



From the Department of Social Services, National Philoptochos

A BRIEF GUIDE TO FINDING LOCAL RESOURCES, PROGRAMS & SERVICES  
 "9-1-1" - TO SAVE A LIFE OR STOP A CRIME

This guide is designed to help individuals and families find resources, program & services anywhere in the United States:

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**LOCAL SERVICES FOR GENERAL NEEDS:**

- "3-1-1" / "6-1-1"  
 Many local jurisdictions have instituted a system through which people can obtain information about local programs and services. In many places, the dial-in number is "311" or "611".
  - If you live in a community that does not have such a system, you can contact the local United Way chapter, YM/YWCA, hospital social work department, or public school social worker for a list of local government and nonprofit agencies, homeless and domestic violence shelters, food pantries, senior citizen centers, children and family resources, etc.
  - (Note: In some communities, this number also is used to register complaints, e.g. power outages, potholes, etc.).
- **Government Center of Your Town or County / Local Legislator's District Office:**  
 Many jurisdictions have a Social Services Office or Person at Borough Hall or Town Hall to assist in referring people to local programs. Also, many legislators, through their District Office assist as well. Some have printed Directories of Local Services specific to your town / county that lists government and nonprofit services for residents of all ages e.g. homecare, transportation, food pantries, shelters, etc.
  - Call or go to your local government center or legislator's District Office to ask if a directory or resource manual exists. Obtain copies for your own information and for persons seeking your help.

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**ALCOHOL AND/OR SUBSTANCE USE DISORDERS PROGRAMS & SERVICES:**

- **ALL AGES: SAMHSA LOCATOR Substance Abuse and Mental Health Services Administration:**
  - On-line national databank of the **Substance Abuse and Mental Health Services Administration (SAMHSA)**, US Dep't of Health and Human Services for private and public alcohol and drug abuse treatment facilities that are licensed, certified, or otherwise approved for inclusion by their State substance abuse agency.
    - The SAMHSA LOCATOR can be accessed at:  
<http://findtreatment.samhsa.gov/TreatmentLocator/faces/quickSearch.jspx>
- **ADOLESCENTS:**
  - **NIDA FOR TEENS: National Institute on Drug Abuse** <http://teens.drugabuse.gov/drug-facts>  
*Find information about:*
    - Anabolic Steroids: *Juice, Roids*
    - Bath Salts: *Bloom, Cloud Nine, Vanilla Sky, White Lightning*
    - Brain and Addiction: *Find out why drugs are so hard to quit*
    - Cocaine: *Blow, Bump, C, Charlie, Coca, Coke, Flake, Rock, Snow, Toot*

- Heroin: *Black Tar, H, Horse, Junk, Ska, Smack*
- Viral Infections (HIV, Hepatitis) and Drug Use: *How drug use factors in the spread of viral infections*
- Inhalants: *Bold, Laughing Gas, Poppers, Snappers, Whippets*
- Marijuana: *Grass, Herb, Mary Jane, Pot, Reefer, Skunk, Weed*
- MDMA (Ecstasy, Molly): *Adam, Beans, Clarity, E, Hug, Love Drug, X, XTC*
- Fentanyl: *Human-made opioid frequently added to other illicit drugs and fake prescriptions by street dealers.*
- Methamphetamine (Meth): *Chalk, Crank, Crystal, Fire, Glass, Go Fast, Ice, Speed, Tina*
- Prescription Drugs: *Barbs, Candy, Oxy, Percs, Reds, Speed, Tranks, Vikes*
  - Prescription Depressant Medications: *A-minus, Barbs, Candy, Downers, Phennies, Red Birds, Reds, Sleeping Pills, Tooies, Tranks, Yellow Jackets, Yellows, Zombie Pills*
  - Prescription Stimulant Medications (Amphetamines): *Bennies, Black Beauties, Hearts, Roses, Skippy, Speed, The Smart Drug, Uppers, Vitamin R*
  - Prescription Pain Medications: *Happy Pills, Hillbilly Heroin, OC, Oxy, Oxycotton, Percs, Vikes*
- Cough and Cold Medications: *Candy, Dex, Drank, Robo, Robotripping, Skittles, Triple C, Tussin, Velvet*
- Salvia: *Maria Pastora, Sally-D, Salvia divinorum, Shepherdess's Herb, Ska Pastora*
- Spice: *Fake Weed, K2, Moon Rocks, Skunk, Yucatan Fire*
- Tobacco, Nicotine, E-Cigarettes: *Chew, Cigs, Dip, Smokes, Snuff, Vaping*
- **INFORMATION FOR PARENTS:**
  - <https://www.drugabuse.gov/related-topics/treatment/what-to-do-if-your-teen-or-young-adult-has-problem-drugs>
  - **EMERGING TRENDS & ALERTS:** <https://www.drugabuse.gov/drugs-abuse/emerging-trends-alerts>
- **12-STEP SUPPORT GROUPS:**
  - **ALCOHOLICS ANONYMOUS (AA)**  
*From its website: 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. Following the Twelve Steps and Twelve Traditions of Alcoholics Anonymous, the only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.*
    - To find out more about AA and to locate an AA meeting in your community: <http://www.aa.org/>
  - **AL-ANON / ALATEEN**
    - **AL-ANON** - *From its website: If you are troubled by someone's drinking or if you grew up with a problem drinker, or if your life has been affected by someone else's drinking, consider Al-Anon, a mutual support group of peers who share their experience in applying the Al-Anon principles to problems related to the effects of a problem drinker in their lives. It is not group therapy and is not led by a counselor or therapist. It complements and supports professional treatment.*
    - **ALATEEN** is a peer support group for teens who are struggling with the effects of someone else's problem drinking. Many Alateen groups meet at the same time and location as an Al-Anon group. Alateen meetings are open only to teenagers.
      - To find out more about Al-Anon and Alateen and to locate meetings go to <http://www.al-anon.org/>
  - **NARCOTICS ANONYMOUS (NA)**  
*Narcotics Anonymous is a global, community-based organization with a multi-lingual and multicultural membership. Founded in 1953, today NA members hold meetings in 131 countries offering recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings in order to pursue and maintain a drug-free lifestyle. Its name, Narcotics Anonymous, is not meant to imply a focus on any particular drug; NA's approach makes no distinction between drugs including alcohol. Membership is free. NA has no affiliation with any organizations outside of NA including governments, religions, law enforcement groups, or medical and psychiatric associations.*
    - To find an NA meeting, go to: <http://www.na.org/>
  - **FAMILIES ANONYMOUS** is a 12 Step fellowship for the families and friends who have known a feeling of desperation concerning the destructive behavior of someone very near to them, whether caused by drugs, alcohol, or related behavioral problems. Any concerned person is encouraged to attend meetings, even if there is only a suspicion of a problem.
    - For more information: <http://familiesanonymous.org/>

- **CO-DEPENDENTS ANONYMOUS: CoDA.ORG is a fellowship of men and women whose common purpose is to develop healthy relationships.**
  - Checklist of patterns and characteristics to help a person understand codependency
    - <http://coda.org/index.cfm/meeting-materials1/patterns-and-characteristics-2011/>
  - Find a meeting nationwide: <http://locator.coda.org/>
  - What to expect at a CoDA meeting: <http://coda.org/index.cfm/your-first-meeting/>
- **OTHER 12 STEP PEER SUPPORT GROUPS:**

There are 12 Step peer support groups that focus on a person’s specific drug of choice such as cocaine, heroin, crystal meth, smoking (nicotine), marijuana, prescription drugs, etc. There also are 12 Step peer support groups that address addiction issues of **gambling, overeating, sex, co-dependence, online gaming, debtors & more.**

  - A list of ‘Official and Unofficial’ 12 Step Organizations that use the 12 step approach to recovery can be found at: <http://12step.org/directory/recovery-groups/12-step-groups.php>

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**AUTISM SPECTRUM DISORDERS**

Autism spectrum disorder (ASD) is a developmental disorder that affects communication and behavior. Although autism can be diagnosed at any age, it is said to be a “developmental disorder” because symptoms generally appear in the first two years of life. According to the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*, a guide created by the American Psychiatric Association used to diagnose mental disorders, people with ASD have:

- Difficulty with communication and interaction with other people
- Restricted interests and repetitive behaviors
- Symptoms that hurt the person’s ability to function properly in school, work, and other areas of life

Autism is known as a “spectrum” disorder because there is wide variation in the type and severity of symptoms people experience. ASD occurs in all ethnic, racial, and economic groups. Although ASD can be a lifelong disorder, treatments and services can improve a person’s symptoms and ability to function. The American Academy of Pediatrics recommends that all children be screened for autism. All caregivers should talk to their doctor about ASD screening or evaluation.

**NATIONWIDE RESOURCES: AUTISM SPECTRUM DISORDERS**

- **AUTISM SPEAKS** <https://www.autismspeaks.org/about-us/contact-us>  
 1 East 33rd Street, 4th Floor (headquarters)  
 New York, NY 10016  
 Phone: (212) 252-8584
  - **AUTISM SPEAKS** - advances research into causes and better treatments for autism spectrum disorders and related conditions through direct funding and collaboration; increasing understanding and acceptance of autism spectrum disorders; working toward solutions for needs of individuals with autism and their families across the spectrum and lifespan through advocacy and support.
    - **The AUTISM RESPONSE TEAM (ART)** connects people with autism, their families, and caregivers to information, tools, and resources.
      - Contact the ART at 888.288.4762 or by email at [familyservices@autismspeaks.org](mailto:familyservices@autismspeaks.org)
    - **STATE-BY-STATE GUIDE TO LOCAL RESOURCES**  
<https://www.autismspeaks.org/family-services/resource-guide>
  - **AUTISM IN ADULTHOOD**
    - **Autism Speaks has established two networking groups on LinkedIn designed to connect members of the community around specific adult-related issues.**
      - **Autism Employment Network**
        - <https://www.thespectrumcareers.com/>
      - **Housing & Community Living Network**
        - [https://www.autismspeaks.org/sites/default/files/housing\\_tool\\_kit\\_web2.pdf](https://www.autismspeaks.org/sites/default/files/housing_tool_kit_web2.pdf)
  - **GREEK BROCHURE from AUTISM SPEAKS: World Autism Awareness Day:**
    - <https://www.autismspeaks.org/family-services/non-english-resources/greek>

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## CANCER PATIENTS / CAREGIVERS:

- **TEMPORARY HOUSING FOR CANCER PATIENTS and THEIR FAMILIES:**

*Sometimes, getting the best cancer care means patients must travel away from home, placing an extra emotional and financial burden on patients and caregivers during an already challenging time. Some available resources are shown below.*

- **AMERICAN CANCER SOCIETY:**
  - **HOPE LODGE:** <http://www.cancer.org/treatment/supportprogramsservices/hopelodge/index>
    - Free, temporary housing for adult cancer patients and their families. Reservations must be made through health care provider or hospital social worker.
  - **HOTEL LODGING** –For cancer patients of all ages and their families
    - Go to: <http://www.cancer.org/treatment/supportprogramsservices/patientlodging/index>  
Or call: 1-800-227-2345
- **RONALD McDONALD HOUSE:** <http://www.rmhc.org/>  
For **PEDIATRIC** cancer patients and families. Country-specific programs in 60+ countries. Reservation must be made through health care provider or hospital social worker. (*Note: Confirm age threshold at specific location*).
  - **RMH PROGRAMS:**
    - Ronald McDonald Houses
    - Ronald McDonald Family Rooms
    - Ronald McDonald Care Mobiles
    - Provides Grants to non-profit organizations that focus on the needs of children
    - Provides Scholarships to students in the USA
- **PHILOXENIA HOUSES**  
**Operated by local Greek Orthodox Churches, Metropolis / local Philoptochos chapters, temporary residences for persons (all ages) away from home seeking medical treatment at a local hospital:**
  - **Baltimore, MD**
    - Philoxenia House, Inc. in Baltimore, MD provides patients and their families temporary housing while receiving medical care at Johns Hopkins University, Johns Hopkins Bayview and Kennedy Kreiger Institute.
      - Phone: 410-633-5020
      - E-mail: [philoxeniahouseinc@gmail.com](mailto:philoxeniahouseinc@gmail.com)
  - **Boston, MA**
    - An Orthodox “home away from home”, Philoxenia House provides temporary housing to persons from who go to Boston for medical treatment at one of Boston’s medical facilities.
      - (617) 524-0930
      - [http://www.boston.goarch.org/ministries/philoxenia\\_house/](http://www.boston.goarch.org/ministries/philoxenia_house/)
  - **Rochester, MN:**
    - Philoxenia Houses in Rochester, MN provide temporary housing near Mayo Clinic for patients and their families. Operated by the Greek Orthodox Metropolis of Chicago and Sts. Kosmas & Damianos Greek Orthodox Church of Rochester.
      - Download the application at: <http://www.philoxeniahouseinc.com/apply.html>
      - Website: <http://philoxeniahouse.org/>
      - Phone: (507) 292-1533
  - **Temporary Housing in Other Parts of the Country by Greek Orthodox Affiliates:**
    - To learn if there is temporary housing in other parts of the country available to Orthodox Christians while receiving medical treatment, contact the appropriate Metropolis:
      - Archdiocesan District: 212.570.3500
      - Metropolis of Atlanta: 404.634.9345
      - Metropolis of Denver: 303.333.7794
      - Metropolis of Detroit: 248.823.2400
      - Metropolis of New Jersey: 908.301.0500
      - Metropolis of Pittsburgh: 412.621.5529
      - Metropolis of San Francisco: 415.753.3075
  - **Other Temporary Housing Resources:**
    - Contact the social work department of the hospital from which you will be receiving medical treatment for other possible resources.

- **FINANCIAL ASSISTANCE**

Because of the cost of cancer treatments, it is recommended that people seek financial help soon after being diagnosed. Speak with the oncology social workers, case managers, doctors, and oncology nurses for referrals to support services and financial resources. The following is a list of organizations that provide limited financial assistance:

- **CANCER FINANCIAL ASSISTANCE COALITION**  
Nationwide database to find assistance from organizations **providing financial or practical help**
  - <https://www.cancerfac.org/>
- **CANCER FINANCES: *A toolkit for navigating finances after cancer.***  
Website helps cancer patients navigate their financial situation after cancer.
  - <https://cancerfinances.org/>
- **CANCER.NET**  
List of national and local service organizations to help people with cancer who are facing financial challenges.
  - <https://www.cancer.net/navigating-cancer-care/financial-considerations/financial-resources>
- **NATIONAL CANCER INSTITUTE (NIH):**  
Database of over 100 organizations that provide limited financial and support services for cancer patients throughout the country, including general living expenses, health insurance (includes co-payments), international, lodging and travel, medical supplies, wigs, prostheses, medication (includes co-payments), scholarships and camps, screening, advocacy, peer/buddy programs, counseling, educational programs, health professional referrals, legal issues, support groups
  - <https://supportorgs.cancer.gov/home.aspx?js=1>
- **NATIONAL PHILOPTOCHOS**
  - Limited financial assistance for Orthodox Christians in the USA regardless of immigration status.
    - Call 212.977.7782 for eligibility and application forms, email PauletteG@philoptochos.org or go to [www.philoptochos.org/socialservices](http://www.philoptochos.org/socialservices)
- **CHILDREN'S AGAPE FOUNDATION**  
The Children's AGAPE Foundation of the Greater Washington Metropolitan Area Philoptochos Societies assists sick, needy children, **up to age 21**, in the payment of medical and other medical-related expenses not covered by insurance or public or private programs. (*Assistance is not limited to pediatric cancer patients*).
  - Find application at <http://www.agapefoundationdc.org/apply-for-assistance>
- **CANCERCARE:**  
CancerCare provides limited **financial assistance** for co-pays, transportation, home care, and child care; provides list of sources for financial help and database of organizations providing financial or practical help.
  - **Telephone: (1-800-813-4673)**
  - **General information:** <https://www.cancercare.org/>
  - Financial assistance: <http://www.cancercare.org/financial> (*available nationwide*)
- **LEUKEMIA & LYMPHOMA SOCIETY:**  
Provides limited financial assistance to help defray treatment-related expenses for patients diagnosed with a blood cancer, such as leukemia, lymphoma, or multiple myeloma, who have a significant financial need.
  - Telephone: 1-800-955-4572
  - Online: <http://www.lls.org/support/financial-support>
- **THE SAMFUND** provides support to young adults who are struggling financially because of cancer. Through direct financial assistance and free online support and education, the SamFund helps young adults **survive and move forward** with their lives after cancer.
  - <http://www.thesamfund.org/>
- **CANCER PATIENT SUPPORT FOUNDATION**
  - Go to: <http://cpspvt.org/our-program.html> for information about programs, eligibility and information about emergency funds.

- **PRESCRIPTION DRUG ASSISTANCE**

Prescription drugs can quickly become a financial burden. The information and resources below may help.

- **MEDICARE AND PRESCRIPTION DRUG COSTS (Medicare Part D):**
  - Medicare Part D *is* run by private insurance companies under contract with Medicare and offers several prescription plans. Before joining one, compare the benefits offered by each plan.

- For information on Medicare prescription drug benefits, call 800-MEDICARE (800-633-4227) or visit [www.medicare.gov](http://www.medicare.gov).
- **OTHER PRESCRIPTION DRUG ASSISTANCE PROGRAMS**
  - **CancerCare – Co-payment Assistance Foundation**  
Offers health insurance co-payment assistance for chemotherapy and targeted therapy drugs. 866-55-COPAY (866-552-6729) [www.cancercarecopay.org](http://www.cancercarecopay.org)
  - **CancerCare – Komen Treatment Assistance Fund**  
Offers financial assistance for some medications, medical equipment and lymphedema supplies. 800-813-HOPE (800-813-4673) [www.cancercare.org/financial/information](http://www.cancercare.org/financial/information)
  - **NeedyMeds.com**  
Offers information on drug company assistance programs. [www.needymeds.org/pap](http://www.needymeds.org/pap)
  - **Patient Advocate Foundation**  
Find an online directory of drug company assistance programs at [www.patientadvocate.org/](http://www.patientadvocate.org/)
  - **Patient Advocate Foundation – Co-Pay Relief Program**  
Offers financial assistance for prescription drug co-payments. 866-512-3861 [www.copays.org](http://www.copays.org)
  - **Partnership for Prescription Assistance** Offers low-cost and free prescription drug programs for people with limited income. 888-4PPA-NOW (888-477-2669) [www.pparx.org/](http://www.pparx.org/)
  - **Rx Hope** Find an online directory of prescription drug assistance programs. [www.rxhope.com/](http://www.rxhope.com/)
- **AIR TRAVEL ASSISTANCE:** [https://www.cancercare.org/publications/303-transportation\\_resources](https://www.cancercare.org/publications/303-transportation_resources)
- **CANCER SUPPORT GROUPS – Face-to-Face, telephone, online**
  - **HOW THEY HELP:** Support groups can help people cope with the emotional aspects of cancer by providing a safe place to share their feelings and challenges, to learn from others facing similar situations, and to obtain practical information such as what to expect during treatment, how to manage pain and other side effects of treatment, and how to communicate with health care providers and family members. Exchanging information and advice may provide a sense of control and reduce feelings of helplessness.
  - **ONLINE SUPPORT GROUPS:** In addition to face-to-face support groups, there are telephone and online support communities for cancer patients and/or caregivers.
  - **RESOURCES FOR GENERAL OR DISEASE SPECIFIC SUPPORT GROUPS:**
    - <https://www.cancer.net/coping-with-cancer/finding-support-and-information/general-cancer-groups>
    - <https://www.cancer.net/coping-with-cancer/finding-support-and-information/cancer-specific-resources>
- **CLINICAL TRIALS:**  
Clinical trials are research studies that involve people to help doctors find new ways to improve treatments and the quality of life for people with disease. Many such clinical trials are sponsored or otherwise financially supported by the National Cancer Institute (NCI). First step is to ask your doctor or other member of your healthcare team whether there is a trial that is a good option for you. For more information, go to the following:
  - What are clinical trials? <https://www.cancer.gov/about-cancer/treatment/clinical-trials/what-are-trials>
  - NCI supported clinical trials: <https://www.cancer.gov/about-cancer/treatment/clinical-trials/search>
  - Paying for clinical trials: <https://www.cancer.gov/about-cancer/treatment/clinical-trials/paying>
  - Patient safety: <https://www.cancer.gov/about-cancer/treatment/clinical-trials/patient-safety>
  - Deciding to take part – benefits & risks: <https://www.cancer.gov/about-cancer/treatment/clinical-trials/taking-part>
  - Questions to ask: <https://www.cancer.gov/about-cancer/treatment/clinical-trials/questions>
  - Selected NCI supported trials: <https://www.cancer.gov/about-cancer/treatment/clinical-trials/nci-supported>
  - If you wish to research clinical trials on your own, learn about options at
    - <https://www.cancer.gov/about-cancer/treatment/clinical-trials/search/trial-guide>
- **OTHER SERVICES/ ASSISTANCE FOR CANCER PATIENTS**
  - **AMERICAN CANCER SOCIETY:**
    - The *National Cancer Information Center* provides information and support to those facing cancer 24 hours a day, 365 days a year. Trained cancer information specialists are available via phone, or live chat, providing accurate, up to date cancer information to patients, family members, and caregivers and connecting them with valuable services and resources in their communities.
  - **SUSAN G. KOMEN FOR THE CURE** <https://www5.komen.org>  
Susan G. Komen addresses breast cancer on multiple fronts to make the biggest impact against this disease, including research, community health, global outreach and public policy initiatives.

- **BREAST CARE HELPLINE: 1-877-GO KOMEN (1-877-465-6636)** provides free, professional support services to anyone with breast cancer questions or concerns, including people diagnosed with breast cancer and their families.
  - Calls are answered by a trained and caring staff member Monday through Friday from 9:00 a.m. to 10:00 p.m. ET and from 6:00 a.m. to 7:00 p.m. PT. You can also email the breast care helpline at [helpline@komen.org](mailto:helpline@komen.org).
- **MEN AND BREAST CANCER: SUSAN G. KOMEN**
  - SUSAN G. KOMEN conducts free, 12-week telephone support groups for men with breast cancer that provide a safe place for men to discuss the challenges of breast cancer, get information and exchange support. To learn more, call the Komen Breast Care Helpline at 1-877 GO KOMEN (1-877-465-6636) or email [helpline@komen.org](mailto:helpline@komen.org).
- For additional **SUSAN G. KOMEN** services and resources e.g. message boards, services for friends, families and caregivers, go to: <https://ww5.komen.org/BreastCancer/SupportGroups.html>
- **CLEANING FOR A REASON (Women only/ USA/ Canada):** Free house cleaning service for women undergoing treatment for any type of cancer.
  - FAQs: <http://cleaningforareason.org/about/faqs>
  - Register at: <http://portal.cleaningforareason.org/patients/account/register>
- **WIGS FOR CANCER PATIENTS: FREE AND LOW COST**
  - A woman's hair is an incredible form of self-expression, so hair loss can strike an especially crippling blow to those fighting cancer. A recent study revealed that nearly 60 percent of women consider hair loss the most dreaded side effect they face when undergoing chemotherapy.
    - <https://www.headcovers.com/blog/american-cancer-society-wigs/>
  - **ASSISTANCE TO OBTAIN OTHER HEAD GEAR:**  
<https://breastcancerfreebies.com/head-gear/>
- **NATIONAL PHILOPTOCHOS PROGRAMS AND SERVICES:**
  - **LIMITED FINANCIAL ASSISTANCE - see above**
  - **PHILOPTOCHOS CANCER FACT SHEETS** (*Email [PauletteG@philoptochos.org](mailto:PauletteG@philoptochos.org) or call 212.977.7782 for copies*)
    - **Breast Cancer Fact Sheet**
    - **Ovarian Cancer Fact Sheet - English Version**
    - **Ovarian Cancer Fact Sheet - Greek Version**
    - **Μαστογραφία: Mammograms - Brochure in Greek** (*developed by Susan G. Komen For the Cure*)
  - **PHILOPTOCHOS TELEPHONE CANCER SUPPORT GROUP:**
    - Periodically, the Department of Social Services of National Philoptochos conducts a time limited once/week faith-based telephone cancer support group accessible to persons throughout the country.
      - Call 212.977.7782 to find out next scheduled group
- **FOR ADDITIONAL RESOURCES** contact the social work department of your local hospital(s).

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## **DOMESTIC VIOLENCE / INTIMATE PARTNER VIOLENCE (IPV) - FINDING LOCAL SERVICES AND RESOURCES**

**CALL 9-1-1 OR THE LOCAL POLICE FOR IMMEDIATE HELP IN SITUATIONS OF IMMINENT OR LIFE-THREATENING DANGER.**

*Domestic violence is a **pattern of purposeful and increasingly intensifying behaviors** used by one partner to maintain power and control over another partner in an intimate relationship. It occurs in all segments of society regardless of gender, age, religion, race, ethnic heritage, family composition, economic status or income, sexual preference, educational level, or health status. While the vast majority of victims are women, men are victims of intimate partner abuse, as are partners in same-sex relationships.*

- **24 / 7 HOTLINE: THE NATIONAL DOMESTIC VIOLENCE HOTLINE**  
**Hotline: 1-800-799-SAFE (7223) | TTY: 1-800-787-3224 | <http://www.thehotline.org>**
  - **THE HOTLINE** is staffed 24 / 7 / 365 by trained advocates who will talk confidentially with anyone experiencing domestic violence, seeking information, or questioning unhealthy aspects of their relationship.

**SAFETY ALERT: Computer use can be monitored and is impossible to completely clear. If you recommend to someone that she access the hotline via the internet, let her know that her internet usage might be monitored. Inform her that she can also reach the National Domestic Violence Hotline by telephone at 1.800.799.7233.**

- **STATE COALITIONS AGAINST DOMESTIC VIOLENCE:**
  - Please post the contact information for your own State’s Coalition Against Domestic Violence. It can be found at The National Coalition Against Domestic Violence website:  
<http://www.ncadv.org/resources/StateCoalitionList.php>
- **TEEN AND COLLEGE DATING VIOLENCE / SEXUAL ASSAULT:**
  - **THE NATIONAL DATING ABUSE HELPLINE** offers immediate and confidential support. To contact the Helpline, call 1-866-331-9474, text “loveis” to 22522, or visit [www.LoveIsRespect.org](http://www.LoveIsRespect.org)
  - **NATIONAL SEXUAL ASSAULT HOTLINE - 1.800.656.HOPE**
    - More information can be found at:
      - <https://www.breakthecycle.org/college-dating-violence-and-abuse-poll>
      - <http://www.ed.gov/blog/2014/04/teen-dating-violence-and-sexual-assault-in-schools-resources-and-a-call-to-action/>
- **LGBTQ ABUSE:**
  - <http://www.thehotline.org/is-this-abuse/lgbt-abuse/>
- **NATIONAL PHILOPTOCHOS’ SOCIAL SERVICES DEPARTMENT DOMESTIC VIOLENCE LITERATURE**  
(To obtain copies, call 212.977.7782, or email [PauletteG@philoptochos.org](mailto:PauletteG@philoptochos.org)).
  - **ORTHODOX OBSERVER ARTICLE - OCTOBER, 2016 DOMESTIC VIOLENCE - POWER & CONTROL**
  - **“IT’S NOT LOVE IF YOUR PARTNER . . . ”**
    - One-page flyer/2-sided ‘postcard’ to help women identify abuse to help them decide what they can do when they are ready.
      - Post the flyer and place multiple copies of the postcard in the women’s rooms of your church so that women can safely read and access the information.
  - **PowerPoint on “DOMESTIC VIOLENCE: IDENTIFYING & RESPONDING TO INTIMATE PARTNER ABUSE IN THE ORTHODOX CHRISTIAN COMMUNITY”**
    - Summary of Webinar presented for Center for Family Care in February 2015 by Paulette Geanacopoulos, LMSW and Archimandrite Chrysostomos Gilbert, Annunciation Church, NYC.
  - **FACT SHEETS / INFORMATIONAL HANDOUTS:**
    - “Does Your Partner...?” (Greek / English)
    - Developing a Personalized Safety Plan (Greek / English)
    - Power & Control Wheel
    - Teen Dating Relationship Equality Wheel
    - What to Say to a Woman You Think is Being Abused
    - What to Do if a Woman Confides in You
    - Talking to Your Children About Violent Events

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### HOMELESSNESS / FOOD INSECURITY

- **NATIONAL COALITION FOR THE HOMELESS**  
<http://nationalhomeless.org>  
*From its website:* The National Coalition for the Homeless is a national network of people who are committed to preventing and ending homelessness while ensuring the immediate needs of those experiencing homelessness are met and their civil rights protected.
- **INTERACTIVE STATE-BY-STATE MAP OF FOOD PANTRIES:** <http://www.foodpantries.org/>
  - For more information about programs regarding homeless prevention and homeless services (individuals and families), food pantries, soup kitchens, drop-in centers, shower and clothing resources specific to your community, contact your local department of social services or if available, call 3-1-1 or 6-1-1.
- **PHILOPTOCHOS ‘FEEDING THE HUNGRY’ EFFORTS** Contact your local chapter and/or Metropolis Philoptochos and/or National Philoptochos to find out where local meal programs are being held and for whom. Get information about how to participate or how to start your own outreach / meal program.

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### HUMAN TRAFFICKING

*CALL 9-1-1 OR THE LOCAL POLICE FOR IMMEDIATE HELP IN SITUATIONS OF IMMINENT OR LIFE-THREATENING DANGER.*

- Human trafficking is a crime involving the exploitation of someone for purposes of compelled labor or a commercial sex act through the use of force, fraud, or coercion. Human trafficking affects every community in the US across age,



gender, ethnicity and socio-economic backgrounds. **Per federal law, any minor under age 18 engaging in commercial sex is a victim of sex trafficking regardless presence of force, fraud or coercion.**

- Human trafficking victims are forced to provide labor or commercial sex in many situations such as:
  - **SEX TRAFFICKING:** Hotel-Based Commercial Sex; Fake Massage Businesses; Street-Based Commercial Sex; Residential Brothels; Truck Stops; Escort Services
  - **LABOR TRAFFICKING:** Domestic Work; Agriculture; Traveling Sales Crew; Health & Beauty Services, Restaurants, Construction.
- **For information about Human Trafficking and/or to report a suspected case, contact the NATIONAL HUMAN TRAFFICKING HOTLINE:** <https://humantraffickinghotline.org/>  
**CONFIDENTIAL | TOLL FREE | 24/7: 1-888-373-7888 (TTY: 711) or Text 233733**

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**MENTAL ILLNESS / MENTAL HEALTH EDUCATION, SERVICES, RESOURCES & PROGRAMS:**

- **OVERVIEW OF MENTAL ILLNESS** (*Resource: Mayo Clinic*)
  - Diagnosis, classes of mental illness, treatment, medications, psychotherapy, brain stimulation treatments, hospital/residential treatment programs, substance abuse, participating in your own care, and more.
    - <https://www.mayoclinic.org/diseases-conditions/mental-illness/diagnosis-treatment/drc-20374974>
- **NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI): RESOURCE FOR PATIENTS / CAREGIVERS:**
  - **NAMI, the National Alliance on Mental Illness**, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
    - <https://www.nami.org/About-NAMI>
  - **NAMI / STIGMA: Nine Ways to Fight Mental Health Stigma:**
    - <https://www.nami.org/Blogs/NAMI-Blog/October-2017/9-Ways-to-Fight-Mental-Health-Stigma>
- **NATIONAL EDUCATION ALLIANCE FOR BORDERLINE PERSONALITY DISORDER:**
  - **National Education Alliance for Borderline Personality Disorder (NEA BPD)**
    - <https://www.borderlinepersonalitydisorder.com/>
- **SAMHSA LOCATOR - Substance Abuse and Mental Health Services Administration** - an on-line resource for locating behavioral health treatment facilities and programs throughout the United States.
  - Database of public mental health facilities funded by a State mental health agency, another State agency or department; facilities administered by the Department of Veterans Affairs; private for-profit and non-profit mental health facilities licensed by the State or accredited by a national accreditation.
    - <http://findtreatment.samhsa.gov/MHTreatmentLocator/faces/quickSearch.jspx>
- **SUICIDE PREVENTION**
  - **SUICIDE PREVENTION LIFELINE: 1-800-273-TALK (8255)**  
**The National Suicide Prevention Lifeline** is a toll-free number that provides 24/7, free and confidential support, prevention and crisis resources for people in distress and/or their loved ones. It is a service of the **NATIONAL INSTITUTE OF MENTAL HEALTH (NIMH)** and is available to anyone.
    - **CALLS** to this hotline may be made by the person in crisis **or** by others concerned about a family member or friend. All calls are confidential.
    - **ONLINE**, the Suicide Prevention Lifeline can be accessed at:  
**<http://www.suicidepreventionlifeline.org>**
  - **CRISIS TEXT LINE:**
    - Text **HOME to 741-741** for free, 24-hour support from the **Crisis Text Line**.
  - **INTERNATIONAL ASSOCIATION FOR SUICIDE PREVENTION:**
    - Outside of the U.S., visit the **International Association for Suicide Prevention** for a database of resources: **[http://www.iasp.info/resources/Crisis\\_Centres/](http://www.iasp.info/resources/Crisis_Centres/)**
- **NATIONAL PHILOPTOCHOS FAITH-BASED MENTAL HEALTH INFORMATION:**
  - **"OUR COMMUNITY'S JOURNEY TO UNDERSTANDING, COMPASSION AND HOPE".**
    - Summary of program on mental illness presented at the 2014 Philoptochos Convention. Panelists included a clinician, a family member and an Orthodox Christian member of the clergy
      - Summary includes full Q&A following program of questions posed by audience members.
      - Recommends churches educate their communities about mental illness, work to create a church environment in which people feel comfortable turning to for help, encourage parishioners to see "the person not the illness" and take action.

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## OLDER ADULT SERVICES & PROGRAMS:

- **ELDERCARE LOCATOR:**
  - Find resources, programs and services for older people and their families at the “Eldercare Locator”, a public service of the Administration on Aging, US Dept. of Health Human Services (HHS).
    - Telephone: 1.800.677.1116
    - Online: <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>
- **PUBLIC BENEFITS & ENTITLEMENTS – Confidential, Online Screening Tool for Persons 55+:**
  - **BENEFITS CHECK UP:** <http://www.benefitscheckup.org>.  
*Free service of National Council on Aging (NCOA), a nonprofit organization in Washington, DC.*  
Although there are over 2,000 federal, state and private benefits programs available to help adults over 55 pay for some basic needs, many don’t know the programs exist or how to apply. There is an online screening tool to help people identify these programs – in the privacy of their own home, or with help from a trusted family member or friend.
    - **BenefitsCheckUp** asks a series of questions to help identify benefits that could save a person money and cover the costs of everyday expenses. After answering the questions, the person gets a printout created just for him/her describing programs he or she may get help from.
      - The person can apply for many of the programs online or s/he can print an application form and mail it to the appropriate agency.
- **NATIONAL ACADEMY OF SOCIAL INSURANCE (NASI)**
  - For information about issues of social insurance including **Social Security, Medicare, Workers’ Compensation and Disability, Unemployment Insurance and Long-Term Care**, visit the website of the National Academy of Social Insurance at <http://www.nasi.org/learn>.
    - NASI is a nonprofit, nonpartisan that conducts research and advances solutions to challenges facing the nation by increasing public understanding of social insurance issues.

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## PERSONAL FINANCIAL MANAGEMENT / CREDIT COUNSELING / BUDGETING

- **NATIONAL FOUNDATION FOR CREDIT COUNSELING (NFCC)**
  - Founded in 1951, is the nation’s largest and longest-serving **nonprofit financial counseling organization**. Its member agencies provide financial reviews, education and comprehensive money management services over the phone, or online based on individual needs. Free and affordable services include credit and debt counseling; bankruptcy counseling; housing counseling; reverse mortgage counseling; student loan debt counseling; debt management plans; credit report reviews and financial education. In addition, as one third of its members are community based agencies, they can assist with other social service needs as well.
    - **TO LOCATE AN NFCC AGENCY NEAR YOU:**
      - To locate an agency online: <https://www.nfcc.org/agency-locator/>
      - **To connect with an NFCC Certified Consumer Credit Counselor by phone: 1.800.388.2227**

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## PROTECTIVE SERVICES (CHILDREN / ADULTS / OLDER ADULTS)

*CALL 9-1-1 OR THE LOCAL POLICE FOR IMMEDIATE HELP IN SITUATIONS OF IMMINENT OR LIFE-THREATENING DANGER.*

- **CHILDREN:**
  - **FOR SUSPECTED ABUSE, NEGLECT OR EXPLOITATION OF CHILDREN**  
Each State has a system to receive and respond to reports of possible child abuse and neglect. Concerned persons can call statewide hotlines, local child protective services, or law enforcement agencies to share their concerns. Reporting suspected or actual abuse or neglect can protect a child and get help for a family – it may even save a child’s life. Certain professionals are mandated to report e.g. social workers, school administrators, teachers, other school personnel, medical and mental health providers
  - **THE CHILDHELP NATIONAL CHILD ABUSE HOTLINE 1-800-4-A-CHILD (1-800-422-4453)** is dedicated to the prevention of child abuse. Serving the US, its territories, and Canada, the Hotline is staffed **24 hours a day, 7 days a week** with professional crisis counselors who, through interpreters, can provide assistance in 170 languages. The Hotline offers crisis intervention, information, literature, and referrals to thousands of emergency, social service, and support resources. **All calls are confidential.**
  - **STATE-BY-STATE LAWS:**

- To learn your State’s laws regarding reporting and responding to child abuse and neglect, go to the Administration of Children’s Services, US Department of Health & Human Services at: [https://www.childwelfare.gov/systemwide/laws\\_policies/state/can/reporting.cfm](https://www.childwelfare.gov/systemwide/laws_policies/state/can/reporting.cfm)
- **ADULTS, PHYSICALLY &/or DEVELOPMENTALLY DISABLED INDIVIDUALS**
  - There are **ADULT PROTECTIVE SERVICE (APS)** agencies all over the nation. Issues, concerns or questions about someone you believe is being abused, neglected, financially exploited, or otherwise unsafe or poorly treated, can be referred to an APS office so professionals can evaluate the situation.
  - To locate the APS agency near you, go to the website of the National Adult Protective Services Association: <http://www.napsa-now.org/get-help/help-in-your-area/>
- **ELDER ABUSE:**
  - **THE NATIONAL CENTER ON ELDER ABUSE** of the Administration on Aging (AoA), US Department of Health and Human Services has an online resource that provides state reporting numbers, government agencies, state laws, state-specific data and statistics, and other resources.
    - It can be accessed at: [http://ncea.aoa.gov/Stop\\_Abuse/Get\\_Help/State/index.aspx](http://ncea.aoa.gov/Stop_Abuse/Get_Help/State/index.aspx)
  - You also can use the **ELDERCARE LOCATOR** on weekdays for state specific information at: <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx> or by phone at: 1-800-677-1116
  - **NATIONAL PHILOPTOCHOS “FACT SHEET ON ELDER ABUSE”** that provides information about who is at risk, who the abusers are, the types of elder abuse and neglect including physical, emotional, financial, self-neglect, abandonment and more.
    - Call 212.977.7782 to obtain copies that you can post and distribute locally.
- **FOR PERSONS IN NURSING HOMES, BOARD & CARE HOMES, ASSISTED LIVING FACILITIES:**
  - **LONG TERM CARE OMBUDS PROGRAM**  
Administered by the Administration on Aging (AoA), long-term care ombudspersons are advocates for residents of nursing homes, board and care homes and assisted living facilities. They can help find a facility, how to get quality care, are trained to resolve problems and can assist with complaints. You must give the ombudsperson permission to share your concerns or these matters are kept confidential.
    - The federal Older Americans Act requires every state to have an Ombudspersons Program that addresses complaints and advocates for improvements in the long-term care system.
    - For more information, go to the website of the *National Long Term Care Ombuds Resource Center* at: <http://www.ltombudsman.org/about-ombudsmen>
    - To find a local program, use the eldercare locator: <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

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**TEMPORARY ASSISTANCE TO NEEDY FAMILIES (TANF)**  
(Formerly known as “Aid to Families with Dependent Children”)

- The **Temporary Assistance for Needy Families (TANF)** program is designed to help needy families achieve self-sufficiency through time-limited financial assistance and related support services that may include childcare assistance, job preparation, and work assistance.
  - States and territories receive block grants (lump sum) to design and operate their own programs that accomplish one of the purposes of the TANF program. As a result, benefits, eligibility and entitlements differ from state-to-state, and sometimes even more locally – by city or county, if the local jurisdiction subsidizes the federal grant.
    - The four purposes of the TANF program are to:
      - Provide assistance to needy families so that children can be cared for in their own home
      - Reduce the dependency of needy parents by promoting job preparation, work and marriage
      - Prevent and reduce the incidence of out-of-wedlock pregnancies
      - Encourage the formation and maintenance of two-parent families
- **General Eligibility:**
  - Family must have a dependent child under age of 18, or age 18 if a full-time student in secondary school
  - Applicant must be U.S. national, citizen, legal alien, or permanent resident

- Have low or very low income; and be under-employed (*working for very low wages*), unemployed or about to become unemployed.
- **For application information, go to Benefits.gov.**
  - This website will inform you of other government programs available in your county, city or state such as Supplemental Nutrition Assistance Program (SNAP), Medicaid and more.
  - You also can visit your local human services or social services agency.

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## VETERANS

- **VETERANS BENEFITS:**

- Veterans of the United States Uniformed Services may be eligible for a broad range of programs and services provided by the Department of Veterans Affairs (VA). Eligibility for most VA benefits is based upon discharge from active military service under other than dishonorable conditions.
  - Active military service means full-time service, other than active duty for training, as a member of the Army, Navy, Air Force, Marine Corps, Coast Guard, or as a commissioned officer of the Public Health Service, Environmental Science Services Administration or National Oceanic and Atmospheric Administration, or its predecessor, the Coast and Geodetic Survey.
    - For specific details about VA Benefits, go to: <https://benefits.va.gov/benefits/>

- **BURIAL BENEFITS FOR VETERANS**

- Burial benefits available include a gravesite in any of 135 national cemeteries with available space, opening and closing of the grave, perpetual care, a Government headstone or marker, burial flag, and a Presidential Memorial Certificate, at no cost to the family.
  - Some Veterans may also be eligible for Burial Allowances.
  - Cremated remains are buried or inurned in national cemeteries in the same manner and with the same honors as casketed remains.
- **Burial benefits available for spouses and dependents** buried in a national cemetery include burial with the Veteran, perpetual care, and the spouse or dependents name and date of birth and death will be inscribed on the Veteran's headstone, at no cost to the family.
  - Eligible spouses and dependents may be buried, even if they predecease the Veteran.
- Burial Benefits for Veterans of the American Armed Forces [http://www.cem.va.gov/burial\\_benefits/](http://www.cem.va.gov/burial_benefits/)
  - For information about VA Burial allowances for dependents and survivors, go to <https://www.benefits.va.gov/BENEFITS/factsheets/burials/Burial.pdf>
  - Frequently Asked Questions: <http://www.cem.va.gov/faq.asp>

- **HOMELESSNESS AMONG VETERANS:**

- The National Coalition for Homeless Veterans (NCHV) – a 501(c)(3) nonprofit organization is the resource and technical assistance center for a national network of community-based service providers and local, state and federal agencies that provide emergency and supportive housing, food, health services, job training and placement assistance, legal aid and case management support for hundreds of thousands of homeless veterans each year.
  - For information about its services and advocacy nationwide and specific to your state, go to: <http://www.nchv.org/> or call 1-800-VET-HELP

- **VETERAN IN CRISIS? DIAL 1.877.424.3838 for 24 / 7 ASSISTANCE.**

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*We have tried to be as accurate as possible in preparing this document and hope the information is presented in a clear, user-friendly and helpful manner. If you have suggestions about how we can improve this document, if you have updates or have found errors in organizations' contact information, please contact Paulette Geanacopoulos, LMSW at 212.977.7782 or by email at [PauletteG@philoptochos.org](mailto:PauletteG@philoptochos.org).*

*Please note that this guide is not meant to provide information and resources for all of the challenges and issues faced by members of our community. Rather, it focuses on the ones that we, in the National Philoptochos Department of Social Services, address regularly. If there are topics your parish, community or Philoptochos chapter would like us to research on your behalf, please let us know.*

**THANK YOU FOR ALL THAT YOU DO!**