

# **New Leaf New Life: Re-entry Workbook & Monroe County Community Resource Guide**



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

**We believe it is important to share resources and be a resource to one another!**

**We invite you to participate in the Re-entry Collective:**

## **Re-entry Collective Meetings**

**Where:** New Leaf New Life 1010 S. Walnut Suite H

**When:** 3:30 pm

First Sunday of the month (general meeting)

Second Sunday of the month (community conversations - special topics)

**Who:** All are welcome! Join us!

## **Re-entry Contact Information**

**Address:** Re-entry @ New Leaf New Life 1010 S. Walnut St Suite H.  
Bloomington, IN 47401

**Email:** [reentry@newleafnewlife.org](mailto:reentry@newleafnewlife.org)

**Think Tank contacts:** Adam [ascouten2013@gmail.com](mailto:ascouten2013@gmail.com)  
Linds [lindsey@newleafnewlife.org](mailto:lindsey@newleafnewlife.org)

## **Introduction**

Hello! New Leaf New Life (NLNL) is an organization founded in 2005 (under the name *Citizens for Effective Justice*). Today, NLNL 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!

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## 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 your 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, your 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 representative 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 a 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 including employment, on-the-job training and education within 48 hours. Note: You must obtain written permission from your 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, e
- 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 a list of publications and contact information for your state

## **Obtaining Necessary Documents**

### **How do I obtain a State ID card?**

State IDs are Free. You need ONE document proving your identity to apply for a voter ID. This can be a birth certificate or a passport or a mugshot. You will also need proof of address. This can be two pieces of mail OR New Leaf-New Life has a form that will act as proof of address.

### **How do I obtain a new driver's license?**

#### **Applying for a new license online:**

If your driver's license has not been suspended or revoked and you just need to receive a replacement license, follow these steps:

Utilize the online system to complete the replacement process. Additional criteria for online replacement:

- You have your photo on file.
- Your name has not changed.
- Your address or other personal information has not changed.
- You are a U.S. citizen.
- You do not hold a commercial driver's license.

If you have restrictions on your license, you cannot complete the IN duplicate drivers license process online. Restrictions include medical conditions and photo exemptions.

If you determine that you meet the qualifications to obtain a copy of driver's license documents through the online system, you must register for an online account with the Indiana BMV and pay a processing fee.

### **In-person Replacement Drivers License in Indiana**

Apply for an INDMV duplicate license in person if your driver's license includes restrictions, is expired or is no longer valid due to changes in your personal information. Visit a local Bureau of Motor Vehicles office to update drivers license records with your new information. Although you are still replacing a lost drivers license, applying in-person means your document will be treated as a new license. Bring documents that will verify your identity, residence and citizenship.

### **Drivers License Replacement by Mail**

If you are out of state and wondering, where can I get a copy of my drivers license, there are two instances when you can obtain Indiana drivers license replacement by mail. If you are an active duty military member, you can apply for a specialized letter to avoid having to replace drivers license credentials in person or having your license expires. Military members who are on deployment can apply for an extension of their license credentials. This extension allows an additional time period to renew license credentials. There are solutions for replacing lost drivers license documents if you are out of state and your license is stolen or lost. Indiana will allow current residents to apply by mail for a temporary license that acts as an IN drivers license duplicate that is valid for 30 days. This credential should allow residents sufficient time to apply for a replacement when they return to the state.

### **What documents do I need to replace a driver's license in Indiana?**

Indiana adheres to the REAL ID requirements for all driver's licenses and IDs. When updating drivers license in Indiana, bring documents that verify your identity, residency and citizenship. If you are a U.S. citizen, documents that verify both identity and citizenship include an original or certified copy of your U.S. birth certificate or a valid U.S. passport. Verify your residency using bank statements or utility bills.

If you are a legal resident in Indiana replacing drivers license document, you can prove your lawful status using a foreign passport in conjunction with a valid visa that proves your current status. Additionally, you can replace your lost drivers license using your certificate of naturalization, permanent resident card or employment authorization can provide proof of legality in the U.S.

### **How do I obtain a driver's license if my license has been suspended?**

The length of your suspension will be determined by the violation that caused you to receive the suspension (i.e. drinking and driving, not paying child support, etc.), but the process of getting your license back after your suspension is over is similar regardless of the circumstances around why you lost your license. You can obtain information about the current status of your driver's license by calling the BMV Customer Contact Center at (888)692-6841. You can also view your driving record online at no charge on the Indiana BMV website. Both the online viewable driver record and the official driver record (ODR) indicate the earliest date your driver's license can be reinstated. If applicable, other reinstatement requirements will also be listed. The steps for reinstating your driving privileges are listed below.

#### **Step One: Read Your Notice and Determine Outstanding Requirements**

Keep your address updated with the BMV so you can receive important mail regarding your license. Read through your suspension notice closely and follow the steps provided on the notice. Keep the notice in your records for future reference throughout the process. The notice will provide you with information about how long your suspension will last. If your reinstatement eligibility data shows "Indefinite," then you should review the Suspensions Information section. You may have a court-ordered or administrative suspension with outstanding requirements.



If you have a court-ordered indefinite suspension, then you must contact the court in which you were suspended to determine how to satisfy their requirements. The BMV will only accept documentation from the court in order to close a suspension, *so contacting the court before you call the BMV should be your first priority*. If you have an administrative (BMV) suspension, then you should review your ODR to determine how to satisfy those requirements.

### **Step Two: Proof of Financial Responsibility**

Your insurance provider must electronically submit proof of financial responsibility (insurance) directly to the BMV. Your ODR will indicate the insurance reinstatement requirement. Only your insurance provider can submit insurance for you. The BMV does not accept insurance policy documents from drivers. Indiana law requires drivers involved in certain incidents to provide proof of financial responsibility to the BMV when requested. Showing a police officer your insurance cards does not satisfy the BMV requirement.

### **Step Three: Insurance Reinstatement Fees**

All insurance reinstatement fees must be paid in full. The exact dollar amount is listed in your Reinstatement Requirements section of your ODR, along with your reinstatement fee access code. You can pay your reinstatement fees by logging into your BMV account, pay by calling (888)692-6841 using the access code found on your notice, or by mail using the reinstatement coupon in the Reinstatement notice. If you do not have your reinstatement coupon, you can download and print them on the Indiana BMV website.

### **Step Four: Receiving Your Replacement License**

Unless your license is expired, revoked, or invalidated, your driving privileges will be reinstated after all requirements listed on your ODR have been satisfied. You may monitor your license status by periodically reviewing your ODR in your myBMV account free of charge. If your driver's license was taken by law enforcement as part of your suspension, you will need to visit a BMV branch or order a replacement driver's license by logging into your myBMV account.

### **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>" 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. If you are currently incarcerated, or if you do not have the necessary ID, [visit/contact NLNL for help in obtaining another copy of your birth certificate.](#)

**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 HOTLINES**

**Suicide Prevention: 1.800.273.TALK(8255)**

**National Child Abuse: 1.800.800.5556**

**SAMSHA (Substance Abuse and Mental Health Services Administration):  
1.800.662.HELP (4357)**

**24-Hour National Domestic Violence: Voice - 1.800.332.7385; TTY - 1.800.787.3224**

**Bloomington Rape Crisis Line (24 hour): 812.336.0846**

**Bloomington Police Department: 812.339.4477**

**Utilities Emergency: 812.339.1444**

**EMERGENCY SHELTERS****FOR MEN**

**Wheeler (formerly Backstreet) Missions Men's Shelter**, (812) 333-1905 215 Westplex Ave., fax: (812) 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; Community Outreach Coordinator contact 317.752.3824. As of Sept. 2019, Wheeler Mission is allowing men to stay for 20 consecutive nights in the emergency shelter program. They can return for another 20 day stay 30 days later. *Possible* extensions may be provided based on their progress in addressing challenges (through Foundations or addiction recovery programs).

**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 5:15pm 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, 400 S. Opportunity Lane; will take women with minor children; religious component required (must attend religious service daily)

**Friend's Place (Formerly Martha's House)** (812) 332-1444, 919 S. Rogers St., Bloomington, IN 47402  
Call to see if a bed is available or show up at 5:15 PM

### **FOR WOMEN (with or without Dependants)**

**Desert Rose Foundation** (located in Martinsville) (765)342-7673, P.O. Box 754 Martinsville, In 46151. Will take women with or without children; help with domestic violence, addiction recovery, emergency short or long-term housing, transportation and other services; faith-based

### **FOR ALL PEOPLE EXPERIENCING DOMESTIC VIOLENCE**

**Middle Way House Shelter** 812.336.0846 (crisis line), PO Box 95, Bloomington, IN 47401

**Coburn Place Safe Haven:** 317.923.5750. 604 E 38th St. Indianapolis, IN 46205. Transitional housing for those who are suffering from domestic abuse

### **FOR MEN AND WOMEN**

**Bloomington Catholic Worker/Christian Radical Dry shelter/rooming house;** for men and women - no sex offenses 812-339-4456, Email [bloomingtoncw@gmail.com](mailto:bloomingtoncw@gmail.com) , 821 & 903 N Blair Ave Bloomington, IN 47404

### **FOR MEN AND WOMEN (Low Barrier)**

#### **Wheeler Missions Shelter - Winter Shelter**

(817) 727-6300

215 S. Westplex Ave.

Doors open at 9pm, Sundays - open at 8:30

(Nov 1-March 31)

Nov 1st-3rd - First and Trinity Churches

After November 4th it will be located at the Wheeler Mission Shelter

#### **Wheeler Missions Shelter - Year Round**

For Men: 215 S Westplex Ave.; (812) 333-1905

For Women: 400 S. Opportunity Ln.; (812) 334-4047

### **FOR FAMILIES**

**New Hope Family Shelter** (812) 334-9840 x105, 301 W. 2nd St., IN 47403 (families: parents-one or both, and children; how families self-identify; up to 90 days stay)

**Wellspring Center** (765) 342.6661, 301 W Harrison St. Martinsville, IN 46151 (stay without cost for up to 30 days)

### **FOR TEENS**

**Youth Services Bureau Shelter (812)349-2507, 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) 391-5440. Write to NLNL 1010 S. Walnut Suite H Bloomington, IN 47401. 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) 337-4510; 401 S Washington; Open M-F 9Am-5PM; Helps low-income women, 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; 2615 E 2nd St Suite 4 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** Referral needed from Shalom or IU Health

**Oxford House** 730 S Curry Pike; For men in recovery. Self-supporting and drug-free home that works in aiding recovery from alcohol and drug addiction. Send applications to [Inreentry@oxfordhouse.us](mailto:Inreentry@oxfordhouse.us). If you have any questions, contact Jessica Burden at [jessica.burden@oxfordhouse.org](mailto:jessica.burden@oxfordhouse.org) or 5026551563.

**Amethyst House** : (812) 336-3570. Provides residential and outpatient services for people with drug and alcohol addiction and problem gambling issues. Short Term residential homes (Male and Female) after treatment Program.Sliding Scale.

**Safe Haven:** 812.602.4022. 629 Ingle St. Evansville, IN 47708. Provides transitional housing for individuals (male and female) currently in outpatient treatment with N.O.W. Counseling Services, LLC and develop independent life skills necessary to sustain a lifestyle of recovery to include safe, secure permanent housing placement.

**Dismas House:** 574.233.8522. 521 S St. Joseph St. South Bend, IN 46601. Dismas House is a not for profit organization that provides housing and post-release services to adult men and women recently released from incarceration.

**Wellspring Center** 765.342.6661, 301 W Harrison St. Martinsville, IN 46151. Designed for families to stay up to 24 months.

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

**St. Thomas Lutheran Church** (812) 332-5252; 3800 E Third St, Bloomington, IN 47401

**Salvation Army** (812) 336-4310; 111 N Rogers St, Bloomington, IN 47404

**Township Trustee** (812)336-3713; 1010 S Walnut St. Suite A – partners with New Hope (contact NLNL)

**First United Church** (812) 332-4439; 2420 E 3rd St

**First Christian Church** (812)332-4459; 205 E Kirkwood Ave

**Trinity Episcopal Church** (812) **336-4466; 111 S Grant St**

**Sherwood Oaks Christian Church** (812) **334-0206: 2700 E Rogers St.**

**First United Methodist** (special referral from NLNL); (812) 332-6396; 219 E 4th St.

**Monroe County United Methodist** (special referral from NLNL); (812) 339-2912; 827 W 14th Ct.

### **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-F10:00 AM to 4:00 PM

**Shalom Community Center** 812.334.5728, Fax: 812.334.5736; 620 S. Walnut St., Open Everyday 8:00 AM-4:00 PM, Holidays 8:00 AM- 12:00 PM

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

**Sacred Heart** 615 N Fairview St; (812) 272-6494; 5:30-8 pm Sunday nights (to cover the gap between library hours and Interfaith Winter Shelter Hours)

**Monroe County Public Library** 3303 E. Kirkwood Ave. **Bloomington**, IN 47408; (812) 349-3050

Mon - Th 9-9, Fri.-Sat. 10-6, Sun. 12-6

600 W. Temperance Street **Ellettsville**, Indiana 47429; (812) 876-1272

Mon - Th 10-9, Fri.-Sat. 10-6, Sun. 1-5

**Bloomington Bus Station/Terminal**, 130 W. Grimes Ln; 812.336.7433 Open M-F 6:30 AM - 11 PM S 7 AM - 6:40 PM,

**Courthouse** 100 W Kirkwood Ave.; (812) 349-2527

**Showers Building** 401 N Morton St, Bloomington, IN 47408 (812) 339-2261; Open M-F 8:00am-5pm

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

**Recovery Engagement Center (Centerstone)** (812) 337-2424; 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 Mon-Sat 10:00AM-5:00PM Check in with Secretary if you haven't been there before and introduce yourself kindly

**Fountain Square Mall** (812) 332-0053; 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 Amethyst.** (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 move-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; 520 S Walnut St Bloomington, IN 47401 [bloomingtonsolidarity@gmail.com](mailto: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.

### **Resources for Furniture and Household Items:**

**City Church Healing Hands** - Monday-Friday 11 AM-5PM; Located at the Old MC Sports. Provides free furniture and household items.

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

- Contact: South Central Community Action Program, 1500 W .15th Street,(812) 339-3447; M-F 8-4:30
- 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 Ct, (812)339-3429 Hours: M, W, Th, F 12PM-5PM; Closed T, Sat, Sun  
 Notes: No rental deposits; expected to show ability to pay the following month's bills; must be earning income; must have gone to Trustee first; Fill out the application before making the appointment

**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-4pm Thursdays  
 Other churches that offer aide:

- Sherwood Oaks Christian: (812)334-0206; 2700 E Rogers Rd, (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 the first Monday of each month).
- Trinity Episcopal Church: 812-336-4466; 111 S Grant St, (can do this on their own and schedule appointment).
- Emmanuel Baptist Church: 812-824-2768; 1503 W That Road Bloomington, IN 47403
- 1<sup>st</sup> United Church: 812-332-4439; 2420 E 3rd St, Lisa (needs form letter) (no utilities, ONLY emergency housing for families or housing deposits) (guests can call)

**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.

**Bed Bugs?**

- Public housing - BHA will pay for bed bug treatment, if it is a public housing unit
- Terminix will do a payment agreement



- Contact Area 10 on Aging to find out if eligible for Aged and Disabled Waiver, which pest control is one of the authorized waiver services
  - Call ADRC to get a care manager (812) 876-3383 ext. 532

## Hot Meals

**Geno's Cafeteria** (Backstreet Missions), 812-331-4591. 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. 11<sup>th</sup> St. M-Sat 4-6 pm,

**Shalom Community Center**, 812.334.5728, 620 S. Walnut St. Everyday 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. 6<sup>th</sup> 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**: 1149 PO Box, Bloomington, IN 47402, 812-353-2248

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 Farmers 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; M-F 8am-5pm

**Mother Hubbard's Cupboard**, 812.355.6843, 1025 S Walnut St.; Open M-F 12:00PM-6:00PM **DOES NOT open during inclement weather**

**City Church Food Outreach**, 812-272-2512, 3100 West Susan Drive Bloomington IN, 47404; Hours: M-F 11 - 5PM

**Bread of Life Soup for the Soul**, 812-337-1000, 1300 S. Walnut St.

**First United Methodist Church**, 812.332.6396, 219 E. 4<sup>th</sup> St. W 3-530pm Brown Bag Lunches and

**Monroe County United Ministries**, 812.339.3429, 827 W. 14<sup>th</sup> 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 Everyday 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**, 812-329-0337, pantry location: 9206 S Old State Road 37, Bloomington, IN 47403; mailing address: PO Box 5 Harrodsburg, IN 47434; email: gracecenterinc@gmail.com

Thursdays 3pm-7pm

**Community Health Services:** WIC, 812.353.2901, 333 E. Miller Drive.

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

**Helping Bloomington Monroe** 812.349.3430, 401 N Morton Bloomington, IN

**Redeemer Food Pantry:** 111 S. Kimble Open Tuesday and Thursday 2-4pm or by appointment at (812) 269-8975 Drive Canned/Dry Goods, Hygiene supplies

## **Clothes**

**Opportunity House**, 812.336.2443, 907 W. 11<sup>th</sup> 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**, 812-333-7710, 414 S. College Avenue (workforce attire for women); M-F 10AM-6PM; Saturday 10AM-5PM

**Monroe County United Ministries**, 812.339.3429, 827 W. 14<sup>th</sup> St. (free to income eligible)

**Shalom** 812.334.5728, 620 S. Walnut St., Open Everyday 8:00 AM- 4:00 PM(emergency clothing). Ask at the hospitality desk.

**City Church Food Outreach**, 812-272-2512, 3100 West Susan Drive  
Bloomington IN, 47404; Hours: M-F 11 - 5PM

**Healing Hands** 812.336.5958, 1200 N Russell Rd.

## **Transportation**

### **Bicycles + Bike Repair**

**New Leaf New Life** 1010 S. Walnut Suite H. Has all the 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; 130 W Grimes Ln 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. \*Note that they won't distribute bus passes to people staying at Friend's Place.

**St. Vincent de Paul** Distributes bus tickets and bus passes 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**

**First United Church** (812) 332-4439 2420 E. 3rd St. They provide a few gas cards a month for urgent needs.

\*Must have referral from Shalom Center, the Salvation Army, St. Vincent de Paul, Monroe County United Ministries, or a Township Trustee

## **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 Monster:

<https://www.monster.com/career-advice/job-%20interview/interview-questions/100-potential-interview-questions/artic>

## Monroe County Employment Resources:

<b>Work One &amp; Voc Rehab</b> (812) 331-6000 M-F 8am-4:30pm	1531 S. Curry Pike, Suite 200 Bloomington, IN 47403 <a href="http://www.workonesouthcentral.org/69.html">http://www.workonesouthcentral.org/69.html</a> Primarily for individuals with disabilities, addictions and criminal records
<b>Job Links at Shalom</b> (812) 334-5728	620 S. Walnut Street, Bloomington, IN 47401 Can assist with Resume building and Job Searches
<b>Monroe County Public Library</b>	3303 E. Kirkwood Ave. <b>Bloomington</b> , IN 47408; (812) 349-3050 Mon - Th 9-9, Fri.-Sat. 10-6, Sun. 12-6 600 W. Temperance Street <b>Ellettsville</b> , Indiana 47429; (812) 876-1272 Mon - Th 10-9, Fri.-Sat. 10-6, Sun. 1-5
<b>New Leaf New Life</b>	1010 S. Walnut St. Suite H, Bloomington, IN 47401; (812)355.6842
<b>National Able</b> ages 55 + phone. (855)994-8300 <a href="mailto:able@nationalable.org">able@nationalable.org</a>	Can do an information session in person after an individual contacts by phone.
<b>Experience Works</b> ages 55 + <b>Resource MFG</b> (812) 333-8500	PO Box 687, Seymour, IN 47274 (866) 796-8550 1907 S. Liberty Drive Bloomington, IN 47403 <a href="https://www.resourcemfg.com/locations/bloomington-indiana/70201">https://www.resourcemfg.com/locations/bloomington-indiana/70201</a>
<b>Express Employment</b> (812) 333-6210	333 East Winslow Road, Bloomington, Indiana 47401 <a href="https://www.expresspros.com/BloomingtonIN/">https://www.expresspros.com/BloomingtonIN/</a>
<b>New Beginnings Program - Goodwill Commercial Services</b> <a href="https://www.goodwillindy.org/employment-services/">https://www.goodwillindy.org/employment-services/</a> (317) 524-3956	<a href="mailto:newbeginnings@goodwillindy.org">newbeginnings@goodwillindy.org</a> 2115 S. Yost Ave, Bloomington, IN 47403 Case Management Services for Full-Time employment Primarily for individuals with disabilities, individuals who lack a high school diploma, individuals with a criminal background and job-seekers age 55+

**70 million jobs** <https://www.70millionjobs.com/>

### 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.
- Don't look at jobs 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 a minimum, the last 4 digits) so you do not need to have this on a piece of paper that you might lose. At minimum, Include:

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

\*Previous addresses for past 5 years (with dates)

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

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

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

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



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

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

### **When Filling out Applications:**

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

### **WORK ONE**

- Provide staffing and professional recruiting services for companies.
- Can apply at <http://www.empl> HYPERLINK "http://www.employmentplus.com/"o HYPERLINK "http://www.employmentplus.com/"y HYPERLINK "http://www.employmentplus.com/"m HYPERLINK "http://www.employmentplus.com/"e HYPERLINK "http://www.employmentplus.com/"n HYPERLINK "http://www.employmentplus.com/"t HYPERLINK "http://www.employmentplus.com/"plus.com/
- Can provide proof of income.

### **EMPLOYMENT PLUS**

- 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.

**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.

**Bloomington Volunteer Network**, [bloomington.in.gov/volunteer](http://bloomington.in.gov/volunteer), 812-349-3433  
**RSVP (Retired Senior Volunteer Program)**, [area10bloomington.in.us/rsvp](http://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.** 1<sup>st</sup> and 2nd Sunday of every month. 3:30pm at NLNL.

**The Warehouse** (812) 333-3951; 1525 S Rogers St. Bloomington, IN 47403; open Mon-Fri 3pm-7pm; check their Facebook page to see upcoming events and activities: <https://www.facebook.com/1525TheWarehouse/>

**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 the 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

**Bloomington Peer Run Recovery Center** 817 West 1st Street Bloomington, IN 47403 812-337-2405  
 Monday-Friday 8am-5pm Closed Saturday/Sunday

Beginning regular support groups for people at any stage of addiction. Attend 4pm meeting Thursday, stay for dinner! (They support groups- not syringe access). They ask that no napping take place

## **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](http://monroe.lib.in.us/vital)  
 812.349.3173

**Bloomington Code School Free Technology Instruction MCPL**

<http://bloomingtontech.com/code-school/> [www.mcpl.info/](http://www.mcpl.info/)

**New Skills with Lynda** Free help with technology skills  
[www.mcpl.info/lynda](http://www.mcpl.info/lynda)

**Excel Learning Center** 2088 Liberty Drive Suite 101 Bloomington, IN 47403  
 Phone: (812) 353-8084 Fax: (317) 534-3059 Email: [khannon@excelcenter.org](mailto:khannon@excelcenter.org)  
 Tuition-free high school for adults. Child care assistance while attending class and transportation assistance.

**Indiana High School Equivalency (HSE)** Alternative certificate to a high school diploma based on a test on the five subjects of math, reading, writing, science and social studies. Phone: 1-866-220-6675  
[adulthood@dwd.in.gov](mailto:adulthood@dwd.in.gov), Website: [dwd.in.gov](http://dwd.in.gov)

## **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.

**WorkIndiana Program** Lets students study for their High School Equivalency test while also pursuing a career certificate through Indiana Adult Education. Call 711.

### **Higher Education Financial Aid**

FAFSA (application for free Gov. aid) [fafsa.ed.gov](http://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 someplace 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:**

**All-Options Pregnancy Resource Center:** (812) 558-0089; 1014 S. Walnut St., Bloomington, IN; Hours: Tuesday- Friday 12PM-5 PM, Saturdays only by appointment; provides resources for pregnancy and parenting, abortion and adoption; Call toll free at 1-888-493-0092 for safe space to talk about pregnancy.

**Banneker Community Center:** (812) 349-3735 930 W. 7th Street; **Family Resource Center:** Hours: Monday- Friday (Aug. 5-Dec. 22), 9am-5pm. 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. Hours: Monday-Thursday 9AM-7PM and Friday 9AM-5PM

**Center for Human Growth** 812.856.8302, 201 N. Rose Ave. Counseling by graduate students of Indiana University. Mon-Thurs: 12PM-8PM; Fri: 12PM-5PM; Sat-Sun: Closed

**Crisis Pregnancy Center** 812.334.0055, 808 N. College Ave.

**Monroe County United Ministries** 812.339.3429, 827 W. 14<sup>th</sup> 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 child care assistance.

**Department of Child Services** 812.336.6351. 1531 S Curry Pike. Hours: 8am-4:30pm.

**Early Head Start,** (812)929-1736; 5015 W St Rd 46, Suite G Bloomington, IN 47404; childcare and

development services for expectant mothers and children up to 3 years old through SCCAP.

**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.

**SCCAP Head Start** (812)334-8350; 1502 W 15th St.; Half-day, full-day, and extended day classes for preschool age children from Monroe County. Hours: 7 AM - 5:30 PM

**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.

**Kids with Absent (Incarcerated) Parents (KAP)** 812.332.3695, 2120 N Fee Ln; group meetings held on the 2nd and 4th Saturdays each month from 11:30-2:30 at Girls Inc.

## 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).

**PACE - Indy:** 317.612.6800. 2855 N Keystone Ave. Suite 170. Mon-Fri 9am-4pm. Offers a wide variety of services for those who are re-entering the community. Some of these services may include financial and employment coaching.

**HAND:**

## Legal Support- Sealing/Cleaning up + understanding your record

**The Indiana Pro Bono Commission** 317.269.2415 or 800.279.8772; 230 E Ohio St. Suite 400 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.

**Justice Unlocked** 812.269.8277; 4305 E 3rd. St. Bloomington, IN 47401

Provides sliding scale legal services in small claims, family, landlord/tenant, bankruptcy, criminal expungements, name changes, and pro se plus cases



## Legal Support- Eviction and Landlord Disputes

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

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

**Indiana Legal Services**, 812.339.7668, 1-888-255-5104; 214 S College Ave, Bloomington, IN 47404  
Monday-Friday 9AM-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 708 N Walnut St. Bloomington, IN 47404 Call Tuesdays 5pm-7pm and Thursdays 2PM-5PM during their intake hours 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](http://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 Phone: 312.503.8756 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  
Phone: 931.724.2264 [www.centurionministries.org](http://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

**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 a list of publications.**

**City of Bloomington Human Rights Commission** Impartially investigates all claims for discrimination based on race, sex, religion, color, national origin, ancestry disability, and **gender identity or sexual orientation**. For more information or to file a claim call 812.349.3429; Fax- 812.349.3441 Address: 401 North Morton Street, Post Office Box 100 Bloomington, IN, 47401-0100;  
[human.rights@bloomington.in.gov](mailto:human.rights@bloomington.in.gov)

## 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 708 N Walnut St. Bloomington, IN 47404 Call Tuesdays 5pm-7pm and Thursdays 2PM-5PM during their intake hours

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.

**The Protective Order Project** 812.855.4800; email- [pop@indiana.edu](mailto:pop@indiana.edu); website- [www.law.indiana.edu/pop](http://www.law.indiana.edu/pop)

A pro bono organization that uses IU School of Law students to provide protective orders for survivors of relationship violence, sexual assault, and stalking. Takes cases from Monroe, Lawrence, Greene, and Owen counties.

**Indiana Legal Services**, 812.339.7668, 1-888-255-5104 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 an emergency, an applicant may request expedited service when calling the main number. Free for income eligible people. No walk-ins.

**Counsel in the Court** 10 AM Friday; Justice Building, 301 North College Avenue

Bloomington, IN 47404-3843; 812.339.3610; [dist10probono@gmail.com](mailto:dist10probono@gmail.com)

Civil Cases; Law students conduct interviews and do forms for people for family law. A lawyer oversees the work, double checks the forms, and gives advice to walk-in clients. Bring all documents they have connected with their legal problem for maximum efficiency. *Show up early (9 a.m.) because you might have to wait a while.*

**Community Justice and Mediation Center (CJAM)** Civil cases. Provides low cost mediation and restorative justice services. They also provide School mediation for Monroe County Community School Corporation to resolve school related issues. Mediators can be referred through small claims court however individuals can also request mediation on their own.. Request mediation services online at

<https://docs.google.com/forms/d/e/1FAIpQLSdoofHfOthbJCpotlaAxempZKpyfWEsoNK0Pbu5mQ8PVT4ng/viewform>

Or call their office at 812-336-8677

## Assistance for Undocumented Citizens

- Salvation Army
- MCUM
- SVDP
- Trinity

## 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](mailto: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](mailto: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](mailto:news@wfhb.org)"

**Kiteline (Show on WFHB 91.3 FM)** - PO Box 2422 Bloomington, Indiana 47402; (812) 269-2512; email: [kiteline@wfhb.org](mailto:kiteline@wfhb.org); Air Time: Every Monday and Friday 5:30 PM-6:00PM

## Request Books and News

**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](http://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)

**Midwest Pages to Prisoners** 812.727.0155; Provides books for incarcerated folks and volunteer opportunities for those on the outside. Request books for yourself or incarcerated loved ones by sending a letter to:

PO Box 1324

Bloomington, IN 47402

The letter should include your (or your loved one's) **name, DOC#, facility name, mailing address**, any **restrictions** on books being sent to their facility (for example: no hardcover books, invoice required, etc.), and the **kind of books that you would like**. Exact titles are not guaranteed since most books are donated, so it is better to explain the kinds of books you want such as the author, genre, or subject.

## Health Insurance

**South Central Community Action Plan Healthcare Assistance Program/ Cover Monroe** (812) 339-3447  
1500 W. 15th Street Bloomington, IN 47404

Email: [info@insccap.org](mailto:info@insccap.org) HYPERLINK "mailto:info@insccap.org"r HYPERLINK "mailto:info@insccap.org"g

**IU Individual Solutions** (healthcare application assistance), 888.531.3004 (call to make an appointment), 413 Landmark Ave.

Bloomington, IN 47403, [iuhealth.org/individual-solutions/](http://iuhealth.org/individual-solutions/)

**Healthy Indiana Plan** (healthcare), 1.844.GET.HIP.9, "<http://www.in.gov/fssa/hip>"

**Caresource:**

**Active and Fit:** Fitness program with free access to fitness centers, online tools, and home kits. Covered under your CareSource Marketplace Dental and Vision plan. Register at: [Activeandfit.com](http://Activeandfit.com)

**Medicare** (healthcare for older adults), 1.877.819.2594, 515 W. Patterson Dr. Bloomington, IN 47403, [www.medic](http://www.medic) 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/](http://medicaid.gov/)

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

**Veterans in Medicine** 811 W 2nd St. Bloomington, IN 47403; 812.333.4001; Mon-Friday 8am-5pm; will provide dental services to recipients of HIP basics

### Eye Exams and Glasses/Glasses Repair

Bloomington	IU Dept of Optometry	744 E. 3 <sup>rd</sup> 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.	<a href="tel:(812)355-6842">(812) 355-6842</a>	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. 2<sup>nd</sup> St., Bloomington, IN 47403

**Helping Bloomington Monroe** (healthcare) 812.349.3430, 401 N Morton Bloomington, IN

**Positive Link** (HIV Prevention and Care), 812.353.9150, 800-313-4645 333 E Miller Drive, Bloomington IN

**Linkage to Care - a program through Positive Link** - (812).353.9150, free services for HIV+ individuals in the IU Health region

**Indiana Recovery Alliance** (HIV and Hep C testing, syringe access) 812-345-4681 or 812-567-2337, 118 S Rogers St, Bloomington, IN 47404; see website for a calendar of locations they will be at throughout the week <http://indianarecoveryalliance.org>

**Community AIDS Action Group of South Central Indiana (CAAG)** 812.353.9150, 333 E Miller Dr; email: [hello@thecaag.org](mailto:hello@thecaag.org); Every fourth Tuesday of every month at 4pm

**Planned Parenthood**, (Women's Health) 812.336.0219, 421 S. College Ave; Mon: 8:30AM-5PM; Tues: 11AM-7PM; Wed: 8:30AM-5PM; Thurs: 8am-4pm; Fri-Sat: 8:30AM-4PM, Sun: Closed

**Monroe County WIC Program** 812.353.3221 333 E Miller Dr. Bloomington, IN 47401

### **Mental Health Resources**

**Catholic Charities** (counseling), 812.332.1262, 803 N. Monroe St. Bloomington, IN 47404, Mental Health Services and Counseling. Hours: Monday-Thursday 9AM-7PM and Friday 9AM-5PM

**Center for Human Growth** (counseling), 812.856.8302, 201 N. Rose Ave.: Mon-Thurs: 12PM-8PM; Fri: 12PM-5PM; Sat-Sun: Closed

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

**Youth Services Bureau**, 812.349.2507, 615 S. Adams St., Provides free counseling to families and youth; Open Mon-Fri: 9AM-5PM

**Bloomington Meadows Hospital Outpatient Center**: 800.972.4410; 445 S. Landmark Avenue; provides intensive therapy, support for substance use issues, and support in improving interpersonal skills for adults and adolescents.

### **Reproductive Health**

**Planned Parenthood**, 812.336.0219, 421 S. College Ave. Mon: 8:30AM-5PM; Tues: 11AM-7PM; Wed: 8:30AM-5PM; Thurs: 8am-4pm; Fri-Sat: 8:30AM-4PM, Sun: Closed

**Futures Family Planning Clinic**, 812.349.7343, 119 W 7th St.; Mon, Wed, Thurs: 8am-12pm, 1pm-4:30; Tues: 11am-3pm, 3:30pm-7pm, Fri: 9am-12pm; appointments are preferred but walk-ins are accepted if an appointment time is available.

**All Options Pregnancy Resource Center**, 812.558.0089, 1014 S Walnut St Bloomington, IN 47401, Sun & Mon: closed, Tues-Fri: 12pm-5pm, Sat: appointment only, walk-ins are welcome

**The Hannah Center (Hannah House Maternity Home)** 812.334.0104, 808 N College Ave Bloomington, IN 47404; Mon, Wed: 9-11:30AM, 1-4PM; Tues: 9-11:30, 1-6PM; Thurs: 9-11:30AM; Closed Fri-Sun

### **Healthcare for Children**

**Community Health Services**, 812.353.3244, 333 E. Miller Drive Bloomington, IN , free for children birth-18 yrs.; also located at 727 W 2nd St, Bloomington, IN 812.353.925;

**Hoosier Healthwise for Children**, 812.349.3430, 401 N. Morton St Suite 260, free/low cost.; for children up to the age of 19 and pregnant women; for more information visit

<https://www.in.gov/medicaid/members/174.htm>

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

After-Hours Ambassador Jenna Whiteaker: [jenna.whiteaker@bloomington.in.gov](mailto:jenna.whiteaker@bloomington.in.gov); 812.360.5919

**Helping Bloomington Monroe** (healthcare) 812.349.3430, 401 N Morton Bloomington, IN

**Monroe County WIC Program** 812.353.3221 333 E Miller Dr. Bloomington, IN 47401

### **Veteran Services**

**Volunteers of America** 6919 East 10th Street, Suite E-2 Indianapolis, IN 46219; 317-407-4112; Veteran Services contact: Kurt Kelley - Community Outreach Liaison, SSVF Program, [kkelley@voain.org](mailto:kkelley@voain.org) / [www.voahin.org](http://www.voahin.org)

**Monroe County Veterans Affairs** 214 W 7th St #100, 812.349.2568

**Bloomington VA Clinic** 2100 S Liberty Dr, 812.336.5723, M-F 7:30AM-4:30 PM

**Military Family Assistance Centers (FAC)** - provides a variety of referral based services to geographically dispersed Service members, Veterans, Retirees, and family members from all military branches

- ID Cards and Defense Enrollment Eligibility Reporting System (DEERS)
- TRICARE Health and Dental



- Financial management
- Crisis Intervention
- Information and Referral
- Legal Assistance
- Emergency Family Assistance Centers
- Exceptional Family Member Program

Coordinator - Tyndall Armory	711 N Pennsylvania St. Indianapolis, IN 46204	Cell: 317.650.1334 Office: 317.247.3300 Email: rhonda.m.arnold.ctr@mail.mil
Gary Armory	2501 E 15th Ave. Gary, IN 46402	Cell: 317.650.8319 Office: 317-247-3300 x 88053 Email: josephine.m.vang.ctr@mail.mil
Fort Wayne Armory	130 W Cook Rd. Fort Wayne, IN 46825	Cell: 317.650.8945 Office: 317.247.3300 x 87221 Email: jacqueline.n.motz.ctr@mail.mil
Lafayette Armory	5218 Haggerty Ln. Lafayette, IN 47905	Cell: 317.650.1498 Office: 317.247.3300 x 87516 Email: brian.l.maynard.ctr@mail.mil
Kokomo Armory	315 E Maryland Ave. Kokomo, IN 46901	Cell: 317.650.9409 Office: 317.247.3300 x 88719 Email: douglas.a.fulk.ctr@mail.mil
Muncie Armory	401 N Country Club Rd. Muncie, IN 47303	Cell: 317.650.1859 Office: 317.247.3300 x 88661 Email: jamie.r.trosper.ctr@mail.mil
Crawfordsville Armory	1405 S Washington St. Crawfordsville, IN 47933	Cell: 317.650.8366 Office: 317.247.3300 x 85124 Email: kathleen.j.townsend.ctr@mail.mil
Linton Armory	2000 Hwy 54 E. Linton, IN 47441	Cell: 317.650.1829 Office: 317.247.3300 x 85551 Email: abigail.m.roberts.ctr@email.mil
Lawrence Armory	9920 E. 59th St. Indianapolis, IN 46216	Cell: 317.650.8412 Office: 317.247.3300 x 87697 Email: colleen.m.nicholson3.ctr@mail.mil
Camp Atterbury	BLD 343, 5th N St. Camp Atterbury, IN 46124	Cell: 317.650.7741 Office: 317.247.3300 x 61341 Email: traci.s.dinkers.ctr@mail.mil
Columbus Armory	2160 Arnold St. Columbus, IN 47203	Cell: 317.650.7402 Office: 317.247.3300 x 85101 Email: jennifer.j.allman.ctr@mail.mil

Evansville Armory	3300 E Division St. Evansville, IN 47715	Cell: 317.650.7392 Office: 317.247.3300 x 87320 Email: carrie.a.pitts.ctr@mail.mil
New Albany Armory	2909 Grant Line Rd. New Albany, IN 47150	Cell: 317.650.7756 Office: 317.247.3300 x 88748 Email: steven.s.mennemeye.ctr@mail.mil
Airman & Readiness Program	Margaret Amos 800 S. Petercheff St. Building 3 Terre Haute, IN 47803 812.877.5545 margaret.1.civ@mail.mil	Connie Douthat 3005 W Ferguson Rd. Building 780, Ft. Wayne, IN 46808 260.478.3400 connie.s.douthat.civ@mail.mil
24 Hour Emergency Hotline	800.237.2850 x 73192	

## 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 LIFEDesigns** (formerly Options) 812-332-9615 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 LIFEDesigns Inc.

**Council for Community Accessibility (CCA) Disabilities Guide Link:**

<https://airtable.com/shrd1kfW5hJuWuJgE/tblxKDpm7q1jEzucP?blocks=hide>

**Growing Opportunities** 812.332.2168 ext. 281; 2815 E 10th St. Bloomington, IN 47408; job training opportunities and career counseling

## 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**, 460 Spring St. Jeffersonville, IN 47130; (812) 280-2080 (across the river from Louisville); accepts Medicaid, not HIP
- **Recovery Matters** 3903 Indianapolis Blvd. East Chicago, IN (219) 398-7050 (still in Indiana, but only by 10 miles); Open 24/7

### 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 & Phone	Intake	Description
East Chicago	Tri City Comprehensive Community Mental Health Center  Regional Mental Health Center Stark Center  North Lake Counseling Center  *Note: All have the same address and phone numbers	3903 Indianapolis Boulevard, East Chicago, IN 46312  (219) 398-7050	Intake & Hotline  (219) 392-6001  Must call to schedule an appointment	30-day residential and outpatient, detox, mental health  Referral not needed
Jeffersonville	Life Spring	460 Spring Street, Jeffersonville, IN 47130	(812) 723-4301	residential and outpatient, detox, mental health (Court referral)
Lafayette	Lighthouse Recovery Home	Women's 4411 Baltimore Ave., Hammond, IN 46327  Men: 2525 ½ Kossuth St., Lafayette, IN 47904	Men: 765-250-5809  3Women: 219-805-0414  Online application: <a href="http://www.lighthouserecoveryhome.org/application-form.html">http://www.lighthouserecoveryhome.org/application-form.html</a>	9 month-2 year residential,
Lafayette	Sycamore Springs	833 Park East Blvd Lafayette, IN 47905	765-743-4400 - must call to schedule an appointment	Residential care, medication management,
Lafayette	<i>Men</i>  Home With Hope (Brighthouse)	1119 Ferry St, Lafayette, IN 47901	765 807-0009	Residential Treatment for men
Lafayette	<i>Men and women</i>  Home With Hope  Hope Apartments	1119 Ferry St (men)  920 North 11th St (women)	765 742-3246  Application online, can either be mailed, emailed to <a href="mailto:admissions@homewithhope.org">admissions@homewithhope.org</a> or faxed to 765-807-0030 (men) 765-269-9110 (women)	Transitional housing for men and women -minimum of 120 days
Washington	Lighthouse 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 - 2 years  Religious

Bloomfield	Resurrecting Recovery Center - Men's Christian	174 N. State Road 57 Bloomfield, Indiana	(812) 381-4202	Religious, 9 Month discipleship program
Bloomington	Amethyst House - Office Women's House Men's House	645 N Walnut S, Bloomington, IN 47404  322 W. Second St. Bloomington, IN 47403  215 N Rogers St. Bloomington, IN 47404	(812) 336-3570  (812) 336-2666  (812) 336-2812	residential & outpatient
Bloomington	Wheeler Mission- Men Wheeler Mission –Women	215 S. Westplex Ave Bloomington, IN 47404 (men)  400 s. Opportunity Ln. Bloomington, IN 47404 (women)	M(812) 333-1905; must have appointment for addiction recovery program  W(812)334-4047; must have appointments for addiction recovery program  MC(812)333-1905	Short term Shelter, long-term residential, religious
Bloomington	Centerstone	645 S Rogers St, Bloomington, IN 47403	(812) 339-8109  800-344-8802  Must call to schedule an appointment	IOP, outpatient, supportive housing
Bloomington	Oxford House Sage	730 S Curry Pike Bloomington, IN 47403	(812) 929-5927	Residential PEER run sober living
Bloomington	Oxford House Maya	3514 East Park Lane Bloomington, IN 47408	(317) 499-4710	Residential PEER run sober living
Bedford	Becky's Place	1108 5th St. Bedford, IN 47421	(812)-275-5773	Sober living
Indianapolis	Harbor Light (Salvation Army)	2400 N Tibbs Ave, Indianapolis, IN 46222	(317)972-1450; Must call to schedule an intake appointment	detox, 14-day residential, IOP, religious
Indianapolis	A.R.C. (Salvation Army)	711 East Washington Street, Indianapolis, IN 46202	(317)638-6585  Must call to schedule an intake appointment	Residential, religious

Indianapolis	Progress House - men	201 E Shelby Street, Indianapolis, IN 46202	(317)637-9816  Online application: <a href="https://www.progresshouse.org/new-residency-application">https://www.progresshouse.org/new-residency-application</a>  Paper application: <a href="https://assets.website-files.com/5a79ab2fa6b9f0000144dd09/5aad810b7fb51123731f4ca7_progress-house-application.pdf">https://assets.website-files.com/5a79ab2fa6b9f0000144dd09/5aad810b7fb51123731f4ca7_progress-house-application.pdf</a>  Applications can either be mailed or emailed to <a href="mailto:info@progresshouse.org">info@progresshouse.org</a>  Walk-ins are accepted 8:00am-4:00pm Mon-Fri at the  Must call to schedule admission interview after application submitting application  Phone interviews are case by case only	Residential, 12-step program
Indianapolis	Fair Banks	8102 Clearvista Parkway, Indianapolis, Indiana 46256	317-849-8222  1-800-225-4673  Must call to speak to someone to schedule an appointment or can go agency website and fill out mini application <a href="https://www.fairbanksed.org/get-help/">https://www.fairbanksed.org/get-help/</a>	detox, inpatient with 12-step program, outpatient, supportive living (transitional), long-term residential
Indianapolis	Destination Recovery -halfway house for men	1536 E 46th St, Indianapolis, IN 46205	317-502-6649  Must call to schedule an appointment	sober living house
Indianapolis	Talbot House -men only	1424 Central Ave, Indianapolis, IN 46202	317-635-1192  Must call to schedule an appointment or to speak to a representative	halfway house, 12 step program
Indianapolis	Volunteers of America of Indiana, Inc.	927 North Pennsylvania Street, Indianapolis, IN 46204	(317) 617-1270	Residential treatment, Outpatient
Indianapolis	Fresh Start Drug Recovery Center - pregnant women and mothers	1099 N Meridian St. Landmark Center, Suite 800, Indianapolis, IN 46204	844.980.1862	Residential treatment
Indianapolis  Women	Dove House (women only)	3315 N Meridian St Suite 110, Indianapolis, IN 46208	317-964-0450  Must call to schedule an assessment	half-way house, religious, 12-step program

Indianapolis Women	Seeds of Hope (women only)	1425 S.Mickley Ave., Indianapolis, IN 46241	317-244-0203  Can call to speak to someone or email <a href="mailto:info@seedsofhopeindy.org">info@seedsofhopeindy.org</a>  Also can fill out information on website <a href="http://www.seedsofhopeindy.org/contact-usmain">http://www.seedsofhopeindy.org/contact-usmain</a> to be contacted by a representative	Transitional and residential housing
Jeffersonville	Serenity House	200 Homestead Ave, Jeffersonville, IN 47130	812-283-9407  Online application <a href="http://serenityhalfwayhouse.com/application/">http://serenityhalfwayhouse.com/application/</a>	48-bed transitional residence
Elkhart	Teen Challenge  North Central Indiana (men only)	1111 W Bristol St. Elkhart, IN 46514	574-226-0789  Can contact center to schedule intake interview or email <a href="mailto:NCITC.elkhart@gmail.com">NCITC.elkhart@gmail.com</a>  Online application <a href="http://www.nciteenchallenge.com/contact/ewExternalFiles/StudentApplication.pdf">http://www.nciteenchallenge.com/contact/ewExternalFiles/StudentApplication.pdf</a>	Long term residential treatment (12-18mo.) & religious
Evansville	Stepping Stone (Southwestern Behavioral Health)	4001 John St., Evansville, IN (Stepping Stone)  415 Mulberry St, Evansville, IN (SBH)	812-473-3104 (Stepping Stone)  (812) 423-7791 (SBH)  Must call to schedule an appointment	detox, IOP, 21-28 day residential, long term treatment outpatient
Evansville	Deaconess Cross Pointe	7200 E Indiana St, Evansville, IN 47715	812-476-4611  800-874-7104  Must call to schedule an appointment	outpatient, mental health
Evansville	Fresh Start Recovery Program  For pregnant women and mothers		833.659.4357	
Indianapolis Women	Teen Challenge Grace House Women's Center	2822 E. New York St. P.O. Box 11772 Indianapolis, IN 46201	(317) 829-1155 Online application: <a href="https://app.myteenchallenge.com/enrollment/c/1674">https://app.myteenchallenge.com/enrollment/c/1674</a>	Long term Treatment 18 & up; min. 1 yr; religious
Fort Wayne	Hope House	1115 Garden St, Fort Wayne, IN 46802	(260) 424-2471  Must call to schedule an appointment	outpatient, long-term residential (more than 30 days); halfway house or sober living
Fort Wayne	Parkview Behavioral Health	1720 Beacon St, Fort Wayne, IN 46805	260-373-7500  800-284-8439	outpatient, inpatient, detox



			Must call to schedule an initial appointment	
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 (men only)	902 High St, Anderson, IN 46012	888 506-6058 765-644-7086 Must call to schedule an initial appointment	residential long-term halfway house (90 day minimum)
Franklin	Tara Treatment	6231 S US 31, Franklin, IN 46131	(800) 397-9978 (812) 371-5344 (812) 526-2611 Must call the admissions office for free assessment	detox, 30-43-day residential, transitional residential, outpatient
Gary	Serenity House	5157 Harrison St, Gary, IN 46408	219-980-1955 Must call to schedule an appointment	outpatient, reresidential
Fort Wayne Women	Hope and Harriet - YWCA (women only)  Martha's Place	5920 Decatur Rd. Fort Wayne, IN 46816  1129 Garden St. Fort Wayne, IN 46802	260 424-4908 ext. 109  Online application: <a href="https://ywcanein.com/Data/HHadmissionapplication5.pdf?Revision=rMf&amp;Timestamp=k9zsML">https://ywcanein.com/Data/HHadmissionapplication5.pdf?Revision=rMf&amp;Timestamp=k9zsML</a>  (260)424-3711	short-term, residential long-term, IOP, 18&up  Outpatient, inpatient, sober living homes, IOP, 12 step program
Lafayette	Anisa Group Lisa B Werth	2512 Covington Street, West  Lafayette, IN 47906	765-497-3932 ext. 83	outpatient
Fort Wayne	Park Center, Inc.	909 East State Boulevard, Fort Wayne, IN 46805	260-481-2700 (primary line) 260-481-2800 (secondary line) in-patient walk in center: 260-471-9440	outpatient, inpatient, residential
South Bend Women	YWCA of Saint Joseph County	1102 South Fellows Street, South Bend, IN 46601	574-233-9491 Must call to schedule an initial assessment	Counseling, residential outpatient long & short term
Speedway Women	My Sister's Place	1201 Main St, Speedway, IN 46224	(317)244-2009	outpatient, residential treatment, sober living home, transitional living, halfway house
Greenwood	Valle Vista	898 E Main St, Greenwood, IN 46143	800-447-1348 Walk-ins are welcome or can call to schedule an appointment	hospital, inpatient, IOP, detox

Kokomo	Saint Vincent Hospital	1907 W Sycamore St, Kokomo, IN 46901	765-456-5433  800-638-7844  Must call to schedule an appointment	hospital, outpatient, inpatient
Merrillville	Regional Mental Health	1441 E 84th Pl, Merrillville, IN	(219) 794-2000	hospital, detox, outpatient, residential short-term
Richmond	Richmond State Hospital	498 NW 18th St, Richmond, IN 47374	765-966-0511	hospital inpatient
Richmond	The Hope House (men only)	275 Grove Rd., Richmond, IN 47375	765-935-3000  Must call to schedule an appointment	Halfway house
Terre Haute	Salvaged Lives Life Center (used to be FreeBirds)	145 E Voorhees St, Terre Haute, IN 47802  <a href="https://www.facebook.com/Salvaged-Lives-Life-Center-Inc-2093873260880907/">https://www.facebook.com/Salvaged-Lives-Life-Center-Inc-2093873260880907/</a>	812-232-1700  Must call for intake. 10am-5pm M-F  Must pass a drug screening at intake	sober living facility, religious, 12 step program
Terre Haute	Club Soda	609 S 4th St, Terre Haute, IN 47807	812-232-2631  Must call to schedule an appointment	sober living house, 12 step program
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	(800)742-0787	Detox, hospital, inpatient, 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  Must call to schedule an appointment	extended residential treatment, minimum 90 days
Auburn	Northeastern Center, Inc.	1850 Wesley Rd. Auburn, IN 46706	260-927-0726  800-790-0118  New client intake time Tuesday & Thursday 8:00am-4:00pm or can call to schedule an appointment	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 New client intake appointments on Monday 8:00am-6:00pm and Friday 8:00am-3:30pm or call call to schedule an appointment	outpatient, inpatient care
Lafayette	Wabash Valley Hospital, Inc.	610 Main Street, Lafayette, IN 47901	765-423-2638	IOP, residential, outpatient
Lagrange	Northeastern Center, Inc.	2155 North State Road 9, Lagrange, IN 46761	260-463-7144 New client intake appointments on Monday 8:00am-5:00pm and Thursday 8:00am-2:30pm or can call to schedule an appointment	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 call to make appointment	counseling, inpatient for medical stabilization
Avon	Penrod Counseling Center	192 North State Road 267, Avon, IN 46123	800-597-9444 call make appointment	Outpatient care
Bloomington	CleanSlate	502 W 2nd St. Bloomington, IN 47403	812.668.1946	Outpatient
Bloomington	Bloomington Meadows Hospital	Outpatient Center: 445 S Landmark Avenue Bloomington, IN 47404  Bloomington Meadows Hospital: 3600 N Prow Rd Bloomington, IN 47404	800.972.4410  812.331.8000 OR 800.972.4410	IOP, inpatient

Bloomington	Centerstone	645 South Rogers Street, Bloomington, IN 47403	812-314-3400 800-344-8802 call to make appointment	IOP, Outpatient
Bloomington	Center for Behavioral Health IN, Inc.	645 S Rogers St Bloomington, IN 47403	812-339-1691 Must be referred by psychotherapist, primary care physician or a medical specialist	outpatient
Bloomington	Groups	4633 W Richland Plaza Dr Suite G Bloomington, IN 47404	800-683-8313 call to make appointment text RECOVERY to 313131 or can fill out form online <a href="https://joingroups.com/gettreatment">https://joingroups.com/gettreatment</a>	Outpatient treatment, group therapy, and Suboxone 0
Bloomington	IU Health Bloomington Addiction Treatment and Recovery Center	727 W Second St. Bloomington, IN 47403	812.353.3450 or 800.387.3440	Intensive outpatient, medication assisted treatment, group psychotherapy, medication management, recovery coaching, 12 step program
Bloomington	Limestone Health	2100 Liberty Dr Suite A Bloomington, IN 47403	812-727-6700 Must call to schedule an appointment  Walk-ins assessments are Mon-Fri 5:30a-9:30a	Methadone maintenance, counseling, referrals, medical exams, counseling, education
Brownsburg	Pro-Active Resources	515 North Green Street, Brownsburg, IN 46112	866-333-9130	extended outpatient treatment, counseling
Carmel	Pro-Active Resources	90 Executive 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 Must call to schedule an appointment	8-week IOP
Fort Wayne Women	Fort Wayne Women's Bureau	2417 Fairfield Ave, Fort Wayne, IN 46807	260-744-9201	counseling, programming for pregnant women and children under 5
Fort Wayne	Center for Behavioral Health IN, Inc.	3910 Lima Rd, Fort Wayne, IN 46808	260-420-6010 call to make appointment	outpatient

Fort Wayne	Family and Children's Services, Inc.	2712 South Calhoun St, Fort Wayne, IN 46807	260-744-4326 call to make appointment	outpatient
Fort Wayne	Bowen Center	2100 Goshen Road, Fort Wayne, IN 46808	800-342-5653 call to make appointment	counseling, inpatient for medical stabilization
Gary	Discovery House, Inc.	4195 South Cleveland Street, Gary, IN 46408	219-985-8145	outpatient
Gary	Edgewater System	1110 West 6th Avenue, Gary, IN 46402	219-885-4264 ext 4235 call to make appointment	detox, outpatient, mental health
Goshen	Center for Problem Resolution, Inc.	117 West Washington Street, Goshen, IN 46526	574-533-0664 call to make appointment	8-week IOP
Goshen	Danen Counseling Services	109 East Clinton Street, Goshen, IN 46528	574-537-9868 call to make appointment	outpatient
Greenwood	Indy Interventions	500 South Polk Street, Greenwood, IN 46143	317-885-8296 call to make appointment	outpatient
Hammond	Addiction and Family Care, Inc.	3440 169th Street, Hammond, IN 46323	219-844-7152 call to make appointment	outpatient
Hammond	Fresh Start Counseling Services	7108 Calumet Avenue, Hammond, IN 46324	219-933-7990 call to make appointment	counseling
Huntington	Evergreen Meadows, Inc.	35 W Market Street, Huntington, IN 46750	260-355-0717 call to make appointment	outpatient, mental health, sober living home
Huntington	Bowen Center	2860 North Park Avenue, Huntington, IN 46750	800-342-5653 call to make appointment	counseling, inpatient for medical stabilization
Indianapolis	2nd Chance Ministries, Inc.	401 North Delaware Street, Indianapolis, IN 46204	317-955-7957 317-889-7881 call to make appointment	outpatient, partial hospitalization
Indianapolis	Alpha Resources, Inc.	539 Turtle Creek South Drive, Indianapolis, IN 46227	317-784-3985	outpatient care
Indianapolis	Center for Behavioral Change	5356 Hillside Avenue, Indianapolis, IN 46220	317-257-0490	behavior assessment, outpatient, detox

Indianapolis	EmberWood Center	1440 N Hudson St Indianapolis, IN 46202	317-536-7100 call to make appointment	outpatient care
Indianapolis	Community Hospitals of Indiana, Inc.	7165 Clearvista Way Psych Pavillion Indianapolis, IN 46256	317-621-5700 call to make appointment	outpatient care
South Bend	Life Treatment Centers of South Bend	1402 S Michigan St, South Bend, IN 46613	574-233-5433 call to make appointment Walk-ins Tues & Thurs: 8:00am-2:00pm	detox, outpatient
Indianapolis	Fall Creek Counseling Services, Inc.	5610 Crawfordsville Rd, Indianapolis, IN 46224	317-291-6360	IOP, counseling
Indianapolis	Fall Creek Counseling Services, Inc.	2525 Shadeland Avenue, Indianapolis, IN 46219	317-375-1901	IOP, counseling
Indianapolis	Libertad Counseling	2840 N High School Rd, Indianapolis, IN 46224	317-240-2801	outpatient, partial hospitalization
Indianapolis	Midtown Community Mental Health Center	3171 North Meridian Street, Indianapolis, IN 46204	317-941-5003	outpatient and partial hospitalization
Indianapolis	Penrod Counseling Center	3410 North High School Road, Indianapolis, IN 46224	317-272-5247 call to make appointment	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 call to make appointment	outpatient counseling, IOP for mental health
Jeffersonville	Southern Indiana Treatment Center, Inc.	7509 Charlestown Pike, Charlestown, IN 47111	812-669-0462 855-781-5641	outpatient care, detox
New Castle	Christian Counseling and Women Rehab	423 South 11th Street, New Castle, IN 47362	765-520-7583	Outpatient, residential
Nineveh	Tara Treatment Center, Inc.	7919 South 100 East, Nineveh, IN 46164	317-933-2945 800-397-9978 call to make appointment	detox, 30-43-day residential, transitional residential, outpatient
Lafayette	Sycamore Springs	833 Park East Blvd Lafayette, IN 47905	765-743-4400 call for appointment	Group therapy, IOP, partial hospitalization



Lafayette	Limestone Health	4705 Meijer Court Lafayette, IN 47905	765-701-6060 call to make appointment  Walk-ins Mon-Fri 5:30a-9:30am	Methadone maintenance, counseling, referrals, medical exams, counseling, education
Lakeville	Wellspring Counseling and Learning Center	207 South Michigan Street, Lakeville, IN 46536	574-784-2700 Must call to schedule an appointment	outpatient care
Lawrenceburg	East Indiana Treatment Center	816 Rudolph Way, Lawrenceburg, IN 47025	812-291-1376	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	3490 W 81st Ave Merrillville, IN	(219) 736-5990	counseling
Michigan City	LaPorte County Comprehensive MH Inc	7224 W 400 N 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 referral
Noblesville	Proactive Resources	44 North 9th Street, Noblesville, IN 46060	317-844-5742	extended outpatient treatment, counseling
Peru	Four County Counseling Center	16 S Broadway Suite A Peru, IN 46970	765-472-1244	counseling groups, transitional living,
Plymouth	Bowen Center	990 Illinois Street, Plymouth, IN 46563	800-342-5653 or 574-936-9646 call to make appointment	counseling, inpatient for medical stabilization
Portage	Porter Starke Services, Inc.	3176 Lancer St Portage, IN 46368	219-762-9557 Must call to schedule an appointment	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.	430 E Lasalle Ave South Bend, IN 46617	866-569-1080 or 574-299-8595	outpatient care
Syracuse	Bowen Center	901 South Huntington Street, Syracuse, IN 46567	800-342-5653 or 574-475-4400 call to make appointment	counseling, inpatient for medical stabilization
Terre Haute	Recovery Associates Inc.	2911 Ijams Dr Terre Haute, IN 47802	812-314-3310`	outpatient care
Terre Haute	Fellowship House	2940 Jefferson St, Terre Haute, IN 47802	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	800-342-5653 or 260-562-8446 call to make appointment	counseling, inpatient for medical stabilization
Warsaw	Bowen Center	850 North Harrison Street, Warsaw, IN 46581	800-342-5653 Must call to schedule an appointment	counseling, inpatient for medical stabilization

## Addiction-Sobriety Relapse Prevention

### ACTION PLAN:

1. **Identify Triggers**
2. **Identify Relapse Warning Signs**
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**, 812.337.2424 221 N Rogers St, Bloomington, IN 47404 online resource "<http://www.v-recover.com/>"

**Bloomington Peer Run Recovery Center** 812-337-2435 817 W 1st St. Bloomington, IN 47403 8am-5pm Monday-Friday, Closed Saturday/Sunday

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](mailto:btownrefugerecovery@gmail.com) [www.refugerecovery.com](http://www.refugerecovery.com) (812)727-3942 Meets at the Unitarian Universalist Church Rm 112 Fridays at 6pm.

**The Indiana Addiction Hotline** - 1(800).622.HELP

## Harm Reduction and Syringe Access

**Indiana Recovery Alliance** 118 S Rogers St Suite 2 Bloomington, Indiana 47404 (812) 567-2337

[kass@indianarecoveryalliance.org](mailto:kass@indianarecoveryalliance.org)

**Hours:** M/F 12-2pm Shalom Center; W 12-2pm Crawford; Tu/Th/Sat/Sun 5-7pm Office

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

**Bloomington Peer Run Recovery Center** 817 West 1st Street Bloomington, IN 47403 812-337-2405  
Monday-Friday 8am-5pm

Beginning regular support groups for people at any stage of addiction. Attend 4pm meeting Thursday, stay for dinner! (They support groups- not syringe access). **They offer food, laundry, and showers as well.**

**This is a sober space. They ask that no napping take place.**

## Community Support Groups

**Reentry Collective.** 1<sup>st</sup> and 2nd Sunday of every month. Starts at 3:30pm at NLNL 1010 S Walnut St Suite H Bloomington, IN 47401

**Refuge Recovery: A Buddhist Path to Recovering from Addiction.** Kindness, compassion, equanimity, appreciation. [btownrefugerecovery@gmail.com](mailto:btownrefugerecovery@gmail.com) [www.refugerecovery.com](http://www.refugerecovery.com) (812)727-3942 Meets at the Unitarian 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 Room 061. Enter Door #4. \$15.00 registration fee. Dorothy Lenard, Group Leader. You can contact her at 812.325.2058

**Monroe County Suicide Prevention Coalition.** 812-339-2284. Meets the 4th Wednesday of each month from 2pm-3pm in Showers City Hall. 401 N Morton St. Email: [info@mha-monroe.com](mailto:info@mha-monroe.com) or you can also contact them at P.O. Box 1816 Bloomington, IN 47402

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** 812-345-4445 First Presbyterian Church 221 E. Sixth Street Bloomington, IN 47401. Located at the NW corner of Lincoln and 6th St. Use the entrance on Lincoln St. on the lower level, office door. The door will be locked, call the phone number listed for admittance.

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

**Vet To Vet** 812-863-2178 200 Daniels Way Rm A-118 Thursdays at 6pm. 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 1701 E 2nd St Bloomington, IN Rm M Sundays 6:00pm/Saturday 11:00am. Thursdays 8:00am at 2200 S High St Classroom C. 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 Evening Meetings are held on the first Thursday of the month (no evening meeting in January and July) at 7:00 p.m., at Bloomington Area Birth Services, 2458 South Walnut Street (NW corner of Walnut & Country Club/Winslow).

Morning meetings are held on the third Tuesday of each month at 10 a.m. at the First United Church, Room #1, 2420 East Third Street (SW corner of E. 3rd St. & S. Woodcrest Ave.) 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 Cope)** 812-339-1551 ext. 17 219 E 4th St Rm 302 Bloomington, IN 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 the second and fourth Thursday at 7:00 pm

**Alcoholics Anonymous** 812-360-0040 219 E 4th St Bloomington, IN 47402 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. 333 E Miller Dr Bloomington, IN 47401. 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 205 E Kirkwood Ave Bloomington, IN 47402 or call national Narcotics Anonymous Helpline 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 431 S College Ave Bloomington, IN 47403. 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

**Parents of Addicted Loved Ones (PAL)** 812-583-7378 (Stacy), 812-345-2522 (Kathy) IU Health Bedford 2900 W 16th St Bedford, IN 47421 Entrance #4 McReynolds Conference RM. 2nd & 4th Monday

6:30p-8:00p. Parent support group providing hope, guidance, and addiction education to those who are affected by addiction.

## Mental Health and Counseling

**Bloomington Meadows Hospital** 800-461-5979

3600 North Prow Road, Bloomington, IN 47404

**Bloomington Peer Run Recovery Center** 812-337-2405 817 2nd St. 8am-5pm Monday-Friday Note: this is through Centerstone.

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

Mon-Thurs: 12PM-8PM; Fri: 12PM-5PM; Sat-Sun: Closed

Hours: 12-8 PM Monday through Thursday, and 12-5 PM on Friday

**Centerstone** (800) 344-8802 for appointments; (800) 832-5442 24/7 crisis line

645 South Rogers Street Bloomington, IN 47403

<https://centerstone.org/locations/indiana/facilities/centerstone-bloomington-south-rogers-street/>

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

Hours: 9AM-7PM Monday through Thursday and 9AM-5PM on Friday

**IU Health Bloomington Behavioral Health Services** 812.353.3450

Hours: M&W 8am-5pm; T&TH 8am-6pm; Fri 9am-3pm

727 W 2nd St Bloomington, IN 47403

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

**Milestones Clinical & Health Resources** (for people with developmental disabilities)

(812) 333-6324 [milestones@stonbebelt.org](mailto:milestones@stonbebelt.org) 550 S. Adams St. Bloomington, IN 47403

Hours: M-TH 8am-6pm; Fri 8am-5pm

**People and Animal Learning Services (PALS) program for veterans** 812.3396.2796;

[veterans@palstherapy.org](mailto:veterans@palstherapy.org); 7644 W. Elwren Rd.

**Volunteers of America of Indianapolis Veteran Services** 6919 East 317.407.4112; Fax: 317.536.1487; 10th Street, Suite E-2, Indianapolis, IN 46219

## 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 laundry. Towels and soap provided.

**New Leaf New Life** 1010 S. Walnut, Open M-F 10:00 AM to 4:00 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** [817 West 1st Street Bloomington, IN 47403 812-337-2405](tel:8123372405)

8am-5pm Monday-Friday

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.

## Where to Look for More Resources:

**Helping Bloomington Monroe:** [www.helpingbloomingtonmonroe.org](http://www.helpingbloomingtonmonroe.org) database with resources for health care, food assistance, social services, childcare, and more.

**Aunt Bertha** <https://www.auntbertha.com/> database with local resources - just type in your zipcode.