



GREEK ORTHODOX ARCHDIOCESE OF AMERICA
GREEK ORTHODOX LADIES PHILOPTOCHOS SOCIETY, INC.
NATIONAL OFFICE
126 EAST 37TH STREET • NEW YORK, NY 10016
MAIN TEL: (212)977-7770 • FAX (212) 977-7784
CONFIDENTIAL SOCIAL WORK TEL: (212)977-7782 • E: PAULETTEG@PHILOPTOCHOS.ORG

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

FINDING 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.

••••

FINDING ALCOHOL OR SUBSTANCE ABUSE PROGRAMS & SERVICES:

- **ALL AGES: SAMHSA LOCATOR *Substance Abuse and Mental Health Services Administration:***
 - You can search the on-line national databank of the **Substance Abuse and Mental Health Services Administration (SAMHSA)**, US Department 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: : <https://findtreatment.samhsa.gov/>

- **ADOLESCENTS:**
 - **NIDA FOR TEENS: National Institute on Drug Abuse**
For information about adolescent alcohol & substance abuse go to <http://teens.drugabuse.gov/drug-facts>
 - Topics include Anabolic Steroids, Bath Salts, Brain and Addiction, Cocaine, Heroin, HIV/AIDS and Drug Abuse, Inhalants, Marijuana, MDMA (Ecstasy, Molly), Methamphetamine (Meth), Prescription /Drugs, Salvia, Spice, Tobacco, Other drugs, and 'Real Questions from Teens'

- **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)**

From its website: Narcotics Anonymous is a global, community-based organization with a multi-lingual and multicultural membership. NA was founded in 1953. Today, NA members hold more than 58,000 meetings weekly in 131 countries. We offer recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle. Our 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, and we have no affiliation with any organizations outside of NA including governments, religions, law enforcement groups, or medical and psychiatric associations. Through all of our service efforts and our cooperation with others seeking to help addicts, we strive to reach a day when every addict in the world has an opportunity to experience our message of recovery in his or her own language and culture.

- 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. When you come into our rooms you are no longer alone, but among friends who have experienced similar problems. Any concerned person is encouraged to attend our meetings, even if there is only a suspicion of a problem.

- For more information: <http://familiesanonymous.org/>

- **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>

••••

FINDING MENTAL HEALTH SERVICES & PROGRAMS:

- **SAMHSA LOCATOR - Substance Abuse and Mental Health Services Administration** - also has created an on-line resource for locating mental health treatment facilities and programs.
 - You can search the online resource for 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.
 - **THE LOCATOR FOR LOCAL MENTAL HEALTH TREATMENT SERVICES IS AT:**
<https://findtreatment.samhsa.gov/>
- **SUICIDE PREVENTION LIFELINE: 1-800-273-TALK (8255)**
Toll-free number available 24 hours / day / every day that will connect persons in crisis or in need of help to the **NATIONAL SUICIDE PREVENTION LIFELINE**. 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 reached at:
<http://www.suicidepreventionlifeline.org>

••••

FINDING OLDER ADULT SERVICES & PROGRAMS:

- **ELDERCARE LOCATOR:**
Local resources, programs and services for older people and their families can be found at the "Eldercare Locator" a public service of the Administration on Aging, United States Department of Health & Human Services (HHS). Information can be accessed by telephone at **1.800.677.1116** or online at: <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>
- **PUBLIC BENEFITS & ENTITLEMENTS - 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 will get a printout created just for him/her that describes the programs s/he 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**
 - 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 organization made up of the nation's leading experts on social insurance. Its mission is to conduct research and advance solutions to challenges facing the nation by increasing public understanding of social insurance issues.

••••

RESOURCES FOR CANCER PATIENTS:

- **TEMPORARY HOUSING FOR CANCER PATIENTS:**
 - **HOPE LODGE:** AMERICAN CANCER SOCIETY

<http://www.cancer.org/treatment/supportprogramsservices/hopelodge/index>

Free, temporary housing for cancer patients and their families provided by the American Cancer Society in 31 locations throughout the USA

- **HOTEL LODGING** – Arranged through the AMERICAN CANCER SOCIETY - For cancer patients of any age 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 their families. In 2015, RMHC has local Chapters in 63 countries and regions with:
 - 357 [Ronald McDonald Houses](#)
 - 203 [Ronald McDonald Family Rooms](#)
 - 49 [Ronald McDonald Care Mobiles](#)
 - [Grants](#) to non-profit organizations that also focus on the needs of children
 - [Scholarships](#) to students across the United States
 - Chapters around the world creating country-specific programs
- **FINANCIAL ASSISTANCE, SUPPORT / COUNSELING / OTHER RESOURCES FOR CANCER PATIENTS:**
 - **CLEANING FOR A REASON:** <http://www.cleaningforareason.org/>
 - Free house cleaning service for women undergoing treatment for any type of cancer
 - **LIMITED FINANCIAL ASSISTANCE AND OTHER SUPPORT SERVICES** –
 - **NATIONAL PHILOPTOCHOS** – call 212.977.7782 for eligibility and application forms
 - **CANCER CARE:** <http://www.cancercare.org/financial> (available nationwide)
 - For information about financial assistance from CancerCare – nationwide
 - **CANCER PATIENT SUPPORT FOUNDATION**
 - Go to: <http://cpspvt.org/our-program.html> for information about programs, eligibility and information about emergency funds.
 - **FOR ADDITIONAL RESOURCES** that may be available within your community, contact your local hospital social work department.
- **PHILOPTOCHOS CANCER FACT SHEETS**
 - [Breast Cancer Fact Sheet](#)
 - [Ovarian Cancer Fact Sheet - English Version](#)
 - [Ovarian Cancer Fact Sheet - Greek Version](#)

••••

AUTISM SPECTRUM DISORDERS

- [Definition of Autism](#)
- [Health Insurance Reform Laws](#)
- [Effects of Autism on the Disabled Child's Siblings: Washington Post 09.03.2012](#)

••••

DOMESTIC VIOLENCE / INTIMATE PARTNER ABUSE

Please note: Philoptochos recognizes that abusers are both men and women; however, because more than 85% of victims of domestic violence are women, much of our literature refers to abusers as men and victims as women.

FINDING SERVICES FOR CASES OF INTIMATE PARTNER ABUSE – DOMESTIC VIOLENCE:

In cases of imminent or life-threatening danger, call 911 or the local police for immediate help.

Intimate partner abuse 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**
National Domestic Violence Hotline
PO Box 161810, Austin, Texas 78716, 1.512.453.8117
1-800-799-SAFE (7223) – Post this number in the women’s bathrooms of your church
TTY: 1-800-787-3224
<http://www.thehotline.org/>

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 and that she can also reach the National Domestic Violence Hotline by telephone at **1.800.799.7233**.

THE NATIONAL DOMESTIC VIOLENCE HOTLINE is staffed 24 / 7 days by highly trained expert advocates who are available to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or who may be questioning unhealthy aspects of their relationship.

- **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://ncadv.org/learn/state-coalitions>
- **DOMESTIC VIOLENCE LITERATURE FROM NATIONAL PHILOPTOCHOS**
 - **“IT’S NOT LOVE IF YOUR PARTNER . . .”**
 - National Philoptochos Social Services has developed a one-page flyer and a two-sided ‘postcard’ entitled, “*It’s Not Love If Your Partner . . .*” to help women identify whether they are being abused, and ways to help themselves decide what they would like to do.
 - So that women who have questions about their relationship, or who are abused or think they may be abused can safely read and access the information, place copies of this information in the women’s rooms of your church. To obtain multiple copies please contact the Social Work Office at 212.977.7782.
 - **FACT SHEETS / ADDITIONAL PHILOPTOCHOS INFORMATIONAL MATERIAS:**
Call 212.977.7782 to request copies of each of the following.
 - **“DOES YOUR PARTNER . . .”**
 - Many women do not realize they are victims of intimate partner violence until they read about the behaviors and characteristics of an abuser. Thus, we ask you to post, “**Does Your Partner . . .**” in the women’s bathroom(s) of your church.
 - **“DEVELOPING A SAFETY PLAN”**
 - An effective way a non-mental health professional/non-domestic violence advocate can help a victim is by helping her ensure her safety and that of her children. Thus, we also ask you to post “**Developing a Personalized Safety Plan**” in the women’s bathroom(s) of your church.
 - Periodically check the women’s rooms to see if the literature is still there – hopefully, if they are missing, they were taken by a woman in need so she could follow-up on her own.
 - **Fact Sheet on Intimate Partner Abuse**
 - Domestic Violence Awareness Month is in October of every year. Insert a copy of the Philoptochos “*Fact Sheet on Intimate Partner Abuse*” in your church Bulletin, along with additional literature from a local domestic violence program or shelter about local services and programs.
 - **Power and Control Wheel**
 - **How Money is Used as a Weapon in Relationships**
 - **What to Say to a Woman You Think is Being Abused**

- [What to Do When a Woman Confides in You](#)
 - [Power Point Presentation: "DOMESTIC VIOLENCE - IDENTIFYING AND RESPONDING TO DOMESTIC VIOLENCE IN THE ORTHODOX CHRISTIAN COMMUNITY"](#) (Webinar, February 24, 2015)
 - [DOMESTIC VIOLENCE MANUAL: Identifying and Responding to Domestic Violence in the Greek Orthodox Community](#)
- 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
 - NATIONAL SEXUAL ASSAULT HOTLINE - 1.800.656.HOPE
 More information can be found at:
 - <http://www.breakthecycle.org/dating-violence-research/college-dating-violence-and-abuse-poll>
 - http://www.cdc.gov/ViolencePrevention/intimatepartnerviolence/teen_dating_violence.html
 - LGBTQ ABUSE: <http://www.thehotline.org/is-this-abuse/lgbt-abuse/>

••••

PROTECTIVE SERVICES (CHILDREN / ADULTS / OLDER ADULTS)

In serious, life-threatening, or dangerous, call 911 or the local police for immediate help.

- FOR CHILDREN:
 - **TO ANONYMOUSLY REPORT SUSPECTED ABUSE, NEGLECT OR EXPLOITATION OF CHILDREN**
Each State has a system to receive and respond to reports of possible / suspected child abuse and neglect. Concerned citizens and professionals 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.
 - **MANDATED REPORTERS:** *Certain professionals are mandated by law to report suspected child abuse, neglect or exploitation of children, e.g. social workers, school administrators, teachers, other school personnel, medical and mental health providers. In addition, approximately 27 States currently include members of the clergy among those professionals specifically mandated by law to report known or suspected instances of child abuse or neglect. The word "approximately" is used to stress the fact that States frequently amend their laws. The following information is current only through November 2013. States that include clergy as mandated reporters are Alabama, Arizona, Arkansas, California, Colorado, Connecticut, Georgia, Illinois, Louisiana, Maine, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nevada, New Hampshire, New Mexico, North Dakota, Ohio, Oregon, Pennsylvania, South Carolina, Vermont, West Virginia, and Wisconsin.*
 - THE CHILDHELP NATIONAL CHILD ABUSE HOTLINE 1-800-4-A-CHILD (1-800-422-4453) is dedicated to the prevention of child abuse. Serving the United States, its territories, and Canada, the Hotline is staffed **24 hours a day, 7 days a week** with professional crisis counselors who, through interpreters, can provide assistance in 170 languages. The Hotline offers crisis intervention, information, literature, and referrals to thousands of emergency, social service, and support resources. **All calls are confidential.**
 - 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 call: **Child Welfare Information Gateway by calling 1.800.394.3366**
- FOR ADULTS, PHYSICALLY &/or DEVELOPMENTALLY DISABLED INDIVIDUALS
 - There are ADULT PROTECTIVE SERVICE (APS) agencies all over the nation, and more than likely there is one near your community. 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 near you so that professionals can evaluate the situation. Calls are always confidential.

- 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/>
 - The APS map of the United States is designed to provide easy access to information on reporting suspected abuse nationwide. You will be asked to select the state for which you wish to obtain information. You will be provided with contact information for both APS and long-term care ombudsman's agencies in your area. Many states also host 24-hour-a-day hotlines to accept reports of abuse or neglect.
- **FOR PERSONS WHO ARE OR MAY BE VICTIMS OF 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 at: http://ncea.aoa.gov/Stop_Abuse/Get_Help/State/index.aspx
 - 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 has developed a "[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. Ombudspersons provide information about how to find a facility and what to do to get quality care. They are trained to resolve problems and can assist with complaints. However, unless you give the ombudsperson permission to share your concerns, 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://ltcombudsman.org/>
 - To find a local program, use the eldercare locator: <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

••••

HOMELESSNESS / FOOD INSECURITY

FINDING SERVICES TO ADDRESS 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 currently experiencing or who have experienced homelessness, activists and advocates, community-based and faith-based service providers, and others committed to a single mission: To prevent and end 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 to find out where local meal programs are being held and for whom.
 - Get information about how to participate in an existing program or start your own.

••••

BURIAL BENEFITS FOR VETERANS

- [Burial Benefits for Veterans of the American Armed Forces](#)

We have tried to be as thorough and 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 or ideas about how we can improve this document, or if you have updates or have found errors in organizations' contact information, please contact Paulette

Geanacopoulos at 212.977.7782 or by email at PauletteG@philoptochos.org.

THANK YOU FOR ALL THAT YOU DO!

Updated January 2016