products which promoted a solid understanding of child development using commonly accepted developmental milestones. These assessment instruments are available today through our publishing partners (Early LAP for children birth to three, LAP-3 for children three to five. LAP-D (diagnostic edition) for children three to five.

CHTOP regards parents as the child's primary teachers, and there has always been a strong emphasis on developing effective parenting strategies. CHTOP's involvement with Head Start and Early Head Start emphasizes the critical role of parents and parenting in child development. Parenting is a main component in our Family Resource Centers as well. For parents and parenting caring for children with disabilities, the ARCH program provides a system for acquiring respite care, and our FRIENDS program strengthens state systems to prevent child abuse and neglect through local, community-based programs. Our focus on children with disabilities remains a primary object through all CHTOP programs but especially through the KidSCOPE program that provides therapy, parenting and child development services and training for families with children with special needs.

**Respite** is planned or emergency care provided to a child or adult with special needs in order to provide temporary relief to family caregivers who are caring for that child or adult. To learn more go to [www.archrespite.org](http://www.archrespite.org) and [www.archrespite.org/locator](http://www.archrespite.org/locator)

## **KIDSCOPE**

**What is KidSCOPE?**

KIDSCOPE's mission is to help children and families understand the effects of cancer or chemotherapy on a loved one, to provide suggestions for coping, and to develop innovative programs and materials that communicate a message of hope to diverse families coping with this crisis.

The name, KIDSCOPE, can be read as Kids Cope; one of our goals is to help children successfully cope with the diagnosis and treatment of a parent with cancer. Read another way-Kid Scope, our name suggests our additional goal of understanding a parent's cancer from a child's point of view. Children have a unique perspective that changes with each developmental stage. The impact of a parent's cancer on a three-year-old child is quite different from the likely effect on a thirteen-year-old. It is our hope that by bringing families some basic information about what to expect, we will improve the quality of life for any family dealing with the trauma of cancer diagnosis and the challenges of often-grueling treatment regimens.

Thus far, KIDSCOPE has focused primarily on the production and distribution of educational materials designed to help families coping with a caretaker's cancer. Two products were produced in 1995 and have been distributed to over 40,000 individuals in all 50 states and a number of countries internationally.

**Kemo Shark** - KIDSCOPE's first product was a 16 - page color "comic book" designed to help children understand the psychological and physiological changes in a parent who has cancer and is under-going chemotherapy. Kemo Shark is available in English or Spanish.

**Our DVD** - KIDSCOPE has produced a video about children's reactions to a diagnosis of breast cancer in their mothers. **My Mom Has Breast Cancer** includes interviews with seven children and four mothers who have successfully weathered this experience. The DVD includes this video as well as a narrated version of the comic. The DVD includes both products in English and Spanish.

KIDSCOPE'S funding comes solely through contributions from the public and foundations. If you were to consider making a contribution it would, of course, be tax-deductible for federal income tax purposes. Our federal ID number is 58-2098712. We don't sell our comic book or our DVD, so



the only way we have to raise money is to ask. If we've helped your family, please help us get these materials to other families. Our address is: KIDSCOPE, 2045 Peachtree Road, Suite 150, Atlanta, GA 30309

**FRIENDS** (the National Center for Community-Based Child Abuse Prevention (CBCAP) provides training and technical assistance to federally funded CBCAP programs. FRIENDS stands for Family Resource Information, Education and Network Development Services.

**Who is FRIENDS?**

We are a program of the Chapel Hill Training and Outreach Program, Inc. in Chapel Hill, North Carolina. We provide our service through a coordinated effort with other national organizations and initiatives with the aim of preventing child abuse and neglect and supporting families. Our network of partners and consultants allows us to offer cutting-edge services from leaders in the prevention field.

**What does FRIENDS provide?**

FRIENDS provides services to the CBCAP community through targeted training and technical assistance efforts. These efforts include an annual grantees meeting, regional training, and individualized on-site training on request from CBCAP lead agencies. FRIENDS Technical Assistance Coordinators work with lead agencies to build a plan for capacity building in order to better meet the requirements of Title II of the Child Abuse Prevention and Treatment Act as Amended in 2003 (CAPTA). For more information about our services please visit the Our Services section of our web site.

**What is FRIENDS National Center for Community-Based Child Abuse Prevention (CBCAP)?**

FRIENDS National Center for Community-Based Child Abuse Prevention (CBCAP) is a service of the United States Department of Health and Human Services, Administration for Children and Families, Children's Bureau. We are a federally mandated Training and Technical Assistance Provider for CBCAP lead agencies.

## **ORANGE COUNTY HEAD START AND EARLY HEAD START**

The Orange County Head Start and Early Head Start program began in 1997 as an Early Head Start program. Orange County is composed of two distinct geographic areas. The Chapel Hill-Carrboro area in the southeastern corner of the county is home to the University of North Carolina, and home to 20,000 students and a large population of well-paid and well-educated persons who are connected with the university and the adjacent Research Triangle Park. With more than half the county's population, the Chapel Hill-Carrboro area has its own school system. The rest of the county is mainly rural with social, educational and economic conditions that are typical of other rural areas in the state. A second school system serves this part of Orange County. Today, there is The Chapel Hill-Carrboro Head Start Program of the Chapel Hill-Carrboro City School System and The Orange County Head Start and Early Head Start program of the Chapel Hill Training-Outreach Project, Inc.

### **Eligibility**

To qualify for enrollment in the Orange County Head Start and Early Head Start programs, families must meet the poverty guidelines that are established by the US Department of Health and Human Services.

At time of enrollment, families must provide documentation to demonstrate that they are living at or below these guidelines.

2015 Head Start Family Income Eligibility Guidelines (130% of the Federal guidelines for poverty):

Family Size:	Yearly family Income 100%	Yearly family Income 130%
1	11,770	15,301
2	15,930	20,709
3	20,090	26,117
4	24,250	31,525
5	28,410	36,933
6	32,570	42,341
7	36,730	47,749
8	40,890	53,157
For each additional family member	Add: \$4,160	

**Age and Residence:**

Pregnant women and families with children under age three who are living in Orange County are eligible to apply for the Early Head Start program. Families with children age 3 and 4 and who reside in that portion of Orange County served by the Orange County Schools are eligible to apply for the Pre-K Head Start program. Those otherwise qualified families living in the portion of Orange County served by the Chapel Hill-Carrboro City Schools are eligible to apply for the Chapel Hill-Carrboro Pre-K Head Start program.

**Enrollment Applications:**

Go to [www. chtop.org](http://www. chtop.org) and click on the table Head Start enrollment applications (in English or Spanish) that you can print, fill out and mail along with additional required documents to: Orange Co. Head Start and Early Head Start, 800 Eastowne Drive, Suite 105, Chapel Hill, NC 27514

**PERSONS WITH DISABILITIES**

**The Arc of Orange County**

Phone: (919) 942-5119 For details go to the website: [www.arcofororange.org](http://www.arcofororange.org)

Address: 208 North Columbia Street, Suite #100, Chapel Hill, NC 27514

Description: The Arc of Orange County works with and for people who have or are at risk for developmental disabilities to promote full participation in areas of life in our community.

## **Club NOVA**

Phone: **919-968-6682** For details go to the website: [www.clubnova.org](http://www.clubnova.org)

Address: 103 D West Main Street, Carrboro, NC 27510

Description: Club Nova promotes and provides opportunities for individuals with mental illness to lead meaningful and productive lives of their choice in the community.

## **Exceptional Children's Assistance**

Phone: **800-962-6817 / 919-571-8092** Website: [www.ecac-parentcenter.org](http://www.ecac-parentcenter.org)

Address: 3803 Computer Drive, Building B, Suite 205, Raleigh, NC 27609

Description: Offers a variety of projects and services designed to meet the needs of NC parents, families, students, educators and other professionals working with children with disabilities.

## **Family Support Network of Central Carolina, CDSA**

Phone: **800-852-0042 / (919) 560-3000**

For more information go to the website: [www.familysupportcentralinc.org](http://www.familysupportcentralinc.org)

Address: 115 Market St., Suite 201, Durham, NC 27701

Description: Family Support Network of North Carolina promotes and provides support for families with children who have special needs.

## **Disability Rights North Carolina**

Phone: **800-821-6922** For details go to the website: [www.disabilityrightsncc.org](http://www.disabilityrightsncc.org)

Description: Disability Rights North Carolina is an independent, private not-for-profit organization. Designated by the Governor on July 1, 2007 to ensure the rights of all state citizens with disabilities through individual advocacy and system change, Disability Rights NC (formerly Carolina Legal Assistance) is part of a national system of federally mandated independent disability agencies.

## **Orange County Health Department - Child Service Coordination Program**

Phone: **919-245-2429** For details go to the website: [www.co.orange.nc.us/health](http://www.co.orange.nc.us/health)

Address: 300 W. Tryon Street, Hillsborough, NC 27278

Description: Child Service Coordination is an interagency program available to any child birth to age 5, regardless of financial status, who is medically or socially at risk for developmental delays or who has been identified with developmental concerns.

## **Residential Services Inc.**

Phone: **919-942-7391** For more information go to website: [www.rsi-nc.org](http://www.rsi-nc.org)

Address: 111 Providence Road, Chapel Hill, NC 27514

Description: RSI provides community-based residential services to people with developmental disabilities.

## **TEACCH - Treatment and Education of Autistic and Related Communication Handicapped Children**

Phone: 919-966-2174 For details go to the website: [www.teacch.com](http://www.teacch.com)

Description: TEACCH is a service, training, and research program for individuals of all ages and skill levels with autism spectrum disorders.

## **SENIOR SERVICES**

### **A Helping Hand**

Phone: 919-969-7111 For details go to the website: [www.ahelpinghandnc.org](http://www.ahelpinghandnc.org)

Address: 1502 W. NC Hwy 54, Suite 405, Durham NC 27707

Description: Volunteers provide companion care and escorted transportation services for seniors in Orange, Durham, and Chatham Counties.

### **Arthritis Foundation - NC Triangle**

Phone: 919-966-0547 Website: [www.triangelarthritismark.org](http://www.triangelarthritismark.org)

Address: 3330 Thurston Bldg., CB 7280, Chapel Hill, NC 27599

Description: Arthritis advocacy and education services; Coordinates Arthritis Walk for the Triangle region.

### **Charles House Eldercare Center**

Phone: 919-967-7570 For details go to the website: [www.charleshouse.org](http://www.charleshouse.org)

Address: 109 Hillcrest Avenue, Carrboro, NC 27510

Description: Provides daytime care for older adults with mild to moderate impairments as well as respite for their families.

### **Duke HomeCare and Hospice**

Phone: 919-620-3859 For details go to the website: [www.dhch.dukehealth.org](http://www.dhch.dukehealth.org)

Address: 4321 Medical Park Drive, Suite 101, Durham, NC 27704

Description: Duke Home Care & Hospice is a community-focused home care agency that provides home care to those in need. Duke Home Care & Hospice is governed by the Duke University Health System Board of Directors and is JCAHO accredited.

### **Orange County Department on Aging (Robert and Pearl Seymour Center)**

Phone: 919-245-2000 For details go to the website: [www.co.orange.nc.us/aging](http://www.co.orange.nc.us/aging)

***A detailed directory of services is available on the website.***

Address: 2551 Homestead Road, Chapel Hill, NC 27516

Description: Provides many health, social, and wellness services available for individuals 55 years of age and older.

## **Orange County Department on Aging – Aphasia Support Group and Counseling**

Phone: 919-966-9460 Also go to <http://www.aphasiaproject.org>

Address: 2551 Homestead Road, Chapel Hill, NC 27516

Description: Meets Mondays, 1-2:30 pm. Conversation groups and individual consultations for people with aphasia offered through UNC Division of Speech and Hearing Sciences Program.

## **Orange County Department on Aging – Central Orange Senior Center**

Phone: 919-245-2015 Website: [www.co.orange.nc.us/aging](http://www.co.orange.nc.us/aging)

Address: 103 Meadowlands, Hillsborough, NC 27278

Description: Provides wellness and physical activity programs for Orange County seniors.

## **LATINO-FOCUSED SERVICES**

### **El Centro Hispano**

Durham Branch Phone: 919-687-4635 Website: [www.elcentronc.org](http://www.elcentronc.org)

Address: 201 West Main Street, Suite 100, Durham, NC 27701

Carrboro Branch Phone: 919-945-0132 Fax: 919-945-0141

Address: 104 Hwy 54, Unit FFF, Carrboro, NC 27510

### **Our Mission at El Centro Hispano**

El Centro Hispano (ECH) is a 501 (c) (3) grassroots community-based organization dedicated to strengthening the Hispanic/Latino community and improving the quality of life of Hispanic/Latino residents in Durham, Carrboro, Chapel Hill and surrounding areas. We accomplish our mission through service, education and community organizing.

### **Message from our President**

The organization began in 1992 as a small program, serving 200 people, located in the basement of the Iglesia de San Andrés (now known as Iglesia del Buen Pastor) in Durham.

Since 1992, the population of Latino residents in our area has grown from 3,000 to 37,000. Latinos now make up 13.5% of the population of Durham County and 8.2% of the population of Orange County. As the Latino population has grown, so has El Centro Hispano. El Centro now has two locations, one in Durham and one in Carrboro-Chapel Hill. It is the largest grassroots Latino organization in North Carolina. We have an active membership base of more than 1,000 dues-paying members and provide programs and services to more than 10,000 community members annually.

El Centro Hispano has been working to fulfill its mission, providing programs and services in four core program areas:

- **Support Services:** Direct Support and Emergency Services, Employment Advice, Legal Services, Tax Services, Domestic and Sexual Violence Prevention, and Cultural Development.
- **Education:** Basic Literacy, Elementary and Secondary Education for Adults, English as a Second Language, Tutoring, Child Enrichment, Youth Development, and Parenting Support.
- **Health Education and Prevention:** Diabetes, Nutrition, Stroke, Breast Cancer, and HIV Education; LGBTQ Support Group; and Liaison with the Public Health System.
- **Community Organizing:** Youth and Community Leadership Development, Advocacy and Coalition Building, Soccer Academy, Civic Engagement, Neighborhood Organizing, Outreach.

## **El Futuro**

Phone: 919-338-1939 For details go to the website: [www.elfuturo-nc.org](http://www.elfuturo-nc.org)

Address: 110 W. Main St., Suite 2H, Carrboro, NC 27510

**Description:** El Futuro serves the mental health and addiction needs of Latino children and their families.

Our mission is to strengthen the whole community by providing and advancing bilingual and culturally informed behavioral health treatment for underserved Spanish-speaking individuals and families. We do this by providing 1) high impact (evidence-based) clinical services; 2) training for professionals who work with this population; and 3) prevention, education and outreach in the community.

The clinical work of El Futuro includes evidence-based practices used by clinicians who are licensed behavioral health service providers in North Carolina. Therapy includes Interpersonal Psychotherapy (IPT), Cognitive Behavioral Therapy (CBT), Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Child Parent Psychotherapy (CPP), Dialectical Behavioral Therapy (DBT), Motivational Interviewing (MI), Parent Child Interaction Therapy (PCIT) and Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS). Two of our clinicians are certified instructors in the Incredible Years Parenting facilitation.

**Services:** Mental Health Evaluations; Individual, Family and Group Therapy; Psychiatric Treatment; DWI Assessment and Treatment (including ADETS); Parenting classes, Social skills classes and DBT Skill Classes; Substance Abuse Evaluation and Treatment; Trauma Treatment (all ages).

We accept Medicaid, Health Choice, and other insurances. We also serve those who do not have insurance. For further questions surrounding payment, we encourage clients to attend our orientation appointments. El Futuro firmly believes that money should be no obstacle in accessing quality health care.

## **Mexican Consulate**

Phone: 919-754-0046 Website: <http://consulmex.sre.gob.mx/raleigh/>

Address: 336 E. Six Forks Rd., Raleigh, NC 27609

## **COMMUNITY ORGANIZATIONS**

### **American Red Cross Central NC Chapter**

Phone: 919-489-6541 For details go to the website: [www.redcross.org/nc/durham](http://www.redcross.org/nc/durham)  
Address: 4737 University Drive, Durham, NC 27707

**Description:** The American Red Cross provides relief to victims of disasters and helps people prevent, prepare for, and respond to emergencies.

Serving 53 counties and more than 4.6 million people, the American Red Cross Eastern North Carolina Region is comprised of the Cape Fear, Carolina, Northeastern, Sandhills, and Triangle Area Chapters.

Your Red Cross is here to help you prevent, prepare for and respond to life-threatening emergencies by providing the following services:

#### **DISASTER RELIEF**

The American Red Cross provides disaster relief every 7 hours in the Eastern North Carolina Region. You can Get Help if you are affected by disaster or you can Prepare for a disaster before it happens. The Red Cross can help.

#### **LIFE-SAVING BLOOD**

Blood donors report feeling a sense of great satisfaction after making their donation. Why? Because helping others in need just feels good. Find an open fixed site near you, or search for a blood drive on [RedCrossBlood.org](http://RedCrossBlood.org).

#### **SERVICE TO THE ARMED FORCES**

The Service to the Armed Forces program dates back to the establishment of the American Red Cross by Clara Barton in May 1881. Not only did the “Angel of the Battlefield” risk her life tending to soldiers wounded in the Civil War, she bolstered their morale by writing letters for them to send to their families. Today’s American Red Cross workers proudly carry on this tradition through our military support programs.

#### **CPR, First Aid, AED, and more**

Emergency responder, lifeguard, babysitter, volunteers - Around 9 million people yearly gain the skills they need to prepare for and respond to emergencies - First Aid, AED and CPR training. Get engaged. Get certified. Get inspired. Search for a class near you.

#### **READY WHEN THE TIMES COMES (RWTC)**

Our corporate volunteer program, Ready When the Time Comes (RWTC), is designed to tap into corporate America's expertise and desire to help people in need. The American Red Cross trains employees from partnering corporations and mobilizes them as a community-based volunteer force when disaster strikes.

## **Dispute Settlement Center**

Phone: 919-929-8800 For details go to the website: [www.disputesettlement.org](http://www.disputesettlement.org)

Address: 302 Weaver Street, Carrboro, NC 27510

**Description:** Our mission is to promote and bring about the peaceful settlement of disputes and to prevent the escalation of conflict through mediation, conciliation, facilitation, and training.

**Mediation** is a voluntary, informal, confidential process in which neutral mediators assist parties in a discussion of issues. In over 85% of cases, parties reach a mutually agreeable resolution of their dispute. We can arrange a convenient time for you. Mediation is available for co-workers, business associates, family, friends, neighbors, homeowner-contractor, landlord-tenant, court-referred, roommates, and special education.

### **Separation and Divorce Mediations**

Separating couples face many complex issues, including division of property and parenting arrangements. The ability to have constructive and respectful conversations about these issues can help each party move on. The benefits to the parties and children can be immense. (To read about Robert Emery PhD's study on divorce mediation's benefits for children, go to [www.emeryondivorce.com](http://www.emeryondivorce.com).)

### **Elder Issues**

Aging is a transition that poses emotional, legal and financial challenges for families. Being able to talk about the issues can be tough. Avoiding decisions can be costly. Having high conflict conversations that don't end well can hurt family relationships for a long time. Examples of eldercare issues include: How will we plan for our loved one's future housing and care? Can we get past this lingering dispute over inheritance? How do we divide the duties of care for our aging relatives? How can we communicate with each other better?

### **Public Disputes**

The Public Disputes Program provides meeting facilitation, multi-party mediation, and training services so that groups and communities will be more effective at resolving conflict, discussing difficult topics, and developing collaborative problem-solving skills.

### **Youth Programs**

For youth, educators, schools, and community organizations we offer interactive and age-appropriate trainings and interventions into youth and staff conflict.

### **What kinds of trainings do we offer?**



**In Schools:** Peer mediation training and consultation, conflict management and communication skills, conflict resolution for educators, mediation and facilitation for students, mediation and facilitation for staff.

**In the community:** Conflict resolution and communication skills, group leadership skills, family table parent-teen conflict resolution skills, mediation and group facilitation, presentations for public housing neighborhoods, after-school programs, university groups, congregations, parents, summer camp.

For more information contact Will Dudenhausen at [will@disputesettlement.org](mailto:will@disputesettlement.org) or Val Hanson at [vhanson@disputesettlement.org](mailto:vhanson@disputesettlement.org)

## **JUSTICE UNITED**

### **Co-Chairs**

**Tish Galu**

**919.225.2986**

**galump@centurylink.net**

**Maurico Castro**

**919.423.6332**

**macalcdc@aol.com**

### **Mission Statement/Purpose**

We are organized so that families and institutions have a way to respond to the economic, political, social and cultural pressures we are facing. We want to make positive changes in the community that will make Orange County a better place to live and work. St. Thomas More and 25 other faith-based organizations/institutions come together to work for the common good. We are called *Orange County Justice United in Community Effort* – for short – *Justice United*.

Our Action Teams have worked diligently and have accomplished the following:

- incorporated a living wage policy in Chapel Hill and updated the policy in Carrboro
- partnered with RENA/CEER to make sure that the Board of County Commissioners do not locate a transfer station in the Rogers Road community
- negotiated with the Town of Carrboro and apartment complexes to make sure they are safe and healthy
- completed an affordable housing study in the Town of Chapel Hill and proposed a strategy which was adopted by the Town to use to review affordable housing needs.
- conducted an audit of the Pine Knolls and Northside communities and had the Towns of Chapel Hill and Carrboro address the health and safety issues in each neighborhood
- determined short-term and long-term solutions for the 300% increase in the Efland community sewer rates which were adopted by the County Commissioners.

**Major Activity:** Listening to the families in our community to determine the concerns and issues that need to be addressed, researching the solutions and presenting the information to the community to effect change.

## **NC Prevention Partners**

**Phone: 919-969-7022 / 888-919-6277** For details go to the website:

**[www.ncpreventionpartners.org](http://www.ncpreventionpartners.org)**

**Address: 88 Vilcom Circle, Suite 110, Chapel Hill, NC 27514**

**Description:** A statewide non-profit organization dedicated to building effective prevention systems in NC communities to improve health of all residents.

The non-profit Prevention Partners builds healthier communities through a suite of products that guide schools, workplaces, hospitals and clinics to address the leading causes of preventable disease: tobacco use, poor nutrition, physical inactivity and obesity.

With expertise in public health and organizational change, we translate the latest prevention science into real-world practices — policies, benefits, and environmental changes. Our technology innovations have created broader access to prevention expertise while collecting unique metrics and setting national benchmarks for organizational health and behavior change.

Our ultimate vision: Healthy places change lives. Contact us to discuss working together to make healthier communities. 919-969-7022 / 888-919-6277

## **ADVOCACY, SUPPORT AND REFERRAL RRESOURCES**

### **Alcoholics Anonymous - Orange County**

Phone: 1-888-237-3235 For details go to the website: <http://www.aanc33.org/>

Description: Alcoholics Anonymous

### **Autism Society of North Carolina**

Phone: 919-933-0740 For details go to the website: [www.autismsociety-nc.org](http://www.autismsociety-nc.org)

Address: 505 Oberlin Road, Suite 230, Raleigh, NC 27605

Description: The Chapel Hill Chatham chapter is active. Visit the website to learn more. The primary focus of the organization is advocacy for individuals and families and ongoing education of the public about the needs of the autism community.

### **Arthritis Support Group - Chapel Hill Arthritis Education Network**

Phone: 919-544-2021 / 919-408-0307

Address: 2551 Homestead Road, Chapel Hill, NC 27516

Meets 2nd Tues. of the Month from 7-8:30 p.m.

Family members, friends, all with arthritis are welcome to participate in this monthly support Group. Call Angie Hutto, 919-408-0307, or Cindy Johnson, 919-544-2021.

### **Bipolar/Depression Support Group**

(919) 533-9510 - Email: [dbsachapelhill@gmail.com](mailto:dbsachapelhill@gmail.com) Contact: Richard

Binkley Baptist Church, 1712 Willow Drive, Chapel Hill, NC 27514

Tuesday 7:30 PM-9:00 PM

### **Co-Dependents Anonymous**

Phone: 919-990-1062

Description: 12-step program for recovery for men and women who want to develop healthy relationships

## **Dementia Caregivers' Support Group – Orange County Department on Aging - Chapel Hill**

Phone: 919-968-2085 For details go to the website: [www.co.orange.nc.us/aging](http://www.co.orange.nc.us/aging)

Address: 2551 Homestead Road, Chapel Hill, NC 27516

Meets 3rd Thursday of month from 2:30-4pm. Caregivers share, learn new skills, and answer questions about Alzheimer's and other forms of dementia. Care for persons with dementia available while caregivers attend group.

## **Dementia Caregivers' Support Group - Orange County Department on Aging - Hillsborough**

Phone: 919-968-2085 For details go to the website: [www.co.orange.nc.us/aging](http://www.co.orange.nc.us/aging)

Address: 515 Meadowlands Drive, Hillsborough, NC 27278

Meets 1st Tuesday of month, 4-5:30pm. Caregivers share, learn new skills, and answer questions about Alzheimer's and other forms of dementia. Care for persons with dementia available while caregivers attend group.

## **Disability Rights of North Carolina** 1-800-821-6922

## **Faith Connections on Mental Illness**

St. Thomas More, 940 Carmichael Street, Chapel Hill, NC 27514

Website: [www.faithconnectionsmentalillness.org](http://www.faithconnectionsmentalillness.org)

919-967-5403

### **Mission Statement/Purpose**

The mission of Faith Connections on Mental Illness is to work with all faith communities to welcome, include, support, educate, and advocate for individuals and families who are living with mental illness.

### **Faith Connections Supports Faith Communities by...**

- Supporting and equipping faith community leaders as they seek to welcome and care for those who are living with mental illness.
- Offering educational, advocacy, and support resources to individuals living with mental illness.
- Providing opportunities to connect with others who are either living with mental illness or wanting to care for those who are living with mental illness.
- Providing forums whereby mental health professionals, mental health consumers, and people of faith can discuss issues related to faith and mental health.

### **Major Activity**

InterFaith Connections meetings, held on the **3rd Friday of every month**, feature an informative program on mental illness and are open to the public.

In early Spring, FCOMI sponsors a day-long annual conference featuring speakers nationally renowned in mental health circles for their work and advocacy. Most presenters have a personal or familial connection to mental illness.

### **Low Vision Support Group**

Phone: **919-942-2571** For details go to the website: [www.co.orange.nc.us/aging](http://www.co.orange.nc.us/aging)  
Address: 2551 Homestead Road, Chapel Hill, NC 27516

Description: Call (919) 968-2070 for meeting dates and times.

### **Grief and Loss Support and Recovery Group**

Phone: **919-929-7191** For details go to the website: [www.chapelhilluunc.org](http://www.chapelhilluunc.org)  
Address: 150 E. Franklin Street, Chapel Hill, NC 27514

Description: The Grief and Loss Support Group is available to any that may be having difficulty dealing with the death of a loved one.

### **Mental Health America of the Triangle**

**(919) 929-7822**

P.O. Box 4201 - Chapel Hill, NC 27514

Provides support, advocacy and education:

- Family-to-Family Education Program is a free 12 session course that teaches ways to understand and help the person with mental illness and help the family cope with family crisis.
- Family Support Group is for family members and close friends of mental health consumers. (See SUPPORT GROUPS)
- NAMI Connection is a recovery support group program for persons who live with mental illness. (See SUPPORT GROUPS: NAMI-Durham)
- Peer-to-Peer Education Program consists of nine two-hour classes taught by a team of three who are personally experienced at living well with mental illness.
- In Our Own Voice educates the general public and changes attitudes and stereotypes about who has mental illness and how those persons look and act.
- NAMI Basics is a free six-week course for parents or direct caregivers of children who have shown symptoms of mental illness before the age of 13.

### **Mental Health Support Group at Christ United Methodist Church**

**(919) 967-9564** – Contact Doug and Katherine Kubel Email: [kkubel@aol.com](mailto:kkubel@aol.com)

Sunday 6:00 PM in the Disciple Room 800 Market St, Chapel Hill, NC 27516

A Christian-based program of love and support which offers a place of safety and words of hope. Open to anyone who has experienced mental illness, who cares for someone who is suffering, who works in the field of mental health, or who just wants to know how to help.

## **National Alliance on Mental Illness (NAMI), North Carolina**

**Helpline: 1-800-451-9682**

**For details go to the website: [www.naminc.org](http://www.naminc.org)**

**(919) 929-7822 P.O. Box 4201 - Chapel Hill, NC 27514**

## **National Alliance on Mental Illness (NAMI), Orange County**

**(919) 929-7822 For details go to the website: [www.nami.org](http://www.nami.org)**

**3729 Murphy School Rd., Durham, NC 27705**

**Phone: 919-929-7822 Address: PO Box 4201 Chapel Hill, NC 27515**

**Description: NAMI is dedicated to improving the quality of life for persons of all ages who are affected by mental illnesses.**

**Provides support, advocacy and education:**

**Provides non-clinical services, including education, advocacy, information, referral, and peer support: Family Advocacy Network (FAN) provides free services to parents raising children (toddler--high school) with serious mental health conditions, learning disabilities, substance abuse, and high-functioning autism.**

- The Pro Bono Counseling Network (PBCN) provides free counseling to uninsured/underinsured individuals via a network of licensed volunteer therapists.**
- The Compeer Program recruits, trains and matches adult volunteers in supported friendships with clients with severe and persistent mental illness in order to decrease social isolation, increase self-esteem, and improve overall quality of life.**
- The Orange Partnership for Alcohol and Drug Free Youth is a partnership between community members and various agencies, schools and organizations in Hillsborough and rural Orange County concerned about the issue of underage drinking and drug use. Using an environmental perspective, we address youth access to alcohol, policy enforcement, youth empowerment and social norms.**

### **NAMI Durham (Orange County residents are welcome to attend)**

**NAMI Durham Education Meetings, 1st Tuesday of each month (Jan.-May and Sept.-Nov.), 7:00 pm, Durham Center Access, 309 Crutchfield St. All are welcome.**

**NAMI Durham Family Support Group, 2nd and 4th Tuesdays of each month, 7:30 pm, Watts St. Baptist Church, 800 Watts St. Call Gale at (919)428-6519 for information.**

**NAMI Durham Young Families Support Group, 1st and 3rd Saturdays of each month, Noon, St. Philip's Episcopal Church, 403 E. Main St. Call Dorothy or David at (919) 489-5515 for information.**

**NAMI Durham Connection Support Group, 2nd and 4th Tuesdays of each month, 7:30 pm, Watts Street Baptist Church. Call Pearlie at (919) 908-3976 for information.**

NAMI Durham Mood Disorders Support/Education Meeting, 4th Thursday of each month, 6 pm, Erwin Square Tower, 2200 W. Main St., Suite 340. Call: Cindy Jones, (919) 286-5261.

### **Mother's Club - Chapel Hill Carrboro**

Website: [www.chapelhillmothersclub.org](http://www.chapelhillmothersclub.org)

Description: The Mothers Club helps local moms and dads form friendships and create support networks.

### **Narcotics Anonymous**

Phone: 919-755-5391

Description: Narcotics Anonymous - Triangle Area

### **Narcotics Anonymous - Capital Area**

Phone: 919-831-5100 Website: [www.crna.org](http://www.crna.org)

Description: The Carolina Regional Service Office offers NA literature and other products for sale online. The number above is the helpline for Chapel Hill, Durham, Henderson, Hillsborough, Louisburg, Oxford, and Roxboro.

### **Osteoporosis Support Group - Orange County Department on Aging**

Phone: 919-968-2073 Address: 2551 Homestead Road, Chapel Hill, NC 27516

Description: Interested participants call Wellness Coordinator, 919-968-2073.

### **Triangle Overeaters Anonymous**

Phone: 919-406-9300 For details go to the website: [www.triangleoa.org](http://www.triangleoa.org)

Address: PO Box 20356, Raleigh, NC 27619

Description: Support for people with eating disorders. The Triangle Intergroup of Overeaters Anonymous is dedicated to the purpose of helping Compulsive Overeaters find recovery through the 12 Steps and 12 Traditions of Overeaters Anonymous.

### **Parents Without Partners**

For details go to the website: [www.capitalareapwp.org](http://www.capitalareapwp.org)

Description: Support for single parents; Website is for Capital Area Parents Without Partners site.

### **Parkinson's Disease Support Group**

Phone: 919-960-5173 Website: [www.binkleychurch.org](http://www.binkleychurch.org)

Address: Binkley Baptist Church 1712 Willow Drive, Chapel Hill, NC 27514

Description: Meets 3rd Wednesday of the Month at 1:30 p.m.

Contact is Ed O'Hara.

## **Parkinson's Support Group - Orange County Department on Aging**

Phone: 919-245-2015 For details go to the website: [www.co.orange.nc.us/aging](http://www.co.orange.nc.us/aging)

Address: 103 Meadowlands Drive, Hillsborough, NC 27278

Description: Meets 4th Wednesday per month, 11:30am – 1:30pm. Open to both the person with Parkinson's and/or the caregiver. Lunch served prior to meeting and registration is required for lunch only. Registration is not required if you plan to attend the meeting only.

## **Prostate Cancer Support Group - Binkley Baptist Church**

Phone: 919-843-5307 Website: [www.binkleychurch.org](http://www.binkleychurch.org)

Address: 1712 Willow Drive, Chapel Hill, NC 27514

Description: Meets 1st Wednesday of the Month from 4–5 p.m.

Contact person is LuAnn Smith.

## **Recovery International**

Go to Recovery International website for information and meetings in your area. For details go to the website: <http://www.recoveryinternational.org>

The mission of Recovery International is to use the cognitive-behavioral, peer-to-peer, self-help training system developed by Abraham Low, MD, to help individuals suffering from mental health issues gain skills to lead more peaceful and productive lives.

Recovery International (formerly Recovery, Inc., often referred to simply as Recovery or R) is a mental health self-help organization founded in 1937 by neuropsychiatrist Abraham Low in Chicago, Illinois. Recovery's program is based on self-control, self-confidence, and increasing one's determination to act. Recovery deals with a range of people, all of whom have difficulty coping with everyday problems, whether or not they have a history of psychiatric hospitalization. It is non-profit, secular, and although it uses methods devised by Low, most groups are currently led by experienced non-professionals.

## **St. Thomas More Catholic Church**

940 Carmichael Street, Chapel Hill, NC 27514

Friday 12:00 PM – 1:30 PM

(919) 408-6118 - Email: [heidihackney@hotmail.com](mailto:heidihackney@hotmail.com)

Phone & Online Meetings

For details go to the website: [www.recoveryinternational.org](http://www.recoveryinternational.org)

1) Click on Meetings

2) Telephone (also offered in Spanish) or Online.

## **Stroke Support Group - UNC HealthCare**

Phone: 919-966-9493 For details go to the website: [www.unchealthcare.org](http://www.unchealthcare.org)

Description: For more information, call Stephanie McAdams at UNC HealthCare, 919-966-9493.

## **Support Group for Adults with Mental Illness**

St. Bart's Episcopal Church, 204 W Salisbury Street - Pittsboro, NC 27312

Phone: (919) 604-2770 - Email: [billiehinton@gmail.com](mailto:billiehinton@gmail.com)

Contact: Billie Hinton, LCSW

The second Tuesday of each month from 6:30-8:00pm

## **Chapel Hill Survivors of Suicide Support Group**

United Church of Chapel Hill

1321 Martin Luther King Boulevard, Chapel Hill, NC 27514

Contact: Jodi Flick

Phone: (919) 962-4988 - Email: [joflick@email.unc.edu](mailto:joflick@email.unc.edu)

Meets 2nd & 4th Thursdays monthly at 7:00pm

## **LEGAL / ADVOCACY / HUMAN RIGHTS**

### **Farmworker Unit - Legal Aid Services**

Phone: 1-800-777-5869 Website: [www.farmworkerlanc.org](http://www.farmworkerlanc.org)

Description: The Farmworker Unit of Legal Aid of North Carolina was established to meet the special legal needs of migrant and seasonal farmworkers in North Carolina.

### **Legal Aid**

Phone: 919-542-0475 For details go to the website: [www.legalaidnc.org](http://www.legalaidnc.org)

Address: 959 East Street, Suites A&B, Pittsboro, NC 27312

Description: Legal Aid provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity.

### **North State Legal Services**

Phone: 919-732-8137 For details go to the website: [www.legalaidnc.org](http://www.legalaidnc.org)

Address: 959 East Street, Suites A&B, Pittsboro, NC 27312

Description: Legal Aid of North Carolina - Pittsboro Office provides legal assistance in civil matters (noncriminal) to eligible, low-income clients who have problems with their basic needs and live in the 11-county area surrounding Pittsboro, NC.

### **Orange County Human Relations Commission**

Phone: 919-245-2487 For details go to the website:

[www.co.orange.nc.us/housing/HRC.asp](http://www.co.orange.nc.us/housing/HRC.asp)

Address: 300 West Tryon Street, Hillsborough, NC 27278



Description: The Office of Human Rights provides educational programs, technical assistance and research on issues involving civil rights, equal opportunities, and human relations to individuals, businesses and community agencies/groups.

## **TRANSPORTATION**

### **Chapel Hill Transit**

Phone: 919-969-4900 For details go to the website: [www.ci.chapel-hill.nc.us](http://www.ci.chapel-hill.nc.us)  
Address: 6900 Millhouse Road, Chapel Hill, NC 27516

Description: Chapel Hill Transit provides public transportation services in the Chapel Hill, Carrboro, and UNC communities.

### **GoTriangle.org**

Phone: 919-485-7433 For details go to the website: [www.gotriangle.org](http://www.gotriangle.org)  
Description: Provides public transportation information for the Triangle area.

### **Orange Public Transportation (OPT)**

Phone: 919-245-2006 / 919-245-2008

For details go to the website: [www.co.orange.nc.us/transportation](http://www.co.orange.nc.us/transportation)

Description: OPT provides public transportation services to the citizens of rural Orange County (excluding Chapel Hill/Carrboro city limits). Transit includes public bus routes, pick-up and drop-off for the disabled and elderly, and transportation to senior centers.

### **Triangle Transit Authority**

Phone: 919-549-9999 For details go to the website: [www.ridetta.org](http://www.ridetta.org)

Description: Public transportation resource for Triangle area.

Last updated or edited 10/24/15