

New Leaf Re-entry Workbook & Monroe County Community Resource Guide



This guide is made up of contributions from the Monroe County Jail Based Think Tanks, Reentry Collective participants, Shalom guests, and local community resource advocates working at New Leaf, who want to share resources with community members who have lacked them.

We believe it is important to share resources with one another and be resources to one another!

Contacts

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Or reentry@newleafnewlife.org

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The Re-entry Collective currently meets at 330 PM At New Leaf New Life 1010 S. Walnut Suite H

- **First Sunday General Meeting**
- **Second Sunday Community Conversations (Special Topics).**

All welcome! Join us!

Introduction

Hello! New Leaf New Life is an organization founded in 2005 (under the name *Citizens for Effective Justice*). Today, New Leaf is a local, volunteer-driven non-profit, whose mission is to address the overall problem of recidivism by developing a continuum of care with programming covering needs of people incarcerated while in the jail and upon their release. Post-release, we offer support through our Transition Support Center (TSC), located at 1010 S. Walnut St. in Suite H, in the old Mother Hubbard's Cupboard building (next to the Perry Township Trustee). At the TSC, people formerly incarcerated can get material assistance from our "free store", which has donated clothing, hygiene products, and (very limited) bus tickets. You can also utilize our two client computers. Our staff and volunteers offer emotional support, help accessing social services, help with resume building and job searching, and computer skills training. Twice a month we host a supportive group called the "Re-entry Collective" that works to break barriers and build bridges to resources. We also provide postage to any letters going to loved ones in jail or prison, and hold people's property if you request NLNL to pick it up from the jail if you are transferred to prison. Please come visit as soon as you are released- we want to help you make a successful transition. There is also plenty you can do RIGHT NOW. Learn resources available to you and build ACTION PLANS. We recommend you actually write down ideas and build your own set of "official documents and plans" to ease your transition. We're excited to have you come back to us!

Index

Probation and Parole, 2

Obtaining Necessary Documents, 3

Shelter-Emergency, 4

Warming Spaces and Bathrooms, 5

Housing & Utilities, 5

Hot Meals, 8

Groceries, 9

Clothes, 9

Transportation, 10

Employment, 10

Phones, 13

Volunteer Opportunities, 13

Free and Sober Event Venues and Regular Events, 13

Education, 15

Family and Parenting, 14

Support for Finance Goals, Budgeting, and Taxes, 16

Legal Support (Sealing/Cleaning up + understanding your record, Criminal Cases, 16

Family Cases, Discrimination, Human or Civil Rights, Evictions)

Have your Voice Heard, 18

Request Books and News, 18

Health Insurance, 18

General Health Services, HIV and HEP C Testing, Dentist, and Vision 19

Disability Services, 20

Addiction-Inpatient & Sober Living Houses, 20

Addiction- Outpatient, 23

Addiction- Sobriety, 25

Harm Reduction and Syringe Access, 25

Community Support Groups, 25

Mental Health and Counseling, 27

Hygiene Access: Showers, Laundry, Hygiene Products, 27

Probation & Parole

Remember

- To have a good release plan.
- To set achievable personal goals and remain focused on achieving those goals.

General Conditions of Parole

You will be under the supervision of a district office or sub-office and will not be able to leave that district without prior written permission of the parole supervision staff.

You must:

- Obtain prior written permission of your parole officer (agent) in order to change your residence.
- Maintain regular contact with your parole officer (PO) by:
 - Reporting regularly as instructed and following written instructions from your PO,
 - Notifying your PO of an arrest, summons, citation or offenses punishable by imprisonment,
 - Notifying your PO change in status including employment, on-the-job training and education.

Note: You must obtain written permission from PO officer before changing employment.
- Comply with state, county, local and federal laws, regulations, ordinances, the vehicle code (driving rules) and liquor laws.
- Abstain from the unlawful use, possession or sale of narcotics/drugs and from the use of controlled substances without a valid prescription.
- Refrain from owning or possessing firearms or other weapons. This includes all firearms whether functional or not and facsimiles, muzzle loaders, archery equipment, etc.
- Refrain from assaultive behavior, including physical and verbal abuse.
- Make continuing payments on fines, costs and restitution imposed by the sentencing court.
- Get permission before renewing a license to operate a motor vehicle, purchase, lease, or operate a vehicle
- To travel out of state requires written permission from both Division of Parole and your supervising officer
- If out of district travel is required for work often, the PO officer must be informed
- Visiting jails or prisons is only allowed after obtaining written permission- and will only be granted for blood relatives or a spouse.

General Conditions of Probation

- You should not commit a criminal offense or operate a vehicle without a license
- Notify your PO of an arrest, summons, citation or offenses punishable by imprisonment (If you can not report because of incarceration a family member can do this on your behalf)
- Report to the probation department as directed and provide truthful information
- Permit authorized representation from probation to visit you in your home and elsewhere at reasonable times
- you should abide by any curfew imposed
- You must have permission from your PO to reschedule an appointment
- Random searches of your property can be conducted and you are responsible for any items found
- notify your PO within 48 hours of a change of address or telephone number
- if convicted of a felony you may not leave Indiana without written permission from a PO. You must report travel including travel out of district from work, weekend trips, vacations, etc. And you must keep your travel permit on you at all times. (if you are behind in your fees they can refuse to let you travel)
- Refrain from owning or possessing firearms or other weapons. This includes all firearms whether functional or not and facsimiles, muzzleloaders, archery equipment, etc.
- Abstain from the unlawful use, possession or sale of narcotics/drugs and from the use of controlled substances

- without valid prescription. You must also abstain from alcohol.
- You can be ordered to submit a drug and alcohol test at any time and you will be responsible for paying for it.
- You must maintain or seek employment or education. You must notify your PO of a change in status I including employment, on-the-job training and education within 48 hours. Note: You must obtain written permission from PO officer before changing employment. If you don't get employed you may be ordered to go to classes.
- You must pay for and successfully complete any inpatient or outpatient treatment, counseling, education or victim impact program that is directed by your PO.
- You are required to pay everything that they tell you to, however, if financial problems arise please inform your PO if you are making even a small effort and keep showing up to work with them, they often claim they will not violate you if you are trying.
- They don't take personal checks. Bring other forms of payment. You must have exact change if paying with cash.

For Your Records:

Make sure you have the following information written out for your own easily accessible records.

-Parole or Probation officer Name/Address/Phone

-Specific parole requirements

ACTION PLAN: Brainstorm a Parole or Probation Plan that Considers your Release Conditions

In your efforts to comply with conditions of parole/probation release, which condition poses the greatest challenge to you?

What steps and actions are you taking to address that challenge?

Do you know where to make payments toward your Court ordered restitution, fines, and costs? What is your payment plan?

For “Know your Rights” Documents on Engaging with Law Enforcement after release:

AMERICAN CIVIL LIBERTIES UNION (ACLU)- NATIONAL PRISON PROJECT 125 Broad St, 18th Floor, New York, NY 10004 Write for list of publications and contact information for your state

Obtaining Necessary Documents

How do I apply for a replacement Social Security number card?

There is no charge for a new Social Security card. To apply for a new Social Security card, visit the Social Security office (515 W Patterson Drive). You will be required to show documents to verify identity and citizenship. For citizenship, you can show a U.S. birth certificate, U.S. passport, or naturalization certificate. To verify identify you must show a U.S. driver's license, a state-issued photo ID, or a U.S. passport.

How do I get a new birth certificate?

If you were born in the state of Indiana, you can obtain a birth certificate through the Indiana State Department of Health. Visit <http://www.in.gov/isdh/20444.htm> HYPERLINK "http://www.in.gov/isdh/20444.htm" HYPERLINK "http://www.in.gov/isdh/20444.htm" [ov/isdh/20444.htm](http://www.in.gov/isdh/20444.htm) HYPERLINK "http://www.in.gov/isdh/20444.htm" to print an application that can be mailed to the Department of Health. You will need to provide a copy of a Government, State, or Military issued ID, and a check or money order.

Where can I find assistance to pay for a birth certificate or photo ID? Shalom Community Center (620 S. Walnut St; (812) 334-5728) can provide assistance in paying for birth certificates and photo ID. Case

workers can also help with the application process for birth certificates. New Leaf-New Life (1010 S. Walnut St, Suite H, (812) 355-6842) can provide individuals who have been recently incarcerated with assistance in applying and paying for birth certificates.

How do I verify my income?

Income can be verified through: paycheck stubs, a social security award letter, child support statements, or an unemployment statement. Your employer can also write a letter to document your income. If you do not have an income and are required to verify income to obtain benefits, you can visit the WorkOne office (450 S. Landmark; (812) 331-6000) to obtain a Proof of Income statement. Hours: M-F 8a-4:30p *or* Fax information: #1-812-331-6010; Fill out fax transmittal sheet (Facsimile Transmittal Sheet) and Work One will fax over the wage transcript.

How do I verify my address?

A photo ID or driver's license that lists your current address can often be used to verify your residence. For some benefits, you may be required to bring in a copy of a current lease, a statement from a landlord, or a piece of mail received at the address. Shalom Community Center (620 S. Walnut; (812) 334-5728) can provide individuals with a mailbox that can be used for benefits mail. A case worker can write a letter to verify "proof of address"

EMERGENCY SHELTERS

FOR MEN

Wheeler (formerly Backstreet) Missions Men's Shelter, (812) 333-1905 215 Westplex Ave., fax: 333-3005, M-F

5p-10p, 24/7; 'Dry' shelter, religious component required (must attend the religious service daily) (does not allow sex offenders) Dinner from 3-5 and intake from 5-7

Friend's Place (formerly Martha's House), 812.332-1444, 919 S. Rogers St. Bloomington IN 47402: Dry shelter (to try to get a bed, show up at 6:15pm and ask if a bed is available. (does not allow sex offenders right now) must be Monroe County resident for extended stay:

For Women without Dependents

Agape Women's House (through Wheeler Mission), (812) 334-4047, 300 Opportunity Lane; will take women with minor children; religious component required (must attend the religious service daily)

Friend's Place (Formerly Martha's House) (812) 334-1444, 919 S. Rogers St., Bloomington, IN 47402
Call to see if a bed is available or show up at 6:15 PM

For Women with Children

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

For Men and Women

Bloomington Catholic Worker/Christian Radical Dry shelter/rooming house; for men and women - no sex offenses;
812-339-4456, Email lertmer@gmail.com

For Men and Women (Low Barrier)

Interfaith Winter Shelter (Nov 1st– March 31st), no phone number, call Shalom or 211 to confirm schedule of locations (The shelter is in different churches every night of the week.) Doors open at 9pm,8:30 on Sundays

Sunday First United Methodist Church, 219 E. 4th St. Monday-Tuesday - Saturday First United Church 2420 E. 3rd St. Wednesday Trinity Episcopal Church, 111 S. Grant St, Thursday- Friday First Christian Church, 205 E. Kirkwood

For Families

New Hope Family Shelter (812) 334-9840, 301 W. 2nd St., IN 47403 (families: parents-one or both, and children; how families self-identify)

For Teens

Youth Services Bureau Shelter (812)349-2506, 615 S. Adams St. Open 24/7. Emergency shelter for people under 18 in crisis or who are experiencing homelessness.

Transitional Housing

Courage to Change (812)223-7223. Welcomes individuals committed to maintaining sobriety in community-accountable sober community. Men’s and women’s houses. Young children are welcome to live at women’s house. Children of participants can spend weekends at men’s and women’s houses.

The Rise (812) 333-7404 Helps low-income woman, who are recovering from the impacts of domestic violence, to secure permanent, safe and affordable housing; achieve economic security; and develop their capacities for self-determination. A program of Middleway for women and children.

Stepping Stones (812) 339-9771 Offers transitional housing and supportive services to youth between the ages of 16-20 experiencing homelessness.

Crawford Apartments Information is available at Shalom

Bridges Program (812) 353-3276; Casey Payne, CPayne@iuhealth.org “Bridges” is IU Health long-term program that provides supportive housing for people experiencing homelessness.

Temporary Housing in Emergency Cases (i.e. post-surgery)

- a. Emmanuel Baptist Church (812) 824-2768
- b. St. Thomas Lutheran Church (812) 332-5252
- c. Salvation Army (812) 336-4310
- d. St. Vincent de Paul (812) 961-1510
- e. Township Trustee – partners with New Hope (contact NLNL)
- f. 1st Christian Church (812) 332-4459
- g. First United Church (812) 332-4439
- h. Trinity Episcopal Church (812) 336-4466
- i. Sherwood Oaks Christian Church (812) 334-0206
- j. First United Methodist (special referral from NLNL)

k. Monroe County United Methodist (special referral from NLNL)

Warming Spaces

Note: Individuals who use these spaces request that you be very respectful in them, so they don't lose access. Many of these spaces are welcoming because of the respectful behaviors of others who used these spaces before you.

New Leaf New Life 1010 S. Walnut, Open M-F 10:00 AM to 5:00 PM

Shalom Community Center 812.334.5728, 620 S. Walnut St., Open M-F 8:00 AM- 4:00 PM

NOTE: check in with others at Shalom for additional warming places ideas- availability shifts

Sacred Heart 410 W. Kirkwood Ave 5:30-8 pm Sunday nights (to cover the gap between library hours and Interfaith

Winter Shelter Hours)

Monroe County Public Library 303 E. Kirkwood Ave., (812) 349-3050, Mon - Th 9-9, Fri.-Sat. 10-6, Sun. 12-6

Bloomington Bus Station/Terminal, 812.336.7433 Open M-F 6:30 AM - 11 PM S 7 AM - 6:40 PM, Courthouse

Showers Building 401 N Morton St, 812.339.2261

Emergency Room Waiting Room 601 W 2nd St, Bloomington, IN 47403

Indiana Memorial Union 812.856.6381, 900 E 7th St.(if you can pass for a student of professor). Open 24 hours.

Recovery Engagement Center 812.337.3570 221 N Rogers St, Bloomington, IN 47404

Trinity (812) 336-4466 111 S Grant St, Bloomington, IN 47408 (When Side door is open M-F and there are no events. Check in with Secretary if you haven't been there before and introduce yourself kindly

First United Methodist Church (812) 332-6396 219 E 4th St, Bloomington, IN 47408 Check in with Secretary if you haven't been there before and introduce yourself kindly

Salvation Army Office 812.336.4310 111 N Rogers St, Bloomington, IN 47404 9am-6pm M-F 10am-6pm Sat

9am-12pm Sunday Check in with Secretary if you haven't been there before and introduce yourself kindly

Fountain Square Mall 101 W Kirkwood Ave, Bloomington, IN 47404 M-Sa 7am-9pm Sun 12-7pm

Open for parade attendance on the fourth of July and other parade days when everything else is closed

Housing, Utilities, Furnishing

Looking for Sober Transitional Housing? Go to: Addiction-Inpatient & Sober Living Houses on page 20.

Locally, folks have been most excited about **Courage to Change, the REC, and Amythest.** (see pg. 20-24)

Key Points to Remember When Looking for Housing

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

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

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

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

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

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

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

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

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

Looking for an apartment can be exciting and frustrating. But, if you approach the process in an organized way and know your responsibilities, apartment hunting doesn't have to be difficult.

Know your rights and responsibilities

While Federal law prohibits housing discrimination based on your race, color, national origin, religion, sex, family status, or disability, you should expect that many people will be uncomfortable renting to you because of your record

– not necessarily those other factors.

Be polite and respectful – and try to put yourself in their shoes. Remember that you're facing this challenge because of poor choices you've made in the past.

When you do locate an apartment, remember that you have both rights and responsibilities. Be sure you know what's expected of you – and what you can expect in return.

NOTE: If your rights have been violated once you have established housing, or if you are threatened with eviction or have an unresolved landlord dispute, contact the Bloomington Solidarity Network

812-327-6263 PO box 542 Bloomington, IN 47401 bloomingtonsolidarity@gmail.com

Figure out how much you can afford

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

Decide what you need

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

Resources to check for housing:

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

Know where you can get help

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

Bloomington Housing Authority (BHA) 812.339.3491, 1007 N. Summit St., Bloomington, IN 47404
Housing and Urban Development/Veterans Affairs Supportive Housing Program. MaryJane McNabb 812-336-5723. 455 S. Landmark Ave.

Help with Deposits, Rapid Re-Housing, & Rent

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

STEP ONE: SAFE/Energy Assistance Program (For Utility Bills in Winter & Summer Months)

- Contact: South Central Community Action Program, 1500 W.15th Street, 339-3447
- Notes: emergency energy assistance, Sec. 8 vouchers, individual development account program, affordable rental housing program, donated vehicles program, trash stickers, weatherization

STEP TWO: Township Trustee:

- | | | | |
|----------------|----------|-------------|----------|
| • Bean Blossom | 935-7174 | Benton | 332-6081 |
| • Bloomington | 336-4976 | Clear Creek | 824-7225 |
| • Indian Creek | 824-4981 | Perry | 336-3713 |
| • Polk | 837-9446 | Richland | 876-2509 |

- Salt Creek 837-9140 Van Buren 825-4490
- Washington 331-0809
- Notes: (1) Must live in that township (2) Meet income guidelines (3) Be employed full time; seeking full-time employment; performing workfare; or medically exempted from performing work (4) Apply for any and all other qualifying public assistance programs (5) Seek assistance from family members first; community service required

STEP THREE: Monroe Co. United Ministries (MCUM)

Contact: 827 W. 14th Street, 339-3429 Hours: 8-11:30am, 1-3:30pm

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

STEP FOUR: Salvation Army

Contact: 111 N. Rogers St., 336-4310, ext.100 Monica Clemons, Social Services Coordinator

Hours: M 9-11:30, T 1-3:30, W 9-11:30, Th 1-3:30, F 9-11:30

Notes: Does not help with deposit; will pay 20% of monthly rent with \$100 maximum; \$50 max for rental, Sec 8 or public housing; will help with \$50-75 for disconnected utilities; need proof of residency (can use shelter address ; will take people out of jail); must already have gone to Trustee within past 2 months

STEP FIVE: St. Vincent de Paul Society

Contact: 961-1510 Call and leave your name, phone number, and a brief message about the assistance needed (primarily provides furniture), and St. Vincent will return your call. They also meet with clients who are experiencing homelessness and do not have a phone at Shalom on Thursdays from 10am-12pm.

STEP SIX: Wheeler Missions (formerly Backstreet Missions)

Contact: 215 S Westplex Ave Bloomington, IN 333-1905 Hours: 10am-4pmv Thursdays

Other churches that offer aide:

- Sherwood Oaks Christian: 334-0206 (sometimes does Rx) (can do this on their own must fill out an application, evaluate apps on Mondays and Tuesdays, pick up checks on Wednesdays; funds refilled on first Monday of each month).
- Trinity Episcopal Church: 812-336-4466 (can do this on their own and schedule appointment).
- Emmanuel Baptist Church: 812-824-2768; 1503 W That Road Bloomington, IN 47403
- 1st United Church: 812-332-4439 Lisa (needs form letter) (no utilities, ONLY emergency housing for families or housing deposits) (guests can call)
- Trinity Episcopal Church (812-336-4466)

STEP SEVEN: Congregations

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

STEP EIGHT: Shalom Community Center

Contact: 620 S. Walnut St. 812-334-5728: Casework Hours 9am-3pm
When funds are available, can help with the last \$50 of utility disconnect or rental eviction

notice or the last \$50 of a rental or electric security deposit when rapid rehousing funds are available.

Hot Meals

Geno's Cafeteria (Backstreet Missions), 812.333.1905. 215 S. Westplex Ave.

M-F Lunch 11-12p.m.; Dinner 4-5pm Sat: Breakfast 8-930 am; Lunch 11am-12pm

The Community Kitchen + Community Kitchen Express, 812.332.0999, 1515 S. Rogers St. & 1100 W. 11th St.

M-Sat 4-6 pm,

Shalom Community Center, 812.334.5728, 620 S. Walnut St.

M-F Breakfast 8-930am; Lunch 12-130pm

Trinity Episcopal Church, 812.336.4466, 111 S. Grant St.

Sunday Lunch 2pm

First Presbyterian Church, 812.332.1514, 221 E. 6th St.

Saturday Breakfast 730-9

First Christian Church, 812.332.4459, 205 E. Kirkwood Ave.

Sunday Breakfast 8-930am

Bloomington Catholic Worker/Christian Radical, 812-339-4456, 821 N. Blair Ave.

6pm in their home every night of the week. Call and they'll set out a plate.

Harvest House Soup Kitchen, 1107 S Fairview, 812-327-8636

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

Area 10 Agency on Aging, 631 West Edgewood Dr. Ellettsville, IN 47429, 812-876-3383 offers nutritious Congregate and

Mobile meals in Bloomington and Ellettsville,

Bloomington Meals on Wheels: 727 W. 1st St, 812-323-4982

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

Groceries

Food Stamps, FSSA, 1711 N. College Suite 101, 800.403.0864

Bloomington Farmer's Market - Market Bucks program. Doubles the amount of \$ given in market bucks for the farmers market to individuals who use Food Stamps. Saturday morning from April to November.

Showers Building 401 N Morton St, 812.339.2261

Mother Hubbard's Cupboard, 812.339.5887, 1100 W. Allen St. Open M-F 12:00 PM

- 6:00 PM M-F 12-6pm

City Church Food Outreach, 812-336-5958, 1200 N. Russell Road

Third Sunday of the month. tickets distributed during 530pm service.

Bread of Life Soup for the Soul, 812.822.2134, 1300 S. Walnut St.

First United Methodist Church, 812.332.6396, 219 E. 4th St.

W 3-530pm Brown Bag Lunches and Groceries

Monroe County United Ministries, 812.339.3429, 827 W. 14th St.

Township Trustees Food Pantries-Bloomington 812-336-4976 2111 W. Vernal Pike

M-F 8am-4pm. Provides canned goods to Bloomington Township residents

Township Trustees Food Pantries-Perry 812-336-3713 1010 S. Walnut St

M-F 9am-3pm. Provides canned goods to Perry Township residents
Second Street Baptist Church's Feed the Needy, 812-336-5827, 321 N. Rogers St
Salvation Army 111 N. Rogers St 812-336-4310

Need ID and proof of resources. 1 week supply of groceries. Will not provide again for 30 days.

Shalom Community Center 812.334.5728, 620 S. Walnut St., Open M-F 8:00
AM- 4:00 PM Emergency groceries on a case by case basis. Ask Ron before
1:30pm.

Hoosier Hills Food Bank, 812-334-8374, 2333 West Industrial Park Drive
Distributes through non-profits, including New Leaf New Life

Area 10 Agency on Aging, 631 West Edgewood Dr. Ellettsville, IN 47429, 812-876-3383
Food pantry, restaurant vouchers and farmer's market vouchers for seniors +
commodities for individuals in area 10 housing.

Grace Food Pantry, 812-824-7171, 9206 Old State Road 3, (Harrodsburg, IN)
M-F, 8am-4:30pm

Community Health Services: WIC, 812.353.3221, 333 E. Miller Drive.
Food and education for pregnant women and children birth-5yrs.

Clothes

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

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

New Leaf New Life, 812.355.6842, 1010 S. Walnut St. Suite H (for people formerly incarcerated) Gives out
Goodwill
vouchers.

My Sister's Closet, 812-335-6603, 414 S. College Avenue (workforce attire for women)

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

Shalom 812.334.5728, 620 S. Walnut St., Open M-F 8:00 AM- 4:00 PM(emergency clothing). Ask at
hospitality des

Transportation

Bicycles + Bike Repair

Re-entry Collective Bike Initiative for and By Poor Folks To have a bike built for you, contact Billy after
you are released at [317-518-8364](tel:317-518-8364) Limited availability.

New Leaf New Life 1010 S. Walnut Suite H. Has all materials you need to fix a flat tire for free. Runs flat
tire workshops and gives out bikes semi-regularly.

Bloomington Bicycle Project, 214 N. Madison St. A project that allows you to volunteer for
three hours and then build or repair a bicycle for free: Volunteers on hand can help with more
complicated repairs than flat tires

City Bus

Bloomington Transit, 812.336.7433 Discounted monthly passes for individuals with disabilities, serious
health issues, and senior citizens. **Organizations providing a limited number of bus tickets to individuals
experiencing poverty**

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

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

appointments

New Leaf New Life Distributes tickets for traveling to work to individuals who have been formerly incarcerated.

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

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

Recovery Engagement Center provides bus tickets to clients when available 812.337.3570

Work One Employment Rehab provides bus tickets to job seekers who are eligible for the program. 812.331.6000

Rural Transit

Area 10 Agency on Aging and Disability offers tickets for rural transit. 631 W. Edgewood Dr. Ellettsville. 812-876-3383. Shalom also offers Rural Transit tickets when they have them..

New Leaf New Life can provide tickets for parole appointments.

Medicab service for doctors appointments, make call through medicaid

Transportation Assistance to Locations outside Bloomington

Shalom Community Center Can sometimes provide one-way bus tickets out-of-town to return home or to family if the person can verify they'll have a place to stay. Not always available due to limited funding. Caseworkers are also sometimes available to get guests to appointments.

Assistance for gasoline

St. Vincent de Paul, (812) 822-1958, 1117 N Jackson St, Bloomington, IN 47404, Walmart card.

First United Church (812) 332-4439 2430 E. 3rd St. They provide a few gas cards a month for urgent needs.

Employment

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

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

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

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

Be the Exception

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

ACTION PLAN: Develop Communication Strategies (best to do with others, but also useful to process individually in writing):

*What are your 4 areas of strength with communication? How can you use these when job seeking?

*What are you 4 areas for improvement with communication? How can you work on them now?

ACTION PLAN: Practice Job interviews with your Bunkie or a Friend. Think about the ways you can answer the questions both honestly AND with answers that are most likely to get you hired. Be strategic. Here are some good interview practice questions:

20 Questions: Tell me about yourself. What are your strengths? What are your trained or practiced skills? What are your weaknesses? Why do you want this job? Where would you like to be in your career five years from now? What's your ideal company? Why should we hire you? What did you like least about your last job? When were you most satisfied in your job? What can you do for us that other candidates can't? What were the responsibilities of your last position? Why did you leave your

last position? Can you explain the gap in your employment record? What do you know about this industry? What do you know about our company? Are you willing to relocate? Do you have any questions for me?

*If you want to find even more interview questions you can write anyone at NLNL, and we'll send you more.

Or, when you are released, you can look at more questions online. These questions are from [htt HYPERLINK](http://career-advice.monster.com/job-%20interview/interview-questions/100-potential-interview-questions/artic)

["http://career-advice.monster.com/job-%20interview/interview-questions/100-potential-interview-questions/artic](http://career-advice.monster.com/job-%20interview/interview-questions/100-potential-interview-questions/artic)

Monroe County Employment Resources:

Work One & Voc Rehab 450 S. Landmark Ave. Bloomington, IN 47403
812.331.6000

Primarily for individuals with disabilities, addictions and criminal records

Job Links at Shalom 620 S. Walnut Street, Bloomington, IN 47401
812.334.5728

Can assist with Resume building and Job Searches

Monroe County Public Library 303 E. Kirkwood Ave., (812)
812-349-3050

New Leaf New Life 1010 S. Walnut St. Suite H, Bloomington, IN 47401
812.355.6842

National Able ages 55 + Arleen Page, Client services rep can meet you at Shalom
apage@nationalable.org

Experience Works ages 55 + PO Box 687, Seymour, IN 47274
866.796.8550

ACTION PLAN: Disclosing Your Criminal Record to an Employer

Answer this question in three parts (Practice this in writing and verbally when you have the time):

- **Briefly explain your conviction:** Example: I was arrested for drug possession. This occurred during a very immature time in life. I now have direction, goals, and responsibilities that take priority over negatives like drugs.
- **Explain what you did to change your life while incarcerated:** Example: During the time I was incarcerated, I realized that I needed to incorporate change into my life. I did this by educating myself, focusing on my rehabilitation through participation in therapeutic groups, and using inmate employment to help in my transition to working in the community.
- **Explain what you will do to ensure that relapse will not occur:** Example: Because of the difficult times I've faced, I have positively changed my life. By conquering my weaknesses and helping others

I have accelerated my healing process. I believe that meaningful employment, maintaining meaningful employment, and staying chemically free, will continue to help this healing process.

Do:

- Do let your prospective employer know that you take responsibility for your offense.
- Do maintain your pride no matter what the offense.
- Do practice answering these types of questions in a mock interview or aloud to yourself.

Don't:

- Don't set yourself up to fail when disclosing your criminal record.
- Make sure your target job is not related to your offense.
- Don't make excuses or place blame.
- Don't go into graphic detail of your offense.
- Don't lie, deceive or be dishonest.

ACTION PLAN: Additional Job Planning and Preparation

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

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

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

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

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

*Current Address * Drivers Licence # and State * Who to contact in case of emergency (name, relationship, phone):

*Previous addresses for past 5 years (with dates)

*Disabilities that would require special accommodations or which would prohibit you from performing certain activities?

*Education (including trade, technical, apprenticeships) with address and graduation or completion date and any certification received. You may include training you received in a prison in this information.

*A well crafted narrative about your criminal history (see points above)

*Military Service (Branch, Rank on Discharge, Years of Service, Duties, Skills learned, Honorable discharge?)

*Employment History (most recent first)- Include Employer Name/Mailing Address/Dates of Employment/Position/Supervisor's name and Phone #/Tools or equipment you used/Skills you used/Reason for leaving. You may include work in a prison on this resume.

*Volunteer Service. Brainstorm if there was any volunteer work you did, especially in gaps between work. If you have a gap in time between your release and your first job, come volunteer with us! We give great recommendations! Volunteer work looks great on a resume because it shows you have a community ethic and are not idle.

When Filling out Applications:

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

WORK ONE

a. Provide staffing and professional recruiting services for companies.

b. Can apply at <http://www.empl> HYPERLINK "http://www.employmentplus.com/"[o](http://www.employmentplus.com/) HYPERLINK "http://www.employmentplus.com/"[y](http://www.employmentplus.com/) HYPERLINK "http://www.employmentplus.com/"[m](http://www.employmentplus.com/) HYPERLINK "http://www.employmentplus.com/"[e](http://www.employmentplus.com/) HYPERLINK "http://www.employmentplus.com/"[n](http://www.employmentplus.com/) HYPERLINK "http://www.employmentplus.com/"[t](http://www.employmentplus.com/) HYPERLINK "http://www.employmentplus.com/"[plus.com/](http://www.employmentplus.com/)

c. Can provide proof of income.

EMPLOYMENT PLUS

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

Phone Assistance

Shalom Community Center has information on receiving a free government phone through Assurance, Access, Safelink, and Top Ten Video:. You will need proof of income or copy of assistance card and ID. If you do not have a phone you can make calls from Shalom and can also receive phone messages there if you set up a mail folder.

New Leaf, New Life will help you fill out the application online if you are seeking a sober environment to access phone assistance.

St. Vincent De Paul (812) 961-1510, 4607 West State Road 46, Bloomington, Indiana

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

Volunteer Opportunities

Community Service Opportunities Help to a) develop job experience b) develop job references c) contribute your unique experiences and knowledge to agencies

New Leaf New Life 1010 S. Walnut Suite H. Volunteer with us! We make great references.

Pages to Prisoners <http://pagestoprisoners.org/> Sunday 2-4PM, Monday 6-9PM
Thursday 6-9PM, Saturday 11AM-2PM 812-727-0155

Bloomington Volunteer Network, bloomington.in.gov/volunteer, 812-349-3433

RSVP (Retired Senior Volunteer Program), area10bloomington.in.us/rsvp, 812-876-3383

Finding Free and Sober Event Venues and Regular Events

Monroe County Public Library "<http://mcpl.info/calendar>" **New Movie Monday** New DVD releases shown second Tues. of each month.. Titles posted in the Library, or call (812) 349-3050.

Reentry Collective. 1st and 3rd Sunday of every month. Breakfast and support group. 11am-1230. at NLNL.

The Warehouse [http://](http://warehousebtown.com/calendar.html) HYPERLINK "<http://warehousebtown.com/calendar.html>"w HYPERLINK "<http://warehousebtown.com/calendar.html>"arehousebtown HYPERLINK "<http://warehousebtown.com/calendar.html>"_ HYPERLINK "<http://warehousebtown.com/calendar.html>"c HYPERLINK "<http://warehousebtown.com/calendar.html>"om/cal HYPERLINK "<http://warehousebtown.com/calendar.html>"e HYPERLINK "<http://warehousebtown.com/calendar.html>"ndar.html

Boxcar Books holds regular events related to incarceration. Call them at (812) 339-8710.
boxcarbooks.org/events

Farmer's Market Every Saturday morning from April to November in parking lot near Showers Common on Morton St.. Local produce, meats and cheeses. Live music. Arts Fair first Sat. of each month.

Lotus Festival in the Park During Saturday afternoon of the Lotus Festival of World Music and Art, there are free performances by artists from around the globe, workshops and activities for kids held in the Third Street Park.

Summer Performing Arts Series Free outdoor concerts and movies at various parks during the summer. For schedule, call Performing Arts Series Hotline, 812-349-3754

4th of July Parade held at 10 AM downtown.

Canopy of Lights Friday evening of Thanksgiving Weekend, Courthouse Square

Education- Free Instruction

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

MCCSC GED Classes Monroe County Public Library (MCPL)
812.330.7731

VITAL (Free tutors for adults) MCPL monroe.lib.in.us/vital
812.349.3173

Bloomington Code School Free Technology Instruction MCPL
<http://bloomingtontech.com/code-school/> www.mcpl.info/

New Skills with Lynda Free help with technology skills
www.mcpl.info/lynda

Post-Secondary Schools

IVY Tech Community College 200 Daniels Way, Bloomington, IN 47404
812.332.1559

Indiana University Bloomington 107 S. Indiana Avenue, Bloomington, IN 47405
812.855.4848

New Leaf New Life 1010 S. Walnut. Provides some scholarships and mentoring for a formerly incarcerated student's first course at IVY tech. Request to speak to Mary if interested.

Higher Education Financial Aid

FAFSA (application for free Gov. aid) fafsa.ed.gov 1.800.433.3243

Family and Parenting

What You Need to Know About Family Relationships & Parenting

What you need to remember when you return home because your family has functioned without you for a while, some things may have changed.

Don't expect things to be the same as when you left. Their relationships with each other may be different. Be sensitive to this and talk about the changes.

Don't expect your family to change to meet your former roles and relationships. Communicate! Communicate! Communicate!

Rejoining your family as a productive member is one of the greatest challenges you will face as you re-enter your community. It is helpful to realize that all family members are connected in a kind of invisible network—members of your immediate family and also the relatives who make up your extended family. The following pages give some hints about family relationships and parenting that may be helpful to you. Hold a family meeting to discuss beliefs and expectations, set mutual goals, and work to gain a better understanding of how each family member perceives his or her role in the family. Some important things to discuss are:

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

Tips for Reunification

- If you have not seen your child in a long time, remember:
 - Young children are taught to be afraid of strangers and if your child does not know you or recognize you then you are a stranger – even though you are their parent.
 - Young children are afraid of loud noises. So when you talk, speak softly.
 - Do not run at a small child – walk slowly into a room and watch the child.
 - Bend down to the child’s level – it’s less scary for the child.
 - Do not expect your child to come to you, he/she will have to get to know you to trust you. Sit quietly and watch at first.
- When bringing gifts sometimes toys are lots of fun, but they don’t always get the reaction you hoped for. If you offer a gift, bend down, hold it out and encourage the child to come to you – if this does not work, then set the gift down and move away. A gift is a present given “with no strings attached”, do don’t insist on “love” in exchange. Love comes with time and trust.
 - Rules are important to children and while you were gone someone else made the rules. Learn the rules and follow them. You are now the intruder into their world. Rules can be changed, but first you need to adjust and give everyone a chance to adjust. Playing by “their” rules first will make the child more secure.
 - Your children could see your absence as abandonment, and feel angry. Feelings aren’t facts. Time changes feelings.
 - Guilt is very destructive, if possible learn from experience, but leave it behind you. Let the pain work to change you, not to control you.
 - If you are trying to regain custody of your child, your social worker will have some very special rules for you to follow – do the things on that list. You may not “like” the social worker and the rules may not seem “fair”, however the decision to return your child to you is based on how well you did what you were told to do.
 - Your children need your time and your love, not a trip to Disneyland – so do not feel guilty if you cannot take them some place special – a day in the park to talk and swing is more important than anything.
 - If you will be taking the child home in the future, try to make many visits. Taking pictures can help the child remember you, leave pictures with the child. At first your child will need the security of the home he/she is happy with, later short walks are nice.
 - Routines give children security so you will want to stick with the established routines in the beginning.
 - Give yourself credit for small changes – others may miss seeing them but you know how hard you are working.
 - Learn about your community and its resources, make new friends, you’re not alone.
 - Children need lots of love and support to live through a change in homes – so do you.
 - Trust takes time. The more you keep your word, the more others will trust you. Give yourself and others time to bond and rebuild.

ACTION PLAN: While Incarcerated, brainstorm answers to the following questions:

What are my five most important goals regarding my family? What are my five most important responsibilities?

Family Resources:

Banneker Community Center: (812) 349-3735 930 W. 7th Street; **Family Resource Center:** Hours: Monday- Friday, 9 a.m.-9 p.m. Located on the third floor, this is a place where families, can gather information, network with others, build a support system, and enjoy their children in a fun, safe space.

Catholic Charities 812.332.1262. 803 N Monroe St. Mental Health Services and Counseling.

Center for Human Growth 812.856.8302, 201 N. Rose Ave. Counseling by graduate students of Indiana

University.

Crisis Pregnancy Center 812.334.0055, 808 N. College Ave.

Monroe County United Ministries 812.339.3429, 827 W. 14th St. Affordable child care, ages 2-6.

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

812.232.3952. 1101 S. 13th St, Terre Haute IN, 47802. Hours: M-F 9am-5pm and 1st Saturday of each month

9am-1pm. Provides vouchers for low-income families for childcare assistance.

Department of Child Services 812.336.6351. 1717 W 3rd St. Hours: 8am-4:30pm.

Family Solutions (812) 335-1926 1180 S Liberty Dr, Bloomington, IN 47403. nonprofit community-based agency that offers counseling and support services to children and families who are at-risk of experiencing out of home placement.

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

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

Monroe County Division of Family Resources 1.800.403.0864 1711 N College Avenue, Suite

101. Hours: M-F, 8am-4:30pm. Point of entry for social services.

Youth Services Bureau of Monroe County 812-349-2506. 615 S. Adams St.

Support for Finance Goals, Budgeting and Taxes

Finance Goals If you have a large financial goal (like getting an apartment) make sure to set a specific savings goal that will let you meet the requirements for a deposit. Having money saved is one of the best ways to be able to respond to emergencies. Decide on a bank and set up an account as soon as it is possible. Before dipping into your savings ask yourself if what you are drawing money out 1) can be gotten for free with a little more effort (such as groceries or a meal or clothes) and 2) if it is more important to you than the goals you have developed a savings plan for.

Budgeting: Be prepared to budget through your month for all your needs.

Consider the Money you will need each month after you leave jail or prison. Draft a budget and plan: (transportation/food/clothing/telephones/shelter/childcare/other). Sometimes it is easier to get these items rather than money from support services in town. Make a strategic plan to use available resources and save your money to transition (security deposits, utility deposits, rent or mortgage).

Legal Support- Sealing/Cleaning up + understanding your record

The Indiana Pro Bono Commission 317.608.6505 615 N Alabama St, Suite 122, Indianapolis, IN 46204

IPBC strives to promote equal access to justice for all Indiana residents by facilitating the integration and coordination of existing services; fostering the development of new pro bono programs; supporting and improving the quality of existing pro bono programs; fostering the growth of a public service culture within the Indiana Bar which values pro bono publico service; promoting the ongoing development of financial and other resources for pro bono organizations in Indiana; and enabling Indiana attorneys to discharge their professional responsibility to provide pro bono services.

Legal Support- Eviction and Landlord Disputes

Bloomington Solidarity Network 812-327-6263 PO box 542 Bloomington, IN 47401 .

bloomingtonsolidarity@gmail.com

Indiana Legal Services, 812.339.7668 214 S College Ave, Bloomington, IN 47404
Monday-Friday 8:30AM-5PM Indiana Legal Services (ILS) is a nonprofit law firm that provides free civil legal assistance to eligible low-income people throughout the state of Indiana. ILS helps clients who are faced with legal problems that harm their ability to have such basics as food, shelter, income, medical care or personal safety. Most of the cases ILS handles are cases such as family law where there is domestic violence, housing, consumer law, access to health care, and access to government benefits. ILS does not handle any criminal matters

Legal Support- Criminal Cases

District 10 Pro Bono Project 812.339.3610 PO Box 8382 Bloomington, IN 47407 Call Mondays between

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

National Criminal Justice Reference Service P.O. Box 6000, Rockville, MD 20849-6000

Phone: 800-851-3420, Website: www.ncjrs.gov Distributes documents and information from the National Institute of Justice (NIJ), the Bureau of Justice Statistics (BJS), the Bureau of Justice Assistance (BJA), the Office for Victims of Crime (OVC) and the Office of Juvenile Justice and Delinquency Prevention (OJJDP)

Center on Wrongful Convictions Northwestern University School of Law 375 East Chicago Ave, Chicago, IL 60611 The CWC handles claims of actual innocence in DNA and non-DNA cases.

Centurion Ministries, INC 1000 Herrontown Rd, The Clock Building, Princeton, NJ 085402
www.centurionministries.org Works to vindicate and free prisoners who are factually innocent and have been unjustly sentenced to either death or life in prison without parole. Focuses on murder and rape cases. Does not consider child abuse/sex cases (unless physical evidence can be scientifically tested to prove innocence). Does not consider accidental death or self-defense cases. CM has no religious affiliation. CM is not a law office. To have a case considered, write a short letter to CM outlining the facts of the case (do not include documents or transcripts). CM reads and responds to all letters within approximately 6-8 weeks.

Legal Support- Discrimination, Human or Civil Rights If you feel like you are experiencing discrimination of injustice while incarcerated, make sure you file regular grievances. Even if it seems unlikely that you will get a response while incarcerated, grievances serve as a record to help you build a discrimination or violation of rights case with a lawyer.

Indiana Civil Liberties Union 317.635.4059 1031 E. Washington St. Indianapolis, IN 46202
The ACLU of Indiana is dedicated to defending individual rights and preserving liberties that are grounded in the United States and Indiana Constitutions and civil rights laws.

American Civil Liberties Union 212.549.2500 125 Broad Street, 18th Floor, New York NY 10004
For almost 100 years, the ACLU has worked to defend and preserve the individual rights and liberties guaranteed by the Constitution and laws of the United States. Write for list of publications.

Legal Support for Family Cases

Court Appointed Special Advocates for Children (CASA) of Monroe County, 812.333.2272

201 N. Morton Street, Bloomington, IN 47404 Monroe County CASA is a volunteer-powered program which provides representation in juvenile court for child victims of physical abuse, sexual abuse, and neglect.

District 10 Pro Bono Project 812.339.3610 PO Box 8382 Bloomington, IN 47407

Call Mondays between 10AM-12PM and Thursdays 2PM-5PM

District 10 Pro Bono Project provides free legal services in Clay, Greene, Hendricks, Lawrence, Monroe, Morgan, Owen, and Putnam, Indiana. We do so with a number of innovative programs matching volunteer attorneys with clients who need help with shelter, income, safety, or access to justice.

Indiana Legal Services, 812.339.7668 214 S College Ave, Bloomington, IN 47404

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

IU Community Legal Clinic, 812.855.9229 College Square, Second Floor, 214 S. College Ave, 47404

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

Have Your Voice Heard

Local Newspapers: Let your Voice be Heard! Your voice and opinion matters.

Herald Times-Newspaper. Send letters to the editor to NLNL. They must be under 200 words, and you may only submit one time each month. Include the first and last name you would like to be identified with in print. NLNL volunteers will type your statements and submit them to the Herald Times online form.

Indiana Daily Student- Newspaper. newstip@idsnews.com [HYPERLINK](#)

"mailto:newstip@idsnews.com" Before release, send story ideas or testimonies to NLNL.

Include the first and last name you would like to be identified with in print. NLNL volunteers will type your statements and submit them online.

Safety Net- A Social Service Publication about our Community. send written submissions- articles, letters to the

editor, poetry to NLNL to type and submit or email the editor at wjite@indiana.edu

Captured Words/Free Thoughts-Journal of Writing and Art. Submit poetry, creative writing and art to Stephen

John Hartnett Department of Communication University of Colorado Denver Academic Building One, Room 3016

1201 Larimer Street Denver, CO 80204

WFHB-Local Radio -After release contact Wes Martin: news@wfhb.org

Kiteline (Show on WFHB) - PO Box 2422 Bloomington, Indiana 47402

Request Books and News

Midwest Pages to Prisoners Project, 812.727.0155 PO BOX 1324 Bloomington, IN 47402 A free books to prisoners

program which serves folks locked up in Indiana. Request resource lists, zines, and access to other political or

LGBTQ newsletters.

Prison Legal News, 561.360.2523 P.O. Box 1151 1013 Lucerne Ave Lake Worth, FL 33460

A project of the non-profit Human Rights Defense Center, is a monthly magazine that reports on criminal justice issues and prison and jail-related civil litigation, with an emphasis on prisoners' rights.

National Criminal Justice Reference Service P.O. Box 6000, Rockville, MD 20849-6000

Phone: 800-851-3420, Website: www.ncjrs.gov Distributes documents and information from the National Institute of Justice (NIJ), the Bureau of Justice Statistics (BJS), the Bureau of Justice Assistance (BJA), the Office for Victims of Crime (OVC) and the Office of Juvenile Justice and Delinquency Prevention (OJJDP)

Health Insurance

South Central Community Action Plan Healthcare Assistance Program/ Cover Monroe (812) 339-3447

Email: info@insccap.org HYPERLINK "mailto:info@insccap.org"r HYPERLINK "mailto:info@insccap.org"g

IU Individual Solutions (healthcare application assistance), 800.313.1328, 413 Landmark Ave.

Bloomington, IN 47403, iuhealth.org/individual-solutions/

Healthy Indiana Plan (healthcare), 1.844.GET.HIP.9, w HYPERLINK "http://www.in.gov/fssa/hip"ww.in

HYPERLINK "http://www.in.gov/fssa/hip"z HYPERLINK "http://www.in.gov/fssa/hip"g HYPERLINK

"http://www.in.gov/fssa/hip"ov/fssa HYPERLINK "http://www.in.gov/fssa/hip"l HYPERLINK

"http://www.in.gov/fssa/hip"hip

Medicare (healthcare for older adults), 1.877.819.2594, 515 W. Patterson Dr.

Bloomington, IN 47403, www.medicare.gov HYPERLINK "http://www.medicare.gov

Medicaid (healthcare for people with disabilities, children, and pregnant women), Monroe County Division

of Family Resources, 800.403.0864, 1711 N. College Ave. Suite 101, Bloomington, IN 47404, medicaid.gov/

Dental – Affordable Non-profit Dentist- The Dental Clinic. 1602 W 3rd St, Bloomington, IN 47404 (812) 339-7700

Eye Exams and Glasses/Glasses Repair

Bloomington IU Dept of Optometry 744 E. 3rd St. 812-855-8436 call for more information

Bloomington	Salvation Army	111 N. Rogers St.	812-336-4310	Especially on MLK Day and they come to Shalom in January
Bloomington	New Leaf New Life	1010 S. Walnut St.	(812) 355-6842	If you have a prescription New Leaf can assist in replacing glasses.

General Health Services

Determine your health history and health goals: Health Care- My health goals

Write down and keep records of: current health condition, Diagnoses/Conditions being treated, Medication names and dosages, other health or physical problems, mental health problems, The name phone and address of former doctors who will have your medical records (including dentists and eye doctors)

Physical Health services and Testing if you lack insurance (See health insurance for assistance with getting insurance):

Volunteers in Medicine (healthcare), 812.333.4001, 811 W. 2nd St., Bloomington, IN 47403

Positive Link (HIV Prevention and Care), 812.353.9150

Indiana Recovery Alliance (HIV and Hep C testing, syringe access) 812-345-4681 or 812-567-2337

Planned Parenthood, (Women's Health) 812.336.0219, 421 S. College Ave

Mental Health Resources

Catholic Charities (counseling), 812.332.1262, 803 N. Monroe St.

Center for Human Growth (counseling), 812.856.8302, 201 N. Rose Ave.

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

Youth Services Bureau, 812.349.2506, 615 S. Adams St., Provides free counseling to families and youth.

Reproductive Health

Planned Parenthood, 812.336.0219, 421 S. College Ave.

Futures Family Planning Clinic, 812.349.7343, 119 W 7th St.

Healthcare for Children

Community Health Services, 812.353.3244, 333 E. Miller Drive, free for children birth-18 yrs.

Hoosier Healthwise for Children, 812.349.3430, 401 N. Morton St Suite 260, free/low cost.

City of Bloomington Community and Family Resources Department, 812.349.3430, 401 N. Morton St. Suite 260

Disability Services

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

Stone Belt, 812.332.2168, 2815 W 10th St. Residential services, job training, early intervention services for infants. **Aktion Club of LIFE Designs** (formerly Options) 812-322-0506 or 812-327-8575
200 E Winslow Rd. Bloomington, IN 47401. Aktion Club is a service leadership program of Kiwanis

International for adults living with disabilities. We meet on the second Friday of every month at the Bloomington office of LIFE Designs Inc.

Addiction-Inpatient

Note: This list is meant to be as comprehensive as we can make it-- but many of the resources are not considered ideal for those who are returning from incarceration -- ask peers about their experiences and select wisely!

For clients without resources

- **Lifespring**, in Jeffersonville (812) 280-2080 (across the river from Louisville); accepts Medicaid, not HIP
- **Recovery Matters** in East Chicago (219) 398-7050 (still in Indiana, but only by 10 miles)

Process for Applying for Treatment

- by writing or phone, request specific information and set up an appointment via telephone for an intake / approval.
- interview and ask your questions about insurances accepted, co-occurring etc.
- After approval, you go onto the waiting list.
- You will get a call about a week ahead of time with a date and time to show up to treatment.
- Case managers and other supporters can help you call, but you generally need to be present.
- Then go - in person - for an actual interview, approval and admittance (sometimes not guaranteed until seen in person).

Indiana Recovery Houses, Sober Living Houses, and Rehabilitation Centers

Region	Facility	Address	Intake	Description
East Chicago	Tri City Comprehensive MH Center, Regional MH Center, Stark Center, Recovery Matters	3903 Indianapolis Boulevard, East Chicago, IN 46312	(219) 392-6001	30-day residential and outpatient, detox, mental health (Court Referral)
Jeffersonville	Life Spring	460 Spring Street, Jeffersonville, IN 47130	(812) 283-7116	residential and outpatient, detox, mental health (Court referral)
Lafayette	Light House Recovery	Women's 2525 ½ Kossuth St. Men: 2525 Kossuth St., Lafayette, IN 47904	Men(812)2570113 Women: (812)254-0860	9 month-2 year residential,
Washington	Light House Recovery Center	Women's – 311E. Main St., Washington 47501 Men's – 1276 E 250 W, Washington, IN 47501	812-254- 0860 M 812-254-0113	9 months min. residential Religious

Lafayette Men	Home With Hope	1119 Ferry St, Lafayette, IN 47901	765 807-0009	Residential Treatment for men
Lafayette Men and Women	Home With Hope Hope Apartments	920 N.11 th St., Lafayette, in 47901	765 742-3246	Transitional housing for men and women
Bloomington	Courage to Change Sober Living	Write to NLNL 1010 S. Walnut Suite H Bloomington, IN 47401	812-223-7223	Residential sober living community
Bloomington	Amethyst House Men's – 645	645 N Walnut S, Bloomington, IN 47404	(812) 336-2812	residential & outpatient
Bloomington	Wheeler Mission- Men Wheeler Mission –Women	215 S. Westplex Ave. 400 s. Opportunity Ln. 47404 Camp Hunt, 790 N Fish Rd, Bloomington, IN 47408	M(812) 333-1905 W(812)334-4047 MC(812)333-1905	Short term Shelter, long-term residential, religious
Indianapolis	Harbor Light (Salvation Army)	2400 N Tibbs Ave, Indianapolis, IN 46222	(317)972-4114	detox, 14-day residential, IOP, religious
Indianapolis	A.R.C. (Salvation Army)	711 East Washington Street, Indianapolis, IN 46202	(317)638-6585	
Indianapolis	Progress House	201 E Shelby Street, Indianapolis, IN 46202	(317)637-9816	
Indianapolis	Fair Banks	8102 Clearvista Parkway, Indianapolis, Indiana 46256	317-849-8222	detox, inpatient with 12-step program, outpatient
Indianapolis	Pathway to Recovery	2135 Alabama St, Indianapolis, IN 46202	(317)926-8557	3-phase sober living housing

Men and Women	6 houses			program, minimum 90 days
Indianapolis	Destination Recovery	1536 E 46th St, Indianapolis, IN 46205	317-502-6649	sober living house
Indianapolis	Talbot House	1424 Central Ave, Indianapolis, IN 46202	317-635-1192	halfway house
Indianapolis Indianapolis	Volunteers of America of Indiana, Inc.	927 North Pennsylvania Street, Indianapolis, IN 46204	317 686-5800 317-686-5800	Residential treatment, Outpatient residential treatment, outpatient
Indianapolis Women	Dove House (women only)	14 N Highland Ave, Indianapolis, IN 46202	317-964-0450	half-way house, religious
Indianapolis Women	Seeds of Hope	1425 S.Mickley Ave., Indianapolis, IN 46241	317-244-0203	Half way house
Clarksville	Serenity House	200 Homestead Ave, Clarksville, IN 47129	812-283-9407	48-bed transitional residence
Elkhart	Teen Challenge North Central Indiana	P.O. Box 4603, Elkhart, IN 46514	574-226-	Long term treatment 18up & up
Evansville	Stepping Stone (Southwestern Behavioral Health)	4001 John St. (Stepping Stone) 415 Mulberry St, Evansville, IN (SBH)	812-473-3104	detox, IOP, 21-28 day residential, long term treatment outpatient
Evansville	Deaconess Cross Pointe	7200 E Indiana St, Evansville, IN 47715	812-476-7200	outpatient, mental health
Evansville Women	Teen Challenge Grace House Women's Center	P.O. Box 2470, Evansville, IN 47728	812 428-8448	Long term Treatment 18&up and up

Fort Wayne	Hope House	1115 Garden St, Fort Wayne, IN 46802	260-424-3711	outpatient, long-term residential
Fort Wayne	Parkview Behavior Health	1720 Beacon St, Fort Wayne, IN 46805	260-373-7500	outpatient, inpatient, detox
Fort Wayne	Harmony House Coll. w/Park Center	4929 Hoagland Ave, Fort Wayne, IN 46807	260-745-0163	halfway house, long-term residential
Anderson	House of Hope	902 High St, Anderson, IN 46012	888 506-6058 765-644-7086	residential long-term halfway house
Franklin	Tara Treatment	6231 S US 31, Franklin, IN 46131	812-526-2611	detox, 30-43-day residential, transitional residential, outpatient
Gary	Serenity House	5157 Harrison St, Gary, IN 46408	219-980-1955	outpatient, reresidential
Fort Wayne Women	Hope House YWCA Martha's Place	1115&1129 Garden St., Ft. Wayne, IN 46802	260 424-3711	short-term, residential long-term, IOP
Lafayette	Anisa Group Lisa B Werth	2512 Covington Street, West Lafayette, IN 47906	765-497-3932	sober living home
Fort Wayne	Park Center, Inc.	909 East State Boulevard, Fort Wayne, IN 46895	260-481-2700	outpatient, residential
South Bend Women	YWCA of Saint Joseph County	1102 South Fellows Street, South Bend, IN 46601	574-233-9491	Counseling, residential outpatient
Speedway Women	My Sister's Place	1201 Main St, Speedway, IN 46224	317-509-1219	outpatient, residential treatment
Greenwood	Valle Vista	898 E Main St, Greenwood, IN 46143	800-447-1348	hospital, inpatient, IOP, detox
Kokomo	Saint Vincent Hospital	1907 W Sycamore St, Kokomo, IN 46901	765-456-5433	hospital, outpatient inpatient
Merrillville	Regional Mental Health			hospital, detox, outpatient,

		1441 E 84th Pl, Merrillville, IN	219-769-4005	residential short-term
Richmond	Richmond State Hospital	498 NW 18th St, Richmond, IN 47374	765-966-0511	hospital inpatient
Richmond	The Hope House	275 Grove Rd., Richmond, IN 47375	765-835-3000	Half way house
Terre Haute	Freebirds Solution Center	145 E Voorhees St, Terre Haute, IN 47802	812-232-1700	sober living facility, religious
Terre Haute	Club Soda	609 S 4th St, Terre Haute, IN 47807	812-232-2631	sober living house
Terre Haute Men	Teen Challenge Wabash Valley Men's Center	PO Box 3288, Terre Haute, IN 47803	812-624-5679	Long term residential care for 18 and older
Terre Haute	Hamilton Center, Inc.	620 Eighth Avenue, P.O. Box 4323, Terre Haute, IN 47804	8122322631 812-231-8323	Detox, hospital, inpatient
Bloomington	Centerstone	645 S Rogers St, Bloomington, IN 47403	812.339.1691	IOP, outpatient
Carmel Men Women	Laverna Lodge- 1 for men 1 for women Program of Fairbanks	1550 E 156th St, Carmel, IN 46032	317-867-4330	extended residential treatment, minimum 90 days
Kendallville	Northeastern Center, Inc.	220 South Main St, PO Box 817, Kendallville IN 46755	260-347-2453	24 hour inpatient care, outpatient
Salem	LifeSpring Mental Health Services	1321 Jackson Street, Salem IN 47167	812-883-3095	residential and outpatient, detox, mental health
Kendallville	Northeastern Center, Inc.	1930 East Dowling Street, Kendallville, IN 46755	260-347-4400	outpatient, inpatient care
		610 Main Street, Lafayette, IN 47901	765-670-6480	

Lafayette	Wabash Valley Hospital, Inc.			IOP, residential, outpatient
Lagrange	Northeastern Center, Inc.	2155 North State Road 9, Lagrange, IN 46761	260-463-7144	outpatient, inpatient care
Indianapolis	Southside Fellowship	259 E Raymond St, Indianapolis, IN 46225	317-782-0802	AA meeting place
Noblesville	Suburban North Club	1811 S 10th St, Noblesville, IN 46060	317-770-1399	AA meeting venue
Indianapolis	Carvel Club	4627 Carvel Ave, Indianapolis, IN 46205	317-255-0037	twelve-step meeting venue
Indianapolis	Westside Club	6450 W. 10th Street, Suite 7, Indianapolis, IN 46412	317-757-8961	AA meeting place

Indiana Outpatient Treatment, IOP, Counseling

City	Facility	Address	Intake	Description
Albion	The Bowen Center	101 East Park Street, Albion, IN 46701	800-342-5653	counseling, inpatient medical stabilization
Avon	Penrod Counseling Center	192 North State Road 267, Avon, IN 46123	317-272-5247	Outpatient care
Bloomington	Centerstone	645 South Rogers Street, Bloomington, IN 47403	812-314-3400	IOP, Outpatient
Bloomington	Center for Behavioral Health IN, Inc.	655 S Clarizz Blvd	812-339-8085	outpatient
Brownsburg	Pro-Active Resources	515 North Green Street, Brownsburg, IN 46112	317-852-3690	extended outpatient treatment, counseling
Carmel	Pro-Active Resources	128 West Carmel Drive, Carmel, IN 46032	317-844-5742	extended outpatient treatment, counseling
Elkhart	Center for Problem Resolution, Inc.	211 South 5th Street, Elkhart, IN 46516	574-294-7447	8-week IOP
Fort Wayne Women	Fort Wayne Women's Bureau	2417 Fairfield Ave, Fort Wayne, IN 46807	260-424-7977	counseling, program for pregnant women and under 5
Fort Wayne	Center for Behavioral Health IN, Inc.	1414 Wells Street, Fort Wayne, IN 46808	260-420-6010	outpatient
Fort Wayne	Family and Children's Services, Inc.	2712 South Calhoun St, Fort Wayne, IN 46807	260-744-4326	outpatient
Fort Wayne	Bowen Center	2100 Goshen Road, Fort Wayne, IN 46808	260-471-3500	counseling, inpatient medical stabilization
Gary	Discovery House, Inc.	4195 South Cleveland Street, Gary, IN 46408	219-985-8144	outpatient

Gary	Edgewater System	1110 West 5th Avenue, Gary, IN 46402	219-855-4264	detox, outpatient, me
Goshen	Center for Problem Resolution, Inc.	117 West Washington Street, Goshen, IN 46526	574-533-0664	8-week IOP
Goshen	Danen Counseling Services	109 East Clinton Street, Goshen, IN 46528	574-537-9868	outpatient
Greenwood	Indy Interventions	500 South Polk Street, Greenwood, IN 46143	317-885-8296	outpatient
Hammond	Addiction and Family Care, Inc.	3440 169th Street, Hammond, IN 46323	219-844-7152	outpatient
Hammond	Fresh Start Counseling Services	7108 Calumet Avenue, Hammond, IN 46324	219-933-7990	counseling
Huntington	Evergreen Meadows, Inc.	35 W Market Street, Huntington, IN 46750	888-653-5557	outpatient, mental he
Huntington	Bowen Center	2860 North Park Avenue, Huntington, IN 46750	260-356-2875	counseling, inpatient medical stabilization
Indianapolis	2nd Chance Ministries, Inc.	401 North Delaware Street, Indianapolis, IN 46204	317-955-7957	outpatient, partial hos
Indianapolis	Alpha Resources, Inc.	539 Turtle Creek South Drive, Indianapolis, IN 46227	317-784-3985	outpatient care
Indianapolis	Alpha Resources, Inc.	3901 West 30th Street, Indianapolis, IN 46222	317-293-9874	outpatient care
Indianapolis	Alpha Resources, Inc.	5317 East 16th Street, Indianapolis, IN 46218	317-353-8494	outpatient care
Indianapolis	Center for Behavioral Change	5356 Hillside Avenue, Indianapolis, IN 46220	317-257-0490	behavior assessment,
Indianapolis	EmbeWood Center	1125 Brookside Avenue, Indianapolis, IN 46202	317-536-7100	outpatient care
Indianapolis	Community Hospitals of Indiana, Inc.	5470 East 16th Street, Indianapolis, IN 46219	317-621-5719	outpatient care
South Bend	Life Treatment Centers of South Bend	1402 S Michigan St, South Bend, IN 46613	574-233-5433	detox, outpatient
Indianapolis	Fallcreek Counseling Services, Inc.	3500 Lafayette Road, Indianapolis, IN 46222	317-291-6360	IOP, counseling
Indianapolis	Fallcreek Counseling Services, Inc.	2525 Shadeland Avenue, Indianapolis, IN 46219	317-375-1901	IOP, counseling
Indianapolis	Libertad Counseling	5230 West 10th Street, Indianapolis, IN 46224	317-240-2801	outpatient, partial hos
Indianapolis	Midtown Community Mental Health Center	832 North Meridian Street, Indianapolis, IN 46204	317-686-5634	outpatient and partial hospitalization
Indianapolis	Penrod Counseling Center	3410 North High School Road, Indianapolis, IN 46224	317-272-5247	counseling
Indianapolis	Universal Behavioral Services	3590 North Meridian Street, Indianapolis, IN 46208	317-684-0442	outpatient care
Fort Wayne	The Bowen Center	2100 Goshen Rd, Fort Wayne, IN 46808	260-471-3500	outpatient counseling mental health

Jeffersonville	Southern Indiana Treatment Center, Inc.	1713 East 10th Street, Jeffersonville, IN 47130	812-283-4844	outpatient care, detox
New Castle	Christian Counseling and Women Rehab	423 South 11th Street, New Castle, IN 47362	765-520-7583	Outpatient, residential
Ninevah	Tara Treatment Center, Inc.	7919 South 100 East, Nineveh, IN 46164	812-526-2611	detox, 30-43-day residential, transitional residential, outpatient
Lakeville	Wellspring Counseling and Learning Center	207 South Michigan Street, Lakeville, IN 46536	574-784-2700	outpatient care
Lawrenceburg	East Indiana Treatment Center	816 Rudolph Way, Lawrenceburg, IN 47025	812-537-1668	outpatient care, counseling
Merrillville	Addiction and Behavior Counseling Services	7805 Taft Street, Merrillville, IN 46410	219-756-3791	outpatient care, counseling
Merrillville	Fresh Start Counseling Services	100 West 78th Avenue, Merrillville, IN 46410	888-653-5557	counseling
Michigan City	LaPorte County Comprehensive MH Inc	450 Saint John Road, Michigan City, IN 46360	219-879-4621	outpatient care
Muncie	Meridian Services Corp	240 North Tillotson Avenue, Muncie, IN 47304	765-288-1928	IOP, inpatient/residential
Noblesville	Proactive Resources	44 North 9th Street, Noblesville, IN 46060	317-844-5742	extended outpatient treatment, counseling
Peru	Four County Counseling Center	1000 N. Broadway Suite A Peru, IN 46970	765-472-1931	counseling groups
Plymouth	Bowen Center	990 Illinois Street, Plymouth, IN 46563	574-936-9646	counseling, inpatient medical stabilization
Portage	Porter Starke Services, Inc.	3349 Willowcreek Street, Portage, IN 46368	219-762-9557	counseling, methadone
Seymour	Quinco Consulting Associates of Women's Rehab	1443 Corporate Way, Seymour, IN 47274	812-522-4341	outpatient care
South Bend	Crossroads Counseling	2319 Edison Road, South Bend, IN 46615	574-233-4183	IOP
South Bend	Dockside Services, Inc.	2625 South Michigan Street, South Bend, IN 46614	866-569-1080	outpatient care
Syracuse	Bowen Center	901 South Huntington Street, Syracuse, IN 46567	574-457-4400	counseling, inpatient medical stabilization
Terre Haute	Recovery Associates Inc.	605 Ohio Street, Terre Haute, IN 47807	812-314-3310	outpatient care
Terre Haute	Fellowship House	605 Ohio St #204, Terre Haute, IN 47807	812-232-5272	outpatient care
Valparaiso	Fresh Start Counseling Services	1552 West Lincoln Way, Valparaiso, IN 46385	219-548-9400	counseling
Wabash	Bowen Center	255 North Miami Street, Wabash, IN 46992	260-563-8446	counseling, inpatient medical stabilization
Warsaw	Bowen Center	850 North Harrison Street, Warsaw, IN 46581	574-267-7169	counseling, inpatient medical stabilization

Addiction-Sobriety

Relapse Prevention

ACTION PLAN:

1. **Identify Triggers:** Situations, people, places, and things that produce a craving or make a person think about using. Brainstorm situations, people or things that initiate cravings or make you think of using. Then make a list of the 10 things you can do to cope with each trigger. Practice these things now.
2. **Identify Relapse Warning Signs:** Relapse warning signs are behaviors, attitudes, or states of being that indicate you are moving away from recovery and heading toward relapse. Consider and avoid these as possibilities. Make a specific list of warning signs that you feel are most relevant to you, from these options. Missing meetings and appointments/ Blaming other people/ Keeping secrets/ Lying about activities/ Hanging out with using friends/ Thinking you are cured/ Dreaming of the good old days/ Visiting taverns/bars/clubs/ Being uncommunicative/ Not taking action/ Keeping a stash just in case/ Worrying too much about future/ Quitting therapy/ Not getting a sponsor/ Not calling sponsor/ Not working the Steps/ Getting too hungry/ Experiencing and not processing excess anger/ Isolating/ Working too much/ Focusing on others/ Being too tired/ Quit reading recovery material/ Others?
3. **Make a list of things you can do that are enjoyable and healthy.**
4. **Identify Four people you can call the minute you get a craving or urge to use.**
5. **Identify Four things you can do to get you mind off using.**
6. **Identify a Sponsor. Make and keep a commitment to contact him/ her a certain # of times per week.**
7. **Make a list of 3 supportive people with whom you agree to share this relapse warning list. Invite them to check in on you.**

Addictions Recovery Resources

ALSO SEE "COMMUNITY SUPPORT GROUPS" BELOW

Amethyst House, 812.336.3570 215 N Rogers St, Bloomington, IN 47404

Recovery Engagement Center, 812.337.3570 221 N Rogers St,

Bloomington, IN 47404 online resource <https://www.v-r> **HYPERLINK**

["http://www.v-recover.com/ecover.com/](http://www.v-recover.com/ecover.com/)

Bloomington Peer Run Recovery Center 812-337-2435 817 2nd St. 3-8 p.m. Wednesdays through Saturdays

Beginning regular support groups for people at any stage of addiction. Attend 4pm meeting Thursday, stay for

dinner!

Refuge Recovery: A Buddhist Path to Recovering from Addiction. Kindness, compassion, equanimity, appreciation. btownrefugerecovery@gmail.com www.refugerecovery.com (812)727-3942 Meets at the Unitarian Universalist Church Rm 112 Fridays at 6pm.

Harm Reduction and Syringe Access

Indiana Recovery Alliance 500 W 4th St - Suite 2 812-345-4681

Hours: Tu 5 - 7pm Office/ Th 10 - 12pm Office/ Su 5 - 7pm People's Park

The Ian Stark Triage and Outreach Project (ISTOP) is a grassroots, all volunteer-run organization that provides emergency supplies, services and resources in the Bloomington area. You can reach out to them at facebook.com/istopbloomington or look for them carrying trailers of goods behind bikes at public parks and along sidewalks.

Bloomington Peer Run Recovery Center 812-337-2435 817 2nd St. 3-8 p.m. Wednesdays through Saturdays

Beginning regular support groups for people at any stage of addiction. Attend 4pm meeting Thursday, stay for dinner! (They support groups- not syringe access)

Community Support Groups

Reentry Collective. 1st and 3rd Sunday of every month. Breakfast and support group. 11am-1230. at NLNL.

Refuge Recovery: A Buddhist Path to Recovering from Addiction. Kindness, compassion, equanimity, appreciation.

btownrefugerecovery@gmail.com www.refugerecovery.com (812)727-3942 Meets at the Univtarian Universalist Church Rm 112 Fridays at 6pm.

DivorceCare workshop 812-334-0206. 2700 E. Rogers Rd. Sherwood Oaks Christian Church.

Meetings are Monday at 7:00pm in G51. Larry Decker, facilitator.

Monroe County Suicide Prevention Coalition. 812-339-2284. 645 S. Rogers St. Bloomington, IN 47403.

Group is dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people at risk and those impacted by suicide

Debtors Anonymous 812-339-8768 First Presbyterian Church 221 E. Sixth Street Bloomington, IN 47401

A self help 12 step program similar to Alcoholics Anonymous, for people with debt and spending problems.

Vet To Vet 812-863-2178 We are veterans committed to helping ourselves and other veterans achieve recovery from the psychiatric and adjustment problems that we,as veterans, face

Overeaters Anonymous 812-335-3839 OA is a fellowship of men and women who help each other arrest their disease of compulsive overeating one day at a time. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

La Leche League 812-334-2698 mission is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and the mother

TLC (Together we learn to Hope) 812-339-1551 ext. 17 Support, education and advocacy for family and friends of people affected by severe mental illness

Schizophrenic Anonymous 812-323-9720 Fairview United Methodist Church. Wesley Room 600 West 6th St. Free and confidential support group for people with Schizophrenia. Meets second and fourth Thursday at 7:00 pm

Alcoholics Anonymous 812-360-0040 Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Beat Tobacco (812) 353-5811. Beat Tobacco is a weekly tobacco cessation group class. This class is free and no reservation is required. Bloomington Hospital can help you quit smoking.

Narcotics Anonymous 812-331-9767 or call national Narcotics Anonymous Help line for meeting information

(818) 773-9999 Support for recovering addicts; requires complete abstinence for all. For local information

AL-ANON and ALATEEN 812-323-3771 AL-ANON is a fellowship of men, women and children whose lives have been affected by the drinking of a family member or friend.

Tops #IN 0130 812-232-4751 St. Paul's United Methodist Church 4201 W. 3rd St. A support group to help people lose weight sensibly. Call for information

NAMI - National Alliance on Mental Illness 812-369-3119 P.O. Box 7794 Bloomington, IN 47407 The purpose of NAMI Greater Bloomington Area is: To provide emotional support, education, and advocacy for persons with mental illness, their families, and friends- To promote better quality of care, rights, and interests of citizens with mental illness, particularly of those who cannot speak for themselves- To advocate policies at the local, state, and national levels to accomplish these objectives

BEST- Bloomington Epilepsy Support Network 812-336-5152 This is a group to help with seizure disorders and to help their families learn more about epilepsy. It also designed to help teachers, health care workers and others who may interact with seizure disorders. Formerly Epilepsy support Group of Monroe County

Monroe County CARES 812-327-3642 PO Box 3312 Bloomington, IN 47402 Local coordinating council of the Governor's Commission for a Drug-Free Indiana. Looks at resources and gaps in the community in relation to drug and alcohol issues

Care Circle 812-353-9299 This group provides information, sharing and support for families and caregivers of people with Alzheimer's disease, other dementias, or stroke. Meetings are flexible and informal; drop-ins ok

Mental Health and Counseling

Bloomington Peer Run Recovery Center 812-337-2435 817 2nd St. 3-8 p.m. Wednesdays through Saturdays. Note: this is through Centerstone.

Center for Human Growth [\(812\) 856-8302](tel:8128568302). 201 N Rose Ave # 1, Bloomington, IN 47405

Catholic Charities [812-332-1262](tel:8123321262) 803 N. Monroe Street Bloomington, IN 47404

Keystone Interventions Brandon Drake [812-223-7223](tel:8122237223) 500 W. 4th St. Suite #3 Bloomington, IN 47408

Hygiene Access: Showers, Laundry, Hygiene Products

NOTE: See warming places for ideas about bathroom access without showers

Shalom Community Center 812.334.5728, 620 S. Walnut St., Open M-F 8:00 AM- 4:00 PM

Shalom provides access to a shower and to laundry. Towels and soap provided.

New Leaf New Life 1010 S. Walnut, Open M-F 10:00 AM to 5:00 PM

When available, NLNL provides hygiene kits to individuals who are just released from jail or prison and tries to supply others with access to hygiene products.

Bloomington Peer Run Recovery Center 812-337-2435 817 2nd St. 3-8 p.m. Wednesdays through Saturdays

Beginning regular support groups for people at any stage of addiction. Attend 4pm meeting Thursday, stay for

dinner! Has laundry and showers available for participants.