

FREE



South Central Community Action Program

SCCAP

Empowering people to reach their potential

A social service publication about our community — Brought to you by the South Central Community Action Program

Safety~Net

July-September 2022

An Introduction to Heading Home of South Central Indiana

By Mary Morgan, Director of Housing Security

mary@monroeunitedway.org

In Bloomington/Monroe County and the surrounding region, many agencies and individuals are working hard to make life better for low-income residents and people experiencing homelessness. Heading Home of South Central Indiana, a new initiative, was formed to help coordinate, support and amplify those efforts, and to strengthen our region's infrastructure to address housing insecurity.

Heading Home originated from a community plan created by the South Central Housing Network (SCHN) in 2014. In 2021, United Way of Monroe County, the Community Foundation of Bloomington and Monroe County, and SCHN formed a working group to evaluate and update that plan. The result is a revised plan called Heading Home of 2021: A Regional Approach to Making Homelessness Rare, Brief, and Non-Repeating.

Heading Home embraces the Housing First approach, which puts a priority on permanent housing as the base to address other issues that someone might face, like finding a job, or dealing with substance abuse or mental illness. Along with our partners, we envision a region where housing is accessible and affordable for all.

Since December 2021, we've been laying the foundation for our work and have launched several projects so far. We're partnering with SCHN to develop training and professional development sessions that would serve staff at local agencies. We're building a housing navigation resource to provide an accurate, up-to-date guide for people searching for low-income housing. We're doing regional outreach with counties in this area, creating a stronger network to work on housing insecurity issues.

One of our biggest projects is our partnership with Built for Zero, which began in May of 2022. Built for Zero is an organization that helps more than 100 communities nationwide use data-driven strategies to end homelessness. Built for Zero staff are supporting our core team – with representatives from agencies in Monroe and Morgan counties – to develop a data dashboard that will give the community accurate, up-to-date information on our progress to decrease homelessness. We are the first region in Indiana to be part of the Built for Zero initiative.



Heading Home is advised by a council of community partners, including representatives from United Way of Monroe County, Community Foundation of Bloomington and Monroe, the South Central Housing Network, the City of Bloomington, Monroe County, Bloomington Township and Perry Township. This group meets monthly to guide and support the Heading Home staff: Mary Morgan, Director of Housing Security, and Tatiana Peters, Assistant Director of Housing Security. Heading Home is currently housed at the United Way of Monroe County.

In addition to support from United Way of Monroe County and the Community Foundation of Bloomington and Monroe County, Heading Home was launched with generous funding from the City of Bloomington, Monroe County, Bloomington Township and others.

As we continue to grow, you'll be hearing more about Heading Home of South Central Indiana and our many partners. We have a website in the works, but for now you can learn more at monroeunitedway.org/housing.

OUR GUIDING PRINCIPLE

Editorial Comment

Our Guiding Principle is to reach out to others who are coping with practical and emotional crises, and to say, we are here as one community, interconnected with each other in a positive way. This means, among other things, providing shelter, food, medical care, opportunities to step out of poverty, peace, and mutual respect. This whole world would be a much better place for all people if everyone felt this way about our brothers and sisters. As individuals, we cannot change the world. However, we can all come together and help others in our own community. Let us show others, what we can do right here in Bloomington by reaching out to each other, and climbing that mountain together. To paraphrase Pete Seeger, We WILL Overcome.



What Do You Think Impacts Your Health?

Jill M. Jolliff, *Community Voices for Health in Monroe County*
Kathy Hewett, *Monroe County Health Department*

We all know that things like being able to see a doctor or eating good food can have an impact on our health. But what about transportation? Or a safe home you can afford? Or finding help to pay your bills? There are many things that affect our health that we don't even think about. Being healthy can be a serious uphill climb.

The Bloomington/Monroe County community is working on a Community Health Improvement Plan (CHIP) and we need people like you to help. Research was done to discover the most urgent health-related needs and a top ten list of issues was identified. Once those issues were pinned down, community "Think Tanks" were held to allow local residents to choose the three issues that should be prioritized. Those Think Tanks took place in April, and now we're ready to get busy! If this is something that matters to you, there is a way you can help.

The organizations that are involved are

the Monroe County Health Department, IU Health, the City Parks and Recreation Department, and Community Voices for Health. These groups are now looking for people to join action teams to work on solutions for the three priorities:

1. Poverty and finding services
2. Inequality, discrimination, and bias
3. Substance use and mental health

The action teams will be made up of people like you who are passionate about an issue and want to make things better! Here are some examples of successes in previous years:

- * Taught families how to increase access to healthy food through SNAP, WIC, other programs.

- * Worked with the online websites, <https://lookupindiana.org/> and <https://helpingbloomingtonmonroe.findhelp.com/> to build their lists of local service providers so residents could find help.

- * Educated doctors and nurses about medication assisted therapy for substance use disorders

- * Researched programing for youth substance use/mental health issues and shared report with local school system

- * Met with state law makers to



Community members painting a mural to encourage acceptance and reduction of stigma regarding substance use and mental health issues

advocate for Monroe County needs

- * Assisted with a Poverty Simulation event designed to show people how hard it is to make ends meet if you don't have resources.

- * And finally, a mural project to reduce the stigma of substance use and mental health services was organized. Artists who were themselves in recovery came together to design a mural, and the community was invited to participate in painting it. This mural is installed at the Stride Crisis Diversion Center and faces Morton Street and City Hall.

Being a part of one of these action teams is a way to do something real, instead of talking about the problem with no results. Please jump in and see how you can help! Or come to the kickoff event to simply get your questions answered.

To join a team or ask questions, come to our kickoff event on July 14th from 12:00 – 1:00 pm, with ½ hour for mingling afterward! See details. If you can't come to the kickoff, don't worry! You can still sign up by visiting this website: <https://bit.ly/CHAandCHIP>. If you have questions or run into problems, please reach out to Melanie Vehslage at mvehslage@co.monroe.in.us

Community Health Improvement Plan (CHIP) kickoff event!

July 14th, 12:00 - 1:30

(networking 1:00 - 1:30)

Fountain Square Ballroom

Join other community members and leaders to:

- learn about the CHIP process
- review health priorities
- get involved in addressing poverty, inequity, substance use, mental health, and more!



Indiana University Health



About *Safety~Net*

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AGENCY REPORTS

Each issue of *Safety~Net* has articles contributed from the many non-profit/social service agencies in the Bloomington area about programs and services that they provide, as well as volunteer opportunities.

AGENCY GUIDE

There is an extensive Agency Guide pointing out where specific services/programs are available and how to access them.

WE WELCOME COMMENTS AND SUGGESTIONS.

Please send these to the editor at white@indiana.edu.

Sign your name, and indicate whether you would like for your comments to be published.

New Support Services for Cancer Patients, Survivors and Families in South Central Indiana

By: Stephanie Shelton, Cancer Support Community South Central Indiana

Chances are you or someone you know has either had cancer or known someone very close to them who has. In Indiana in 2022, research predicts that there will be 39,460 people diagnosed with cancer. That's roughly 2 out of every 5 Hoosiers. One of those Hoosiers is Susan who has been attending programming at Cancer Support Community South Central Indiana (CSCSCI) recently. Susan identifies as an active, healthy, 66 years young peace loving, non-meat-eating female who doesn't let anything get in her way. She was diagnosed with Invasive Ductal Carcinoma of the left breast in September 2021. She like many others never imagined this would happen to her.

"One thing I was sure about was that I wanted to face this thing with as much

strength as I could muster." Susan made changes to her already healthy lifestyle, and joined Cancer Support Community's programs. "I was so impressed! They offered support groups, wellness programs, educational classes, and social activities... for all cancer diagnoses, all genders, all ages...for people like me who embrace holistic practices including reiki, yoga, and massage."

Cancer Support Community officially opened a new satellite office housing free cancer support services and programs to anyone impacted by cancer, located at 1719 W 3rd St in Bloomington, Indiana April 2021. This was made possible through a 5-year grant agreement with Bloomington Health Foundation. The new programs include individual and support group counseling, music therapy, open art studio,



FREE CANCER SUPPORT SERVICES

Everyone's cancer is unique. Your support should be too.



ABOUT CANCER SUPPORT COMMUNITY

Cancer Support Community South Central Indiana (CSC) has led the charge in Indiana to build a vibrant community of cancer survivors and their loved ones. We are here to provide relevant and highly personal support when and where it is needed.

Contact Us:

812-233-3286 | www.cancersupportscin.org

social activities and events, reiki, massage therapy, yoga, nutrition and wellness classes, and other psychosocial services. Additionally, it houses a boutique which has an inventory of wigs, hats, scarves, and other items available for free to cancer patients. Some financial assistance is also available through the Patient Assistance Fund which provides grocery and gas gift cards to cancer patients in active treatment who meet income requirements. The programs are open to anyone impacted by any type of cancer including cancer patients, survivors, family members, friends, and caregivers.

This summer CSCSCI is partnering with Bloomington Watercolor Society members to hold several project-based art classes, the first one being Taco's

and Tangle Art on Saturday, July 9. Wiches and Watercolor will be on August 13, and more to come this fall! Other new programs starting in July are Crafts, Snacks & Social Hour and Walking Club. Visit cancersupportscin.org to see more details for these and other programs available in Bloomington Indiana. Virtual and hybrid programming is available for people who want to enjoy the programs from the comfort of their home.

These programs are funded 100% by corporate and individual gifts, foundation grants, and fundraising events like Hoosiers Outrun Cancer. Registration for Hoosiers Outrun Cancer is open, and the date is September 24, 2022. To support these programs, you can register or make a gift online at hoosiersoutruncancer.org.

The Indispensables
CANCER SUPPORT COMMUNITY SOUTH CENTRAL INDIANA
HOOSIERS OUTRUN CANCER
Powered by Bloomington Health Foundation
SATURDAY, SEPTEMBER 24, 2022
OPEN!

Hoosiers Outrun Cancer is a community celebration of all the amazing people who have faced cancer in our community. 100% of the funds raised from Hoosiers Outrun Cancer provide free cancer support services to anyone impacted by cancer (patients, survivors, families, caregivers, and friends). This support includes counseling, health and wellness classes, therapy, social activities and events, direct financial assistance, and so much more.

HOOSIERSOUTRUNCANCER.ORG

Special Section: South Central Community Action Program (SCCAP)

My Power, My Choice SCCAP Thriving Connections Sustainable Employment Series

By: Katie Hopkins

Thanks to generous support from the Smithville Foundation, SCCAP Thriving Connections has been able to share “Sustainable Employment” workshops with job seekers, employees, and community partners in Monroe County.

Thriving Connections defines Sustainable Employment as work that is Safe, Stable, Fair, Supportive, Pays a living wage, and Uses your unique skills and talents. Thriving Connections believes that it is important for you to know what those words mean to YOU in order to find work that WORKS FOR YOU.

On April 21st, Sky Adams, a local family counselor, came to a Thriving Connections weekly community meeting to talk about navigating issues at work. Together with the community, there was a conversation about ways that people’s jobs might be sustainable or unsustainable because of the ways in which they are or aren’t Safe, Stable, Fair, Supportive, Paying Enough, and Using their unique skills and talents.

One participant shared that they loved their job because they felt like the people they worked for and with were supportive, but that they didn’t feel the job was overall a good fit because the shifts weren’t consistent and it didn’t pay enough.

Another participant thought that their pay was good enough for now because they could pay their bills on time, but that in the near future they wanted to earn more so that they could afford to take a vacation somewhere outside of Indiana with their kids.

A third participant said that they once worked at a place that paid very well, but that they couldn’t stay there because the work environment was unsupportive, and the work demands were not what they had agreed to when they were hired.

Sky shared a way of thinking through these issues before they become too much to handle. He calls it **MY POWER, MY CHOICE**.

Here’s how it works!

1. Which area do you want to think about? i.e. Safe, Stable, Fair, Supportive, Pay, or Skill/Talents

2. In what way are your needs not being met? i.e. FAIR - The work demands aren’t fair because I didn’t agree to them.

3. What is in MY POWER? – Brainstorm all of your options and things you could do.

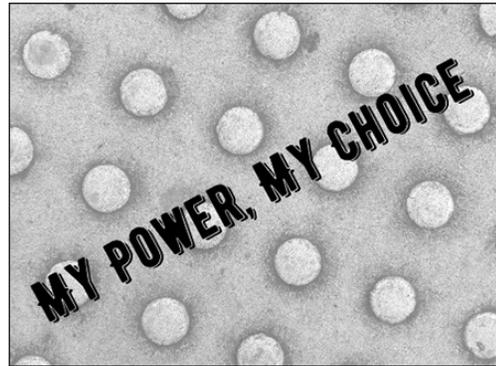
- Schedule time to talk to someone I trust and respect and ask them for advice about my situation

- Ask someone I trust and respect to help me write an email to my supervisor and human resources describing my concerns and asking for a time to discuss them

- Download a job search app like Indeed on my phone and begin looking at what other jobs are out there

- Ask someone I trust and respect to help me update my resume or practice my interview skills

- Ask friends and family to keep an eye out for job openings for me



4. What is **MY CHOICE**? – Choose which of the things that are within your power to do, are the things that you want to make a decision to do. Maybe you do them one at a time and decide to do some before the others. Or maybe you decide to do them all at the same time!

It’s **YOUR POWER, YOUR CHOICE**.



Join our Team!

Are you looking for a job that serves your community, supports your educational pursuits, and has great benefits? SCCAP is the place for you!

We are currently hiring for many positions within our agency. Check out some of our benefits below:

- 15 Paid Holidays
- Vacation & Personal Business Time after 90 Days
- Health Insurance- We pay over 85% of your benefit!
- Educational Support- You are eligible for a scholarship to obtain an education degree!
- Free YMCA membership
- 403(b) Retirement Plan with Employer match!

Learn more about our current openings by visiting our website at insccap.org or by contacting our Human Resources Manager, Ronetta Poellnitz at (812) 339-3447 x206 or rpoellnitz@insccap.org

SCAN ME



Visit
insccap.org/pages/jobs
to see our openings!

NOW HIRING!

Update on SCCAP's Energy Assistance Program

By: Julie Wilson

The application period for the 2021-2022 Energy Assistance Program officially ended on May 16th. SCCAP's Energy Assistance Program (EAP) is intended to help keep eligible families who fall within 60% of the State Median Income guidelines safe and healthy and assist them in achieving energy self-sufficiency while avoiding utility disruptions during the winter months. The program runs from November 1st through mid-May. SCCAP serves clients in Brown, Monroe, Morgan, and Owen counties.

We were able to assist 3,541 households with energy assistance for the 2021-2022 program. Using both Energy Assistance Program (EAP) and American Rescue Plan (ARP) funding, we applied over 3.7 million dollars in benefits to clients' heating and electric accounts.

Using only EAP funding (including regular and crisis), clients received an average benefit of over \$600. In addition to the EAP benefits, each approved household automatically received an additional \$350 in American Rescue Plan (ARP) funding to be split evenly between their electric and heating utilities. Overall, clients received an average utility benefit of over \$900 this year.

New this year was the Low-Income Housing Water Assistance Program (LIHWAP), and we were able to assist 309 households with their water/wastewater accounts using this new funding. We applied more than \$33,000 in LIHWAP benefits for clients' accounts that were \$20 or more past due at the time they applied for assistance.

We will begin mailing out 2022-2023 application packets in the fall to anyone that was on the 2021-2022 Energy Assistance Program. If you were not on the recent program and would like an application packet mailed to you, please email or call us with your name and address so that we can add your information to the mailing list. While we do not yet have a date that we can begin sending applications, please watch our SCCAP Facebook page (www.facebook.com/insccap/) and our SCCAP agency website (www.insccap.org/pages/energy) for updates for the program as they become



South Central Community Action Program

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available.

In the meantime, if you find yourself in need of assistance with your utilities, please contact your local trustee or call 211 for resources

*Head Start and
Early Head Start
Now Enrolling ..*

Head Start is for children 3-5 years old and has 6 locations throughout Monroe County with 6 hour classes as well as an affordable extended day program.

Early Head Start is for children 6 weeks up to 3 years old and prenatal mothers. The Early Head Start center is located on the west side of Bloomington (near Ellettsville) and is full day. There is also a home-based Early Head Start program.

Call and Apply Today!
Phone: 812-339-3447 ext. 301
www.insccap.org

South Central Community Action Program
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Empowering people to reach their potential



Do you need help paying your heat and electric bill?

www.insccap.org

United Way of Monroe County, “Bank on Bloomington” Banks Offer Free Financial Education with Monthly “Dollars & Sense” Series

The As part of the Bank on Bloomington initiative, which aims to help residents access mainstream financial services and education, United Way of Monroe County and four Bank on Bloomington partners will be hosting monthly “Dollars & Sense” personal finance workshops. The series, which occurs online on the third Thursday of every month (unless otherwise noted) from 5:30-6:30 p.m., features a rotation of experts from Apprisen, Regions, PNC, and IU Credit Union.

Each “Dollars & Sense” session will have a different theme, ranging from building a household budget to applying for a loan or mortgage, managing debt, saving for retirement, and more. Sessions are largely informal and participant-driven. As such, participants are encouraged to bring their own financial questions to ask the host, even if they are unrelated to that month’s topic!

The series is open to anyone and designed to meet the needs of working families and individuals. In an effort to remove potential time and transportation barriers, sessions are conveniently held online after standard business hours.

Come learn helpful tips for managing your money and improving your financial future by joining our next Dollars & Sense conversation!

To register and obtain the Zoom link, you can go to <https://www.monroeunitedway.org/bob>. For questions, comments, or suggestions for future topics, email Amy Leyenbeck at amy@monroeunitedway.org or call (812) 334-8370 ext. 11.

About United Way of Monroe County: United Way of Monroe County’s is a nonprofit organization that improves the lives and futures of all people in the community. We bring together expertise, funding and volunteer support to positively impact the resilience of our community, and those who live within it. In partnership with others, we work to eliminate inequities experienced by low-income and diverse populations so that all people have a safe, healthy home environment, achieve their educational potential, and increase their financial stability. We commit to building bridges across cultural, racial, religious, and economic boundaries



Free monthly Personal Finance series offering practical advice to set you up for future success

5:30 - 6:30 pm on Zoom

Register at: www.monroeunitedway.org/bob

Brought to you by these Bank On Bloomington Partners:



*Instructor will have time for one-on-one interactions if your financial questions differ from the class topic.

MONROE COUNTY UNITED MINISTRIES

YOU'RE INVITED TO

Last Call Before Fall

A Fundraiser to support Monroe County United Ministries' Programs.

JOIN US FOR AN EVENING OF FUN AND
COMMUNITY!

COME TOGETHER FOR DRINKS AND
APPETIZERS, LISTEN TO STORIES FROM OUR
CLIENTS, AND PARTICIPATE IN A SILENT
AUCTION IN SUPPORT OF MCUM'S PROGRAMS.

Aug. 18 | 5 PM to 7:30 PM

TOPO'S 403

403 N WALNUT ST., BLOOMINGTON

PURCHASE TICKETS: MCUM.ORG/EVENTS
BY AUG. 1

THE LAST SILENT AUCTION RAISED NEARLY \$20,000
FOR OUR PROGRAMS- THE EQUIVALENT OF:

ENSURING 6 MONROE COUNTY CHILDREN AND THEIR
FAMILIES RECEIVED YEAR-ROUND SUPPORT FROM
COMPASS EARLY LEARNING CENTER INCLUDING...

- 75% OF THEIR DAILY NUTRITIONAL NEEDS
- SWIM LESSONS & FIELD TRIPS
- ACCESS TO AN EARLY CHILDHOOD MENTAL
HEALTH THERAPIST

OR

PROVIDING 426 HOUSEHOLDS WITH BASIC NEEDS
ASSISTANCE AND SELF-SUFFICIENCY COACHING
WHICH TRANSLATES TO...

- FOOD FOR 700 PEOPLE
- CLEANING AND HYGIENE ITEMS FOR 694 PEOPLE
- VOUCHERS FOR ESSENTIAL HOUSEHOLD ITEMS
AND CLOTHING FOR 62 FAMILIES

THANK YOU

SPONSORED BY: **IU Credit Union** **CENTURY 21.** **MCUM Board Members**
Scheetz



Safe Sleep

Monroe County Healthy Families is dedicated to the health and well-being of families and children. In addition to providing weekly home visits to support expectant and new parents, we are now also offering community-wide safe sleep education. According to the Indiana State Department of Health, Hoosier families experienced 100 sleep related infant deaths in 2017, many of which were preventable. In an effort to educate parents and caregivers of Monroe County about the critical nature of safe sleep practices, Healthy Families is offering classes in various locations around the county. We understand that time and transportation can be a challenge to some families, preventing access to important resources. To combat those barriers and offer the same information to more families, we are working with host-sites throughout the county who will allow us to offer this free, 30-45-minute class to anyone who cares

for an infant under 12 months old. We do not require proof of income and only ask that those who attend be prepared to show verification of their child's age. We also welcome families within 6 weeks of their due date, if pregnant. All participants will receive a free pack n' play at the conclusion of the session.

The American Association of Pediatrics recommends that caregivers use the ABCs of safe sleep:

Alone-Baby is sleeping in the same room as the parent or caregiver for 6 months but not in the same bed. There should be no blankets, pillows, stuffed animals, crib bumpers or any other objects in the bed with the baby.

Back-Baby is always placed on their back when being laid down to sleep.

Crib Baby is always placed in a crib, bassinet, pack n' play, or bedside sleeper every time they sleep, including daytime naps.

Popular items such as baby swings, car seat carriers and bouncy seats are not

INDIANA SUDDEN UNEXPECTED INFANT DEATH Central Hospital Region 2013-2017

For more information on infant mortality in your area, please see the Indiana State Department of Health Mortality Report, Tables 2 and 8 (<http://www.in.gov/isdh/reports/mortality/2017/index.html>)

	Number of SUID	Number of Infant Deaths	SUID Rates per 100,000 Birth Outcomes	% of Deaths due to SUIDS
	2013-2017	2013-2017	2013-2017	2013-2017
BROWN	2	5	346.6*	40.0
HAMILTON	8	95	41.1*	8.4
HANCOCK	2	14	50.7*	14.3
HENDRICKS	4	51	45.6*	7.8
JOHNSON	3	46	32.5*	6.5
LAWRENCE	2	13	82.6*	15.4
MARION	71	603	98.8	11.8
MONROE	8	39	123.5*	20.5
MORGAN	2	18	51.8*	11.1
SHELBY	1	23	40.0*	4.3
CENTRAL REGION	103	907	79.8	11.4
INDIANA	426	3029	102.3	14.1

*Unstable rate due to fewer than 20 SUIDS (numerator). We do not recommend comparing unstable rates.

WHAT A SAFE SLEEP ENVIRONMENT LOOKS LIKE

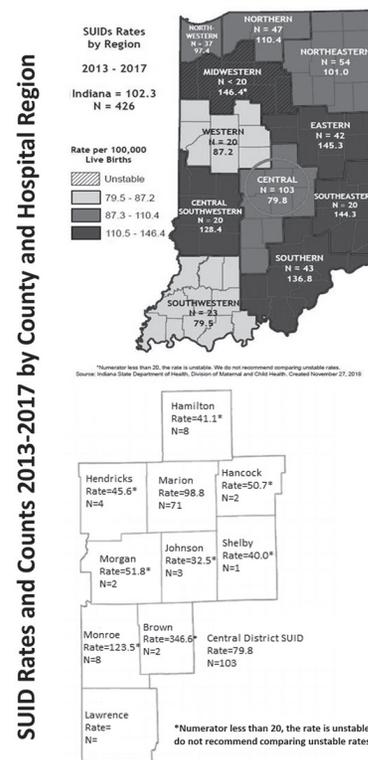


Indiana State Department of Health

Indiana State Department of Health, Division of Fatality Review and Prevention, February 13th, 2019
For more information about the Safe Sleep program, visit SafeSleep.isdh.in.gov or email SafeSleep@isdh.in.gov

INDIANA SUDDEN UNEXPECTED INFANT DEATH Central Hospital Region 2013-2017

For more information on infant mortality in your area, please see the Indiana State Department of Health Mortality Report, Tables 2 and 8 (<http://www.in.gov/isdh/reports/mortality/2017/index.html>)

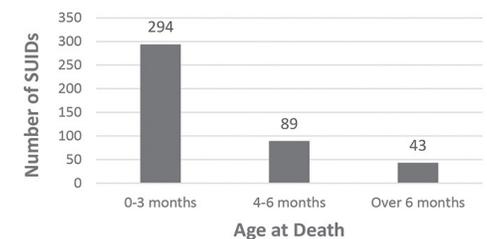


SUDDEN UNEXPECTED INFANT DEATH (SUID) FACTS

- SUID is defined as the death of an infant less than 1 year of age that occurs suddenly and unexpectedly, and whose cause of death is not immediately obvious before investigation.
- The three commonly reported types of SUID include the following: Sudden Infant Death Syndrome (SIDS), unknown cause and Accidental Suffocation and Strangulation in Bed (ASSB).
- Of the 426 SUID from 2013-2017, 103 occurred in the Central Hospital Region.

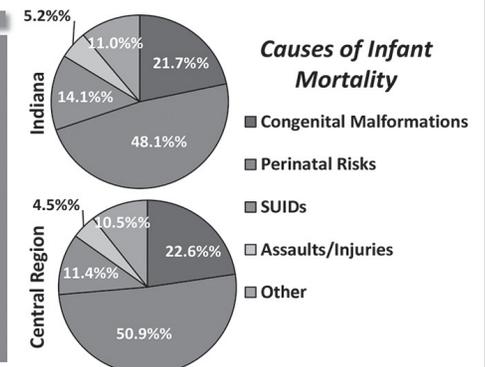
Out of every 10 SUIDs, 9 were between 0-6 months at death.

Indiana SUIDs Number by Age at Death: 2013-2017



PRACTICES TO REDUCE INFANT MORTALITY

- Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet.
- Always place your baby on his or her back to sleep, for naps and at night.
- Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.
- Do not smoke or let anyone smoke around your baby.
- Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- Breastfeed your baby to reduce the risk of SIDS.





approved for safe sleep as they can cause suffocation or create a fall risk. If you are unsure about a product, please review safety information that is provided with the

product or contact your pediatrician or community safe sleep specialist.

What does a safe sleep environment look like?

A safe sleep environment should be a crib, bassinet, pack n'play or bedside sleeper that is empty besides a firm, well-fitting mattress, and a crib sheet.

To register for Monroe County Healthy Families Safe Sleep Education, contact Veronica Rodriguez at 812-947-8301 (call or text) or vrodriguez@villages.org. Our next session is scheduled for Wednesday, July 20, 2022 from 2-3pm at the Sherwood Oaks Christian Church Chapel, door 5, at 2700 E Rogers Road in Bloomington.

If you are an agency that is interested in hosting a Safe Sleep Education class, please contact Veronica at the above phone number or email address.

For more information about other services that Healthy Families offers, contact Jennifer Bush at 812-332-1245 or jbush@villages.org or visit us at www.villageskids.org/healthy-families

Additional information about safe sleep practices can be found at:

IU Health Community Health
333 E. Miller Drive
812-353-3244

Indiana State Department of Health
www.in.gov/health/cfr/
American Academy of Pediatrics
www.aap.org

Recession-Proof Your Finances



Identify "needs" vs. "wants" & track all spending.



Protect your savings by making sure your bank is insured by the FDIC.



Create multiple income streams (e.g. side-hustles) to help offset the rising living costs.



Partner with an accredited non-profit, like Apprisen, to help reduce high-interest debts & lower monthly payments--without a new loan.
www.apprisen.com



Special Section: Voices Seldom Heard

By Olivia Strozier

IDK who I am, IDK who I even want to be
IDK why, I believe in the moral law ‘deontology’
IDK where my thoughts come from
IDK where they are going
IDK how to prosper – IDK how to start growing.
IDK about knowing. IDK if it sounds like a problem
IDK if I did know that I would know how to solve ‘em.
IDK about the future – I don’t want to know why
IDK about my past, IDK why I lie
Because I do know ...
I guess I just don’t want to.

Checkmate.

By Olivia Strozier

The system’s like a game of
chess ... white goes first and it’s
always right. They capture the
weak, and think they always got
something up their sleeves because
they are three steps ahead ...
until you pull a move on them
that they thought you were too
dumb, I mean black, to know about
A move called castling ... Now
they’re in check and you refuse
to use your last few moves you
have running from the Queen
who you just set up to be --
Checkmate

Hood over Hollywood

By Olivia Strozier

Damn, it’s kinda sad I’m from a place like that ...
A place I ran away from – but now I’m desperate to go
back.
Because that place seems to be all I’ll ever know
even if I had a million dollars I’d move back on dewey
Road.
I’d go back to the “broken home” and the boarded up
houses.
I’d go back to the place where everybody’s the same --
A bunch of leeches, snakes, and mice.
The place where you’d know the correct grammar
To use is mice—but you have to speak with dialect
A place where trust can’t be earned, and neither
can respect.
But I promise if I could go back I would in a heart
beat.
Concrete runs through my veins – I love the streets.



Special Section: Voices Seldom Heard

Where I'm from

By Olivia Strozier

I'm from a place where thieves breaking into your home is common.
Where there's tons of babies running around and the fathers ain't around too often.
A place where on every street corner they sell either hope or drugs
Where it's not uncommon to grow up and wanna be a thug.
I'm from a place where family doesn't mean you have to be related by blood
Where hatred is bound to be found, but ain't no luck on finding love ...
I'm from a place where you get invited to more funerals than weddings
A place where you'd be lucky if you'd made it past elementary
A place where throwing dice and pitching quarters for money is good betting
A place that if you live long enough you'll try to start forgetting.
I'm from a crack cocaine paradise, heroin city where—
snakes are your best friends and you can die anywhere Loyalty is very rare there's more bullets than butterflies in the air
A place where babies get left at bus stops
Cause don't nobody really care.
Where I'm from is a slum, a very grimy place
A place where we politic in the streets and it some times leads to a murder case.
A place where everyone either stole a gun, or at least a gun they sold ...
A place where you're better off if you sold your soul.
A place where cops would give you stitches if you done snitch or told.
Where I'm from is a place that'll leave your heart cold, but you'll learn to not fold ...

The Unknowableness of God

"For who has known the mind of the Lord so as to instruct Him." (1 Corinthians 2:16)

By Samantha E. Glenn

Why would it be necessary to know the mind of Someone in order to instruct them? For the obvious reason that in order to critique, know Someone's flaws, or know Someone's character, you have to know their mind.

We cannot know God's mind, but He tells us that He is perfect & sinless, so it's up to us to take Him at His Word.

He does offer explanations as to why there is suffering in the world – for instance, the book of Genesis Chapter 3 and the entire book of Job as well as the high quality theology on the front lines. He does say "Come, let us reason together" (Isaiah) & "Let the wise listen and add to their learning" (Proverbs 1:5)

But He also expects us to trust and have faith in some situations; His Word also says "Trust in the Lord with all your heart and lean not on your own understanding" (Proverbs 3:5)

Why does God expect trust? Because trust is the foundation of any relationship & an ingredient in love. And that's what God ultimately wants with us, a personal relationship. And we can trust God, as He also tells us this; "Love does no harm" (Romans 13:10).

By Olivia Strozier

Broken words on any empty page
I wonder what today will bring.
A lost soul in a chaotic world.
I guess I'll be found eventually
menacing look on a beautiful face
That's not who I intend to be
permanent scars all over my body
Yet they don't see the ones internally.



Directory of agencies and services

This directory outlines several agencies and services available to residents of Monroe County. Additionally, many listings provide contact information for prospective volunteers. For more extensive articles about many of these agencies and services, see earlier issues of Safety-Net at <http://safety-net-newspaper.com/>. Several of the agencies and services described provide multiple forms of aid. Unless otherwise noted all services and agencies are located in Bloomington.

Addiction Counseling

Amethyst House

Address: 645 N. Walnut St.

Phone: (812) 336-3570

Web: www.amethysthouse.org

Agency Contact: Gina Lovell ([812]336-3570 x203; glovell@amethysthouse.org)

About: Provides structured living environments, treatment, and recovery services for individuals with addictions. Amethyst House operates two residential treatment facilities; one that serves men and one that serves women and their dependent children up to 6 years old. Amethyst House also operates an outpatient treatment facility in Bloomington.

Centerstone of Indiana, Inc.

Address: 645 S. Rogers St.

Phone: (812) 339-1691

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

Alcoholics Anonymous

Address: Hours and locations vary.

Phone: (812) 334-8191

Web: www.alcoholics-anonymous.org

About: Provides support for those wanting to stop alcohol consumption.

Adult Education

MCCSC Adult Education

Address: Broadview Learning Center, 705 W. Coolidge Drive

Phone: (812) 330-7731

Web: www.mccsc.edu/adulted

About: The Monroe County Community School Corporation's Adult Education program at Broadview Learning Center offers free, individualized instruction and guidance to teen and adult learners. We offer support for

successful preparation for the High School Equivalency and other work placement tests as well as Adult Basic Education. Are you looking to improve your basic job and literacy skills or learn new ones, we can help. English as a Second Language course and supportive tutoring for students to create better opportunities of themselves and their families. Call 812-330-7731 to register for orientation and also visit our website www.mccsc.edu/adulted. Located on Coolidge between Rogers and Rockport Road, on the #2 South Bloomington Transit Route.

AIDS/HIV Services

IU Health Bloomington Positive Link

Address: 333 E. Miller Dr.

Phone: (812) 353-9150

Web: <https://iuhealth.org/find-medical-services/positive-link-hiv-services>

About: HIV testing, case management and primary medical care for those living with HIV/AIDS. Serve as a community resource regarding HIV/AIDS education and awareness. We also offer Hepatitis B, Hepatitis C and Syphilis testing. Access to Hepatitis C treatment. Access to Pre Exposure Prophylaxis (PrEP).

Clothing, furniture, housewares (Material and Financial Assistance):

Monroe County United Ministries

Address: 827 W. 14 Ct.

Phone: (812) 339-3429

Web: www.mcum.org

Volunteer Contact: Madison Silvers, (812) 339-3429 x16, mcum@mcum.org

About: Provides a Self-Sufficiency Center that provides families with basic needs assistance and longer-term self-sufficiency services. The Self-Sufficiency Center includes a food pantry, cleaning and hygiene products, clothing and small housewares, and financial assistance for rent or utility payments.

My Sister's Closet of Monroe County, Inc.

See Employment resources and job counseling.

Bloomington St. Vincent de Paul Society

Mailing Address: 1413 E. 17th Street

Warehouse Address: 1999 N. Packing House Road

Phone: (812) 961-1510

Web: www.bloomingtonsvdp.org

Volunteer Contact: Scott Alber, ([812]335-1280 volunteer@bloomingtonsvdp.org)

About: A Catholic led ecumenical society of volunteers dedicated to helping those in need. Assistance is offered in the form of community resource information, vouchers for furniture, and in some cases limited financial help with a utility bill, rent, rent deposit or other essential need. Almost all funding comes through donations and assistance is given without regard to religion, race or creed. Volunteer opportunities abound.

Salvation Army

Address: 111 N. Rogers St.

Phone: (812) 336-4310

Volunteer Contact: Monica Clemons ([812] 336-4310 x100; monica_clemons@usc.salvationarmy.org)

About: Provides a variety of services, including: food pantry, seasonal assistance, clothing and clothing vouchers, appliances, household items, hygiene items, rent/mortgage assistance, utility assistance, medical assistance, disaster relief, after school programs, summer residential camps, adult programs, nursing home visitation, bus tickets, a place of worship, and a thrift store.

Disabilities assistance programs

LifeDesigns, Inc.

Address: 200 East Winslow Rd.

Phone: (812) 332-9615

Web: www.lifedesignsinc.org

Agency Contact: Kristen King

About: LifeDesigns, Inc. offers comprehensive services for people with disabilities in south central Indiana including education, housing and employment assistance. We offer services for every stage of life from childhood through adulthood. Our mission to partner with people with disabilities and the community to bring about self-directed and enriched lives through education, information and support. LifeDesigns is a grassroots organization formed by the merger of two well-known agencies, Christole and Options, who have provided leading-edge programs for over three decades.

People & Animal Learning Services (PALS)

Facility Address: 7644 W Elwren Rd, Bloomington,

Mailing Address: P.O. Box 1033, Bloomington, IN 47402

Phone: 812-336-2798

Web: www.palstherapy.org

Volunteer Contact: Helen Seik, (812-336-2978 ext 15, volunteer@palstherapy.org)

About: PALS provides therapeutic Equine Assisted Activities (EAA) to individuals with disabilities, veterans and at-risk youth in South Central Indiana. PALS programs are designed by professionals and aim to develop and restore functional skills, enhance well-being and improve quality of life. Services are available to individuals ages three and up. PALS is a Professional Association of Therapeutic Horsemanship International (PATH Intl) Premier-Accredited Center and United Way of Monroe County Member Agency.

Stone Belt

Address: 2815 E. 10 St.

Phone: (812) 332-2168

Web: www.stonebelt.org

Volunteer Contact: Sarah McKenney (332-2168 x314; smckenney@stonebelt.org)

About: A community-based organization with over 50 years of experience in serving persons with developmental disabilities. Supports include residential, employment, life skills training and psychological services. With locations in Monroe, Lawrence, Owen, Bartholomew and surrounding counties, Stone Belt's mission is to prepare, empower, and support persons with developmental disabilities and their families to participate fully in the life of the community.

Employment resources and job counseling

My Sister's Closet of Monroe County, Inc.

Address: 414 S. College Ave.

Web: www.SistersCloset.org

Phone: (812) 333-7710

About: Provides women facing issues of poverty, homelessness and domestic violence—who are looking for employment, with free interview and/or workforce attire, interview skills training & coaching through job mentors, image consulting, and life skills training

DIRECTORY

Continued from page 12

through workshops with the Success Institute. All services assist women to overcome the hurdles they face on the road to independence & family self-sufficiency. All new and gently-used Clothing & Accessories, Undergarments, New Make-up, and Personal Hygiene items are provided free to those with vouchers from referral agencies, and for sale to the general public.

WorkOne

Address: 1531 S. Curry Pike, Suite 200

Phone: (812) 331-6000

About: Assists individuals and businesses in meeting their employment and training needs. WorkOne provides employment services, job counseling and assessment services, training services through WIOA, vocational rehabilitation services through Indiana Vocational Rehabilitation, and veteran services.

Stone Belt

See disabilities assistance programs.

Family Services

El Centro Comunal Latino

Address: 303 E Kirkwood Avenue, Room 206

Phone: (812) 355-7513

Web: www.elcentrocomunal.com

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

Healthy Families of Monroe County

Address: 2405 N. Smith Pike

Phone: (812) 332-1245

Web: www.villageskids.org/healthy-families

Agency Contact: Jennifer Bush, jbush@villages.org

About: Monroe County Healthy Families is a free program for expected parents and parents with newborns under 3 months old. Family Support Specialists visit with families to provide encouragement, access to community resources, and the most current information on how babies grow and develop. Services can last up to 3 years and will help parents establish strong parent-child relationships, reduce stress, and reach personal and family goals.

SCCAP Head Start

Address: 1502 W. 15th Street

Phone: (812) 334-8350

Web: www.headstart.bloomington.in.us/

About: Guides children aged 3 to kindergarten towards gaining cognitive skills, patience, sharing, problem solving, hygiene, safety, and practice in good decision making. Free to income eligible.

IN Dept. of Child Services

Address: 1531 S. Curry Pike, Suite 600

Phone: (812) 336-6351

About: Services are designed to protect children from abuse and neglect by partnering with families and communities to provide safe, nurturing, and stable homes. To make a report of child abuse or neglect the public can call 1-800-800-5556.

Division of Family Resources

Address: 1531 S. Curry Pike, Suite 300

Phone: 1-(800)-403-0864

About: Provides aid to families with dependent children (Temporary Assistance for Needy Families, TANF), food stamps, Medicaid.

División de Programas y Alcance Latino Latino Programs and Outreach Division

Address: 401 N. Morton St. Suite 260

Phone: (812) 349-3430

Web: <https://bloomington.in.gov/latino>

Contact: Josefa Madrigal, latinoprograms@bloomington.in.gov

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

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

Monroe County United Ministries (MCUM)

Address: 827 W. 14th Court

Phone: (812) 339-3429

Web: www.mcum.org

Hours: 6:30am-5:30pm

Volunteer Contact: Madison Silvers, (812) 339-3429 x16, mcum@mcum.org
About: Provides a subsidized Child-Care Program for low-income families in Monroe County, which includes a year-round program for children two to six years old. All care-givers in the families either work full time or attend school part-time and work part-time. NAEYC-accredited center.

About: Full-time care for children ages 2-6 on a sliding fee scale, parents must be employed or attending school, NAEYC-accredited center

WIC Program

Address: 333 East Miller Drive

Phone: (812) 353-3221

About: Provides nutritional support for underprivileged mothers, babies and children up to five years of age in Monroe and Greene Counties. Applicants must meet income guidelines, live in Indiana, and have a nutritional need. All services are provided free of charge.

Food stamps

Division of Family Resources

See family services.

Health care Services

Alzheimer's and Dementia Resource Service

– Community Health

Indiana University Health Bloomington

Phone: 812-353-9299

Contact Person: Dayna A. Thompson M.S., CDP, LMHC, PAC Trainer

Email: DThompson6@iuhealth.org

Web: www.AlzResourceIndiana.org

About: The Alzheimer's Resource Service (ARS) is a service of IU Health Bloomington Community Health. We seek to provide support, resources and assistance to those with Alzheimer's disease and other dementias and their families. We also work with professional staff who support those with a diagnosis. All services are offered to the community at NO CHARGE, thanks to the Bloomington Hospital Foundation and IU Health Bloomington Hospital.

Futures Family Planning Clinic

Address: 119 W. 7th St.

Phone: (812) 349-7343

About: Provides family planning health services for adolescents and adults. Birth control counseling and supplies available on the sliding fee schedule include pills, shots, patch, diaphragm, vaginal ring, subdermal implant (Nexplanon), and IUD (intrauterine device). Service offered include exams including pap, breast exam, pelvic exam, pregnancy counseling, testing and referral, sexually transmitted disease testing and treatment, including HIV testing, gonorrhea and chlamydia, emergency contraception (Plan B), health education, and condoms provided at no charge.

IU Health Home Health & Hospice

Address: 1155 W. 3rd Street

Web: iuhealth.org

Volunteer Contact: Tia Farley, tconradfarley@iuhealth.org

About: Volunteers offer companionship to patients who are terminally ill and their families.

Training provided. All it takes is time to make a difference in the lives of families

Medicaid

Division of Family Resources

About: Medicaid is a federal and state funded medical assistance program that pays for approved and needed medical care for persons who meet eligibility requirements. For more information on the Division of Family Resources see the family services listing.

Monroe County Public Health Clinic

Address: 333 East Miller Drive

Phone: (812) 353-3244

About: Services provided include screenings for hypertension, hyperlipidemia, elevated blood sugar, anemia, elevated lead, tuberculosis, head lice and pregnancy; health and wellness assessments; vaccinations; communicable disease education. Call for appointment.

See "DIRECTORY", page 14

Local Health Care Enrollment Assistance

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

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

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

ASPIN Health Navigators:

Call (877) 313-7215 for Navigator assistance.

City of Bloomington:

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

Individual Solutions-IU Health:

Call 1-888-531-3004 to make an appointment to see a certified Navigator, or visit iuhealth.org/individual-solutions

Monroe County Health Department:

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

DIRECTORY

Continued from page 13

Planned Parenthood

Address: 421 S. College Ave.

Phone: (317) 205-8088

Web: www.ppin.org

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

Housing (abused people)

Middle Way House

Address: 338 S. Washington St.

Phone: (812) 333-7404 (admin phone), (812) 336-0846 (crisis line)

Web: www.middlewayhouse.org

About: Middle Way House is an emergency shelter that provides services to protect and help all survivors who are victims of domestic violence and sexual assault, and those who feel they are in danger. Services include a safe place to stay, case management, in-house children’s programs, legal advocacy. There is also a transitional housing program called The Rise which has self-contained apartments for families leaving abusive relationships.

Housing (emergency, for adults)

Friend's Place

Address: 919 S. Rogers (Shelter)

Phone: (812) 332-1444

About: Beacon provides overnight shelter through its program Friend’s Place, to people experiencing homelessness. Friend’s Place is the only year-round, nonreligious, emergency shelter for adults (age 18+) in our region. We provide 40 safe and sober beds, 28 for men and 12 for women. Opens daily at 5:15 p.m. To access an available bed, guests should arrive at Friend’s Place at that time.

Wheeler Mission- Center for Men

Phone: (812) 333-1905

Web: wheelermission.org

Address: 215 S. Westplex Ave

About: Offers emergency shelter to assist the needs of men who need immediate shelter, as well as case-managed programs to assist the needs of men requiring long-term solutions. Featuring meals, shelter, community day room, and residential programs. No appointment necessary for emergency shelter.

Housing (Family Shelter)

New Hope Family Shelter

Phone: (812) 334-9840

E-mail: newhope@nhfsinc.org

About: The mission of the New Hope Family

Shelter (NHFS) is to provide temporary shelter for homeless families in Bloomington and Monroe County and, in collaboration with other agencies, to help those families regain housing by addressing the problems that led to homelessness.

Housing (Intact Families/Adults)

Bloomington Catholic Worker

Address: 821 North Blair Avenue, Bloomington, Indiana 47404

Phone: (812) 339-4456

About: We offer short-term, home-based hospitality to people facing homelessness.

Housing (Pregnant women)

Hannah House Maternity Home

Address: 808 N. College Ave.

Phone: (812) 334-2662

Web: hannahcenter.org

Email: angie@hannahcenter.org

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

Housing (Rental)

Bloomington Housing Authority

Address: 1007 N. Summit St.

Phone: (812) 339-3491

About: Subsidized housing, Section 8, Public Housing. Cost varies to income eligible.

Housing and Neighborhood Development

Address: 401 N. Morton Street, Ste. 130

Phone: (812) 349-3420

Web: www.bloomington.in.gov/hand

About: Creates affordable housing opportunities in the City of Bloomington by working through its partnerships with local non-profit and for-profit developers and through its in-house housing programs. HAND provides housing counseling to individuals with housing needs or difficulties and provides a variety of learning opportunities for the community on housing related issues. In addition, HAND enforces the Property Maintenance Code and the City’s weed and trash ordinances.

Housing4Hoosiers

Website: Housing4Hoosiers.org

Email: info@housing4hoosiers.org

Phone: (317) 222-1221

About: Housing4Hoosiers.org is a one-stop website for renters and landlords in Indiana seeking resources on finding, renting, and keeping a stable and affordable rental home. Housing4Hoosiers offers guidance on where to find an affordable place to live, understanding your lease, and rights and responsibilities of tenants and landlords. The site also includes a Google map of 150 rental properties in Bloomington/Monroe County with details on

rental costs, unit sizes, and those accepting Section 8 vouchers.

Housing (homeless youth)

Stepping Stones

Address: PO Box 1366

Phone: (812) 339-9771

Web: www.stepsstones-inc.org

About: Transitional housing program and supportive service for homeless young people aged 16-20.

Youth Services Bureau

Address: 615 S. Adams St.

Phone: (812) 349-2506

About: Provides short-term residential care and crisis intervention for youth ages 10-17. Provides other services as well.

Legal and court-related services

Community Justice & Mediation Center

Address: 205 S. Walnut Suite 16

Phone: (812) 336-8677

Web: www.cjamcenter.org

Volunteer Contact: Liz Grenat, cjam@

cjamcenter.org

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

District 10 Pro Bono Project

Address: P.O. Box 8382

Bloomington, IN 47407

Phone: (812)-339-3610

About: Purpose is to match income eligible clients with an attorney who will take their case for free. Potential clients must apply by phone on Monday from 10 AM to 12 PM, and Thursday from 2 PM to 5 PM. Please, no walk-ins, by phone only.

Legal Services Organization of Indiana, Inc. Bloomington

Address: 214 S. College Ave.

Phone: (812) 339-7668

About: Cannot help people in criminal cases. Helps people in civil cases, including: Housing (eviction, foreclosure, landlord/tenant); Public Benefits (food stamps, SSI, unemployment, poor relief, Temporary Assistance for Needy Families (TANF); Health (Medicaid, Medicare); Divorce or child custody where there is child abuse or spouse abuse; Child In Need of Services (CHINS); Consumer (collections and repossessions); Education (including expulsion and access to special education services and Vocational Rehabilitation); Access to Justice (e.g. denial of a court-appointed attorney in certain civil cases).

Monroe County Court Appointed Special Advocates

Address: 201 N. Morton Street

Phone: (812) 333-2272

Web: www.monroecountycasa.org

Volunteer Contact: Kelli Shannon ([812] 333-2272, ext. 11; kelli.shannon@monroecountycasa.org)

About: Provides direct advocacy for child victims of physical abuse, sexual abuse and neglect. Volunteer advocates represent children in the court process to protect the child’s best interests.

Monroe County Prosecutor—Victim Assistance Program

Address: 301 N. College Ave., Rm. 211

Phone: (812) 349-2670

Web: www.co.monroe.in.us

Volunteer Contact: Sarah Lanman ([812]349-2670; slanman@co.monroe.in.us)

About: Helps to ease the trauma victim’s burden by explaining the criminal justice process, accompanying victims to court, updating them on current cases and obtaining restitution.

Older citizen programs

Area 10 Agency on Aging

Address: 631 W. Edgewood Drive, Ellettsville, Indiana 47429

Phone: (812) 876-3383

Web: www.area10agency.org

About: Offers programs and services, as well as being a resource of information about services for older and disabled citizens living in Monroe and Owen counties. Services that can be accessed include the Aging and Disability Resource Center, 2-1-1 Infolink, in-home health-related services and referrals, home-delivered meals, food pantry, congregate meal sites, support groups, education for family caregivers, affordable housing, assistance for the homebound, handyman services, a long-term-care ombudsman program for residents of area nursing homes, RSVP 55+ Volunteer Program, recreational and arts programs at Area 10’s Endwright Center in Ellettsville, and Rural Transit bus service.

Pregnancy testing, counseling, education

Planned Parenthood

See health care.

WIC Program

See family services.

Rent, utility, bill assistance

First call the Township Trustee in the Monroe County Township in which you live: Bean Blossom (876-5109), Benton (339-6593), Bloomington (336-4976), Clear Creek (824-7225), Indian Creek (824-4981), Perry (336-3713) Polk (837-9446), Richland (876-2509), Salt Creek (332-9777), Van Buren (825-4490), Washington (331-0809).

DIRECTORY

Continued from page 14

Youth programs

Big Brothers Big Sisters

Address: 501 N. Walnut

Phone: (812) 334-2828

Email: bbbs@bigsindiana.org

Web: www.bigsindiana.org

About: Big Brothers Big Sisters of South Central Indiana helps children in Monroe and Owen counties reach their potential through professionally supported, one to one relationships with measurable impact.

Bloomington Boys and Girls Club

Address: 311 S. Lincoln St.

Phone: (812) 332-5311

Web: www.bgcbloomington.org

About: A guidance organization which fosters the physical, intellectual and social growth of boys and girls ages 6-18 with a special concern for those most in need of service.

Girls Inc.

Address: 1108 W. 8th St.

Phone: (812) 336-7313

Web: www.girlsinc-monroe.org

Volunteer Contact: Lucy Berger, Director of Operations ([812] 336-7313; lberger@monroe.girls-inc.org)

About: Girls Inc. of Monroe County, is an affiliate of a national youth organization dedicated to inspiring girls to be strong, smart, and bold through after school programming, organized sports, and summer/winter camps. Provides programming for girls ages 6 to 18. Services include transportation, organized sports, a teen room, technology, self-defense and homework help.

Harmony School

Address: 909 E. 2nd St.

Phone: (812) 334-8349

Web: www.harmonyschool.org

About: An independent pre-Kindergarten through 12th grade school providing education to youth ages 3 to 18 from a wide range of economic and educational backgrounds.

WonderLab Museum of Science, Health and Technology

Address: 308 W. 4th St.

Phone: (812) 337-1337

Web: www.wonderlab.org

Volunteer Program: (812) 337-1337 ext. 20 or volunteer@wonderlab.org

About: WonderLab is an award-winning science museum with hands-on exhibits and programs for children and their families. WonderLab offers a free Teen Night monthly during the school year.

WonderLab also participates in the Access Pass Program, which provides reduced admission of \$1 per family member per visit for eligible families. The museum also offers many half-price admission events. Volunteering is a natural next step for teens. Those entering grade 7 are eligible to become volunteers at the museum. Additionally, high school students are eligible to apply for summer internships at WonderCamp, the museum's summer science day camp.

Youth Services Bureau

Address: 615 S. Adams St.

Phone: (812) 349-2506

Web: www.youthservicesbureau.net

About: Alongside youth shelter (see housing [youth]), provides counseling, education, supervised recreation, and transportation to and from school, as well as referrals to a variety of agencies for other needed services.

Additional services

Bloomington Newcomers and Neighbors Club

Address: P.O. 8231, Bloomington, IN. 47407-8231

Email: btownnewcomersneighbors@gmail.com

Web: www.bloomingtonnnc.com

About: Bloomington Newcomers and Neighbors is a social club that offers fun and friendships to residents of Monroe County and the surrounding areas. We have monthly scheduled luncheon meetings, many interest groups, including cards, games, book clubs and outings, and have regular dinner events. We encourage members to learn more about Bloomington and to develop friendships by sharing interest and hobbies. Please visit our website, and contact us by sending a note to the address above or emailing us.

Catholic Charities-Bloomington

Address: 803 N. Monroes St, Bloomington

Phone: (812) 332-1262

Web: www.CatholicCharitiesBtown.org

About: Provides education, social service delivery, and advocacy. Takes special interest in poor, disabled, and otherwise disadvantaged persons. Serves residences of Brown, Lawrence, Morgan, Monroe, Orange and Owen counties, especially through mental health services. Provides individual, family, couples and group counseling. Do not currently have anyone on staff who speaks Spanish, so they provide only English language mental health counseling.

City of Bloomington Volunteer Network

Address: 401 N. Morton St. Suite 260

Phone: 812-349-3433

Web: www.bloomington.in.gov/volunteer

About: The Volunteer Network, which has over 200 local partner nonprofit and governmental organizations, is your one-stop source for volunteer information in Bloomington and Monroe County. Member organizations post their volunteer needs on the Network's online database so potential volunteers can see what community needs they can meet. The Volunteer Network also offers training in volunteer management

to new volunteer coordinators and training in nonprofit board service to new and continuing board members. The Network partners with the Martin Luther King Birthday Celebration Commission in the organization of the 'A Day On, Not a Day Off' day of service, in which thousands of Bloomingtonians participate. In addition, the Network matches the material needs of local nonprofit organizations with community members and businesses who can meet those needs through our partnership with the Herald-Times on the Community Wish List.

Habitat for Humanity of Monroe County

Address: 213 E. Kirkwood Avenue

Phone: (812) 331-4069

Web: www.monroecountyhabitat.org

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

Monroe County Safe Kids Chapter

Phone: (812) 353-5437

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

Midwest Pages to Prisoners Project

Address: 310A S. Washington St.

Phone: (812) 339-8710

Web: www.pagestoprisoners.org

Volunteer Contact: Tess Hannah (339-8710;

midwestpagestoprisoners@yahoo.com)

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

Monroe County Public Library

Address: 303 E. Kirkwood Ave.

Phone: (812) 349-3050

Web: www.mcpl.info

About: Offers free books, magazines, music CDs, and movies to check out; public Internet computers; downloadable audiobooks and ebooks; and free programs for all ages. It serves the county through facilities in Bloomington and Ellettsville, the Bookmobile, the Outreach Van, and Homebound service. Library cards are available at no charge to all county residents. The VITAL literacy program offers one-on-one confidential tutoring to adult learners and ESL conversation groups. During the school year, the library offers homework help to elementary students and math and reading/writing homework help to teens. During income tax season, volunteers offer free tax help. The library also has public meeting rooms for use by nonprofit groups. Anyone in the community can producwe

a program through Community Access TV (CATS) for the Public Access Channel.

New Leaf–New Life, Inc.

Address: 1010 S. Walnut St., Suite F

Phone: (812) 355-6842

Email: newleaf1010@gmail.com

Web: www.newleaf-newlife.org

About: New Leaf–New Life runs therapeutic programs in the Monroe County jail, and provides products and services to ex-offenders at our office at 1010 South Walnut, Suite F. Services offered include: assistance in obtaining a birth certificate or social security card, employment help, support groups, family support, community referrals, clothing, bus tickets, hygiene products, and funding for GED testing. Volunteer opportunities can include: mentoring, transition services, office work, family outreach, and programming in the Jail. Check our Facebook page for news and updates.

Reach High Consulting & Therapy LLC.

Autism ABA and Diagnostic Clinic

Address: 2101 W Tapp Rd. Bloomington IN 47403

Website: reachhighconsulting.org

Phone: 812-330-4460

Fax: 812-330-4461

Email: aba@reachhighconsulting.org

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

Reach High Consulting & Therapy LLC.

Address: 1501 Tapp Road

Email: services@reachhighconsulting.org

About: Founded in 2010, Reach High was Bloomington Indiana's first Autism Therapy Clinic that specialized in 1:1 ABA Therapy Services. In 2020, Reach High became Bloomington's first, and only, accredited provider through the Behavior Health Center of Excellence (BHCOE), which continues to hold providers accountable to high-quality clinical standards and ethical business operations. In 2021, Reach High expanded its service offerings to include Behavior Support Services through the Medicaid Waiver Program in order to continue supporting families at home and in the community. Most notably, Reach High has created a Human Rights Committee to champion client rights as part of its long-term agenda to strengthen the client's voice by promoting self-advocacy and inclusivity. Reach High is an in-network provider for the majority of common insurance payers in the Bloomington locale and is prepared to join more networks should the need arise.



FINDING FOOD

in MONROE COUNTY



*Some HHFB Member Agencies provide free groceries, and some serve prepared meals.
Some are located in churches, but you do not need to be a member of any church or attend religious services to get food.*

AGENCY	HOURS	ADDRESS	PHONE
<i>This brochure was updated in May 2022</i>			
FOOD PANTRIES			
Area 10 Agency on Aging	Call for appointment—they deliver	630 W Edgewood, Ellettsville	812-876-3383
Bloomington Township Trustee	Mon – Fri, 10 – 3	924 W 17th St, Suite C, Bloomington	812-336-4976
Bobby's Pantry / Perry Township Trustee	Mon – Fri 9 am – 2:30 pm, call first	1010 S Walnut, Bloomington	812-336-3713
Breaking Bread Food Pantry	Call for appointment	4782 W St Rd 48, Bloomington	812-332-3707
Crestmont Community Food Pantry	Thurs 3 – 4:30 pm	1007 N Summit, Bloomington	812-339-3491
Families First Neighborhood Pantry	2nd and 4th Wed each month 2 – 4 pm	540 S Basswood Dr, Bloomington	812-334-8374
Families First Neighborhood Pantry	3rd Mon each month 2 – 4 pm	3660 S Leonard Springs Rd, Bloomington	812-334-8374
Feed the Needy / Second Baptist Church	Mon, Tues, Thurs, Fri 10-noon and 3rd and 4th Thurs each month 4:30 – 6:30	321 N Rogers, Bloomington	812-336-5827
First United Methodist Church Food Pantry	Wed 3:30 – 5:30 pm	219 E 4th St, Bloomington	812-332-6396
Genesis Church Food Pantry	Last Tues each month 9 – 11:30 am	801 E St Rd 45/46 Bypass	812-336-5757
Grace Center Food Pantry	Thurs 3 – 7 pm	9206 S Old 37, Harrodsburg	812-329-0337
Help Build a Better Life Food Pantry	Call for appointment	2624 S Hickory Leaf, Bloomington	812-865-0686
MCUM Self-Sufficiency Center	Mon, Tues, Thurs, Fri noon – 4 pm	827 W 14th Ct, Bloomington	812-339-3429
Mother Hubbard's Cupboard	Tues, Wed, Thurs noon – 6 pm	1100 W Allen St, Bloomington	812-355-6843
Pantry 279	Mon, Tues, Wed 3 – 6 pm + Sat 1 - 4 pm	501 E Temperance St, Ellettsville	812-606-1524
People's Open Pantry	Sat 11 am – 1 pm	302 W 2nd St, Bloomington	317-760-7272
St Paul United Methodist Church Food Pantry	Wed 5 - 7 pm	4201 W 3rd St, Bloomington	812-332-4191
Souls Matter Food Pantry	Call for appointment—they deliver	3372 E Moffett Ln, Bloomington	812-325-4309
Redeemer Community Church Food Pantry	Tues 1:30 – 5 or call for appointment	111 S Kimble Rd, Bloomington	812-269-8975
Richland Township Trustee	Mon – Fri 8 am – 2 pm	416 S Park St, Ellettsville	812-876-2509
Salvation Army of Bloomington	Tues, Wed, Thurs, Fri 12:30 – 3:30 pm	111 N Rogers, Bloomington	812-336-4310
Tabitha's Storehouse	Last Thurs each month 10 am – 2 pm	421 S Curry Pike, Bloomington	812-336-7224
Walnut Woods Food Pantry	2nd and 4th Fri each month 4 – 5:30 pm	1709 South Park Avenue, Bloomington	812-339-3491
PREPARED MEALS			
Community Kitchen of Monroe County	Mon – Sat 4 – 6 pm	1515 S Rogers, Bloomington	812-332-0999
Community Kitchen Express	Mon – Sat 4 – 6 pm	1100 W 11th St, Bloomington	812-332-0999
Community Kitchen Ellettsville food truck	Tues + Thurs 4 – 6:30 pm	Edgewood Apts 4:00, Richland Sr Apts 4:45, Public Library 5:30 – 6:30 pm	812-332-0999
Shalom Center	7 days/week 8 – 9 am + noon – 1:30 pm	620 S Walnut, Bloomington	812-334-5728
Wheeler Mission	7 days/week 7 - 8 am, noon – 1 pm + 5 – 6 pm	215 S Westplex Ave, Bloomington	812-333-1905