



Resource Guide for Parents and Mentors

Adult Education

AE/GED, Ph. 423-610-0222

Please call to pre-register for an orientation class. Location for Orientation/Assessment Classes [By Registration Only]: **Northeast Tennessee Career Center**, Monday or Friday 8:00 am – 4:30 pm

Educational Opportunity Center, 423-392-8043; www.etsu.edu/outreach The EOC is a FREE program set-up to assist adults in earning a high school diploma or GED and to assist adults with college or vocational school enrollment at the school of their choice. The EOC can help you determine your educational goals, visit area vocational training center and colleges, brush-up on test-taking and study skills, complete financial aid applications, complete college admission applications, explore career options, and adjust to college. Eligibility Criteria: Family Income after taxes falls within the federal income guidelines (income eligible families receive first preference), neither parent has earned a four-year degree, and Applicant must reside in Carter, Greene, Hawkins, Johnson, Sullivan, Unicoi, or Washington counties in TN or in Scott or Washington counties in VA. Location: 1501 University Blvd, Kingsport, TN 37660.

Help Understanding Medical Materials

Medical Care Coordination Department Ph. 423-431-0517

Elizabethton Public Library Ph. 423-547-6360

Johnson City Public Library Ph. 423-434-4450

Child Care/Youth

Upper East TN Human Development Ph. 423-928-7327

Provide childcare services, head start, heating assistance, housing weatherization, major household repair for low-income homeowners, HUD housing counseling, and retired /senior volunteer program. Also provide emergency assistance, companionship, family support services, nutrition, household goods assistance, and homeless program through a community services block grant. Office is located at 300 East Main Street Johnson City. Hours are Monday through Friday, 8:00am to 4:30pm.

Neighborhood Service Center Ph. 423-928-7327

Provide emergency food service, family support program, comprehensive emergency FEMA program, weatherization program, childcare referrals, and educational assistance. In addition, provide assistance with utilities, rent, food, and clothing. Office is located at 300 East Main Street Suite 303 Johnson City. Hours are Monday through Friday 8:00am to 4:30pm.

Boys & Girls Clubs

www.bgca.org Provide programs in Character & Leadership Development (Mentor-ship, Community Service Projects, Leadership, Youth Entrepreneurship), Education & Career Development (Homework Assistance, Individual Tutoring, Job Training, Educational Games, Computer Skills, Internet Safety), Health & Life Skills (Nutrition, Drug & Alcohol Prevention, Environmental Education), Sports, Fitness, &

Recreation (Football, Basketball, T-Ball, Soccer, Swimming, Pool Games, Foosball, Sports Leagues), and The Arts (Photography, Digital Arts, Digital Photography, Jewelry Making). Before school, After school, School Holiday, and Summer Programs available. Some fees may apply.

Johnson City/Washington Co. Ph. 423-461-4560 2210 West Market St, JC, TN 37604 www.gokidz.org

Elizabethton/Carter Co. Ph. 423-543-2946 104 Hudson Dr, Elizabethton, TN 37643

Greater Kingsport Ph. 423-230-4160 Eastman Center, 1 Positive Place, KP, 37662

www.kbgc.org

Bristol, TN Ph. 423-989-3345 704 Florida Ave, Bristol, TN, 37620 www.bristolclub.org

Y.M.C.A Ph. 1-800-872-9622

Provides programs in Youth Development such as Child Care, Education & Leadership, Swim, Sports, & Play, and Camp. Some fees may apply. www.ymca.net

Unicoi County Ph. 423.743.3361 601 Love St, Erwin, TN 37650
Greater

Kingsport
37664

Ph. 423.247.9622 **1100 Franklin Sq, Kgpt, TN**

Bristol
TN 37620

Ph. 423.968.3133 **400 M L King Jr. Blvd, Bristol,**

TN Parent Hotline **Ph. 1-800-356-6767**

Provide 24-hour toll-free assistance including supportive listening, information, and referrals for families experiencing problems or stress. Parents are encouraged to explore solutions to the stresses of parenting and assistance is provided to link families with community support services. Behavior management, child development, and nonphysical forms of discipline are discussed.

Clothing/Toiletries

God's Corner

Ph. 423-929-1915

Provide emergency food boxes, assistance with clothing, and assistance with household items. Program operates a thrift store that offers low cost or free items to those in need.

Thrift store is located at 1200 East Lakeview Drive, Johnson City. Hours are Monday – Saturday, 9:00am – 3:30pm.

Good Samaritan Ministries Ph. 423-928-0288

Provide shepherds breakfast and lunch program through the melting pot, food pantry, medication assistance, medical equipment assistance, good shepherd day center, rent/utility payments/deposits, agency service coordination/referral, summer food program for families with school children on reduced or free lunches, school supplies for children, holiday assistance, adopt-a-family program, social work case management, phone assistance for medical reasons, message phone for homeless/unemployed, transportation, showers, clothing, job/education assistance, eye exams, and eye glasses.

Salvation Army Ph. 423-926-2102

Office is located at 208 Ashe Street, Johnson City. Hours are Monday – Friday, 8:30 am – 4:30 pm.

Dental Care

ETSU Dental Hygiene Clinic Ph. 423-439-4514

Provide dental hygiene therapy, oral cancer examination, dental charting, periodontal assessment, preventive oral health instructions, fluoride, soft tissue management programs, supportive periodontal therapy, occlusal sealants, oral examination, patient education, and dental radiographs. Senior Citizens receive free treatment (there is a charge to copy x-rays to be sent to your dentist). Office is located at 104 Lamb Hall ETSU Campus Johnson City. Hours are by appointment.

Keystone Dental Clinic Ph. 423-232-7919

Provide dental care for low-income adults ages 21 and above. Office is located at 603 Bert Street Johnson City. Open for appointments Monday – Friday, 8:00am – 5:00pm. Accepting applications Mondays, Tuesday, and Thursdays.

Healing Hands Ph. 423-652-0260

Healing Hands Health Center's Dental Clinic in Bristol provides acute dental care. Primarily fillings, extractions and cleanings, for low-income adults who: Do not have personal or employer-provided dental insurance and do not qualify for any government-funded dental insurance (Medicaid or Famis) Are not eligible for

free/charitable care elsewhere. Reside in Northeast Tennessee and Southwest Virginia. You or someone in your household must be employed, unless you are on disability, retired or a student. Have an annual household income at or below 200% of the Federal Poverty Guidelines.

Disability Services

There are two ways that you can apply for disability benefits. You can:

1. Apply at www.socialsecurity.gov; or 2. Call Project Access at **1-800-772-1213** to make an appointment to file a disability claim at your local Social Security office or to set up an appointment for someone to take your claim over the telephone. The disability claims interview lasts about one hour. If you schedule an appointment, a Disability Starter Kit will be mailed to you. The Disability Starter Kit will help you get ready for your disability claims interview. If you apply online, the Disability Starter Kit is available at www.socialsecurity.gov/disability. You should apply for disability benefits as soon as you become disabled. It can take a long time to process an application for disability benefits (three to five months). To apply for disability benefits, you will need to complete an application for Social Security Benefits and the Disability Report. You can complete the Disability Report at www.socialsecurity.gov/disability/3368. You can also print the Disability Report, complete it and return it to your local Social Security office. They may be able to process your application faster if you help them by getting any other information they need.

The information they need includes:

Your Social Security number; Your birth or baptismal certificate; Names, addresses and phone numbers of the doctors, caseworkers, hospitals and clinics that took care of you and dates of your visits; Names and dosage of all the medicine you take; Medical records from your doctors, therapists, hospitals, clinics and caseworkers that you already have in your possession; Laboratory and test results; A summary of where you worked and the kind of work you did; and A copy of your most recent W-2 Form (Wage and Tax Statement) or, if you are self-employed, your federal tax return for the past year.

In addition to the basic application for disability benefits, there are other forms you will need to fill out. One form collects information about your medical condition and how it affects your ability to work. Other forms give doctors, hospitals and other health care professionals who have treated your permission to send us information about your medical condition.

First Tennessee Area Agency on Aging and Disability

Provides many services for the disabled and elderly, including: Information and Assistance, Service Coordination, Family Caregiver Support Program, Nutrition Program, Legal Services and Transportation.

Washington County Ph. 423-928-0224
423-764-1818

Sullivan County Ph.

Allsup Social Security Disability Representation

Allsup is an organization that provides a free Disability evaluation for individuals who meet the following criteria:

You are under your full retirement age (65-67); You have a medical condition expected to last at least 12 months; and You have worked 5 out of the last 10 years.

Visit <https://www.allsup.com/about-ssdi/free-ssdi-evaluation> for the evaluation form or www.allsup.com for more information about the program.

Domestic/Relationship Violence

Victim Compensation - In some cases crime victims may incur expenses such as bills for medical treatment, hospital and doctor's visits, etc. These victims may be eligible for monetary compensation from the Tennessee Victim's Compensation Fund. For more information contact **The Victim/Witness Coordinator of the Sullivan County District Attorney's Office at 423-279-3288.**

Domestic Violence

Abuse Alternatives operates a domestic violence shelter that serves victims of domestic violence from Bristol and the surrounding jurisdictions. They maintain a **24-hour hotline at 800-987-6499 or 423-764-2287**. Their website www.abusealternatives.net provides information for victims of domestic violence including information on safety planning. The Crisis Center www.crisiscenterinc.org/ also operates a **24-hour hotline at 276-466-2312**.

The Shepherd's Inn, Ph. 423-542-0180 Women's Shelter

Change is Possible Family Violence Shelter, Ph. 423-743-0022

Hope House, Ph. 423-239-7994 Maternity Home and Crisis Pregnancy Resource Center

ETSU Department of Counselling, Ph, 423-439-7679

Red Legacy Recovery

Red Legacy Recovery's mission is to empower women in East TN with the skills they need to begin a new life in recovery from drug & alcohol addiction. We strive to equip each woman with the tools to be self-sufficient, employed & self-confident. Our programs include core "life- skills" training for women in recovery from drug and alcohol addiction. Our main focuses are teaching how to manage a household and be self-sufficient, money management, self- confidence & self-esteem classes, job interview skills, dressing for success, vision-casting/goal- setting seminars, and how to manage day-to-day stress.

210 S. Hill Drive, Elizabethton, TN 37643 **423-342-6893** Director, Samantha Loveday (Office) **423-342-6894** Transportation

Transportation provided within a 24-hour notice to any enrolled red Legacy client. Transportation provided to any/all probation/parole offices, court, doctor appointments, AA/NA meetings or affiliates. Hours of Operation M-F 9:00am- 6:00pm

Bristol Recovery Road for Women Inc.

Bristol Recovery Road for Women, Inc. is a faith-based recovery program for women established to provide a safe and healthy facility for women. We accept women 18 years and older that have substance abuse issues. We work with area agencies to seek treatment and provide services. We have a volunteer network to help with

transportation. Women are encouraged to find jobs within walking distance after 30 days. We are faith based and include Bible study & devotions.

P.O. Box 743, Bristol, TN 37621 **423-366-0905** Donna Camper Executive Director & Co Founder

TDMHSAS

For TN's Department of Mental Health and Substance Abuse Services' Faith-Based Initiatives representative for this region, contact:

Sarah Keel, Faith-Based Community Coordinator, East Region

865-850-6884, email skeel@metrodrug.org

NORTHEAST TENNESSEE Recovery & Faith Based Meetings

CARTER COUNTY: Elizabethton- Celebrate Recovery at Caldwell Springs Baptist Church 1509 Blue Springs Rd, Elizabethton Tuesdays 6pm

A New Way of Life Recovery Group: Red Legacy Recovery 210 S. Hill Dr, Elizabethton Wednesdays 12 noon

MARA Meeting (Medication-Assisted Recovery Anonymous): Red Legacy Recovery 210 S. Hill Dr, Elizabethton Wednesdays 4:00pm Meeting is Open to the Public and Encourages all Male/Female Populations to Attend Contacts: Kevin Fisher 423-361-4206 Samantha Loveday 423-342-6893

Oak Street Recovery, Oaks Street Baptists 804 Oak Street, Elizabethton Wednesdays 6:15 pm

Women for Sobriety: Red Legacy Recovery 210 S. Hill Dr, Elizabethton Fridays 12 noon WOMEN Only Meetings. All women are welcome to attend Contact: Samantha Loveday 423-342-6893 423-342-6894

Ground Zero Recovery Ministry: Shades of Grace Church 313 East Sullivan Street Fridays 6:00pm

RU Recovery Addiction Ministry: Rock Heritage Baptist Church 4838 Fort Henry Dr. Fridays 7pm Call **423-268-7485**

WASHINGTON COUNTY: Gray- Celebrate Recovery: Crossroads Christian Church 1300 Suncrest Dr. Tuesday 7pm Email: cr@crossroadsgray.org 423-477-2229

Johnson City- Drug Addicts Anonymous (DAA): Boones Creek Christian Church 305 Christian Church Rd Fridays 7:30pm

Re:generation: Grace Fellowship Church 2314 South Greenwood Drive

Monday 6:30 – 8:30

Life Recovery Groups: First Christian Church 200 E. Mountcastle Dr Family Group Wednesday 5:30pm- 6:30pm Co-Dependent Recovery Wednesday 6:30pm- 8pm Life Problems Recovery 6:30pm- 8pm (Substance Abuse & Mental Health Issues) Habits & Hang Ups Step Study Thursday 7pm-8:30pm

Life Recovery Group: Greater Love Church 130 Garden Drive Tuesdays 7:00 pm Saturday evening church service 6:00 pm

Living Free: Trinity Assembly of God 617 University Pkwy Thursdays 7:30pm (Schedule may vary in summer months. Contact Ed Jefferies 423-747-7373)

Recovery Fellowship (12 step based bible study): Summit Leadership 3104 Hanover Rd, Sunday 7 pm

SMART Recovery: Johnson City Downtown Day Center 202 West Fairview Avenue Tuesdays 2pm-3pm Contact **Meredith Prosak 423-439-7382** prosak@etsu.edu

SMART Recovery: High Point Clinic 203 High Point Drive Tuesdays 4pm-5pm Contact **Emily Hand 423-631-0731** emily.hand@highpointclinic.org

Eternal Grace Women's Ministry: By His Blood Ministry 127 Garden Dr. Tuesday's 6pm

Recovery Fitness: iTrain Fitness 103 LP Auer Rd.

Fridays 6pm and Sundays 6pm

Phone: 423-946-3020 Contact: **Michael Hardin** (gym owner); **Gary Barnett** (trainer)

The Phoenix Group: Goebelieve Fitness 2244 Boones Creek Rd.

Sundays 3pm-4pm

The Phoenix Mission: The Phoenix offers a free sober active community to individuals who have suffered from a substance use disorder and to those who choose a sober life. Using a peer support model, we help members heal and rebuild their lives while also striving to eliminate stigma around recovery.

<https://thephoenix.org/>

MENDED - "A Pathway to Recovery for A Broken Heart" Group meets in South Johnson City

Tuesdays at 7 p.m.

All who are broken or have emotional trauma are welcome. "Mended is a faith-based home support group that welcomes all types of brokenness with the goal of providing a warm and welcome environment for those not yet ready to step into a church setting. We believe that the root of all addiction is an unresolved brokenness. We at Mended desire first to show the love of Christ to the deeply hurting and that it is His Powerful Words of comfort that mend all pain and sorrow. Please E-mail: mending12@gmail.com for more information and meeting locations.

Employment

Northeast Tennessee Career Centers Career centers are located around the tri-cities, and will help with job search, resume building, and job skills. Please call the location closest to you for more information.

Johnson City Center, 2515 Wesley Center Johnson City, TN 37601. Ph. 423-610-0222

Elizabethton Center, 386 Highway 91 Elizabethton, TN 37644. Ph. 423-547-7515

Spherion Staffing and Recruiting, Ph. 423-283-0607 Johnson City, 423-764-0077

Bristol Career Center offering temporary, temp-to-perm, and permanent jobs (both full-time and part-time). Areas of expertise include: Accounting & Finance, Engineering & Manufacturing, Human Resources, Legal, Sales & Marketing, and Technology. Hours are from 8:00am to 5:00pm Monday through Friday. Addresses: 2 Worth Circle, Suite 3, Johnson City, Tennessee 37601, 701 Bluff City Highway, Bristol, Tennessee 37620. Emails: johnsoncity-tn@spherion.com or bristol-tn@spherion.com

Good Samaritan Ministries, Ph. 423.833.2557 or 423.202.8179 Tennessee Reentry Collaborative (TREC). This program assists those who were formerly incarcerated with re-entry into the community.

Eye Care

Good Samaritan Ministries (423-928-0288) has a free clinic. You must call to have your name placed on a waiting list. When they have a clinic, they will call and schedule the appointment with you. Once you have been examined and you have a prescription, they will give you a voucher for a retail store to purchase glasses.

Lions Club <http://www.lionsclubs.org/EN/how-we-serve/health/sight/index.php>

Financial (Crisis Utility and Rental Assistance)

ARM, 714 W C St, Elizabethton, TN 37643. Ph. 423-542-0919 Tuesday, Wednesday, Thursday 10am – 5pm (closed for lunch)

Catholic Charities, Ph. 423-753-3001

Provide assistance with utility bills, medicine, and food. Office is located at 703 East Jackson Boulevard, Jonesborough. Hours are Monday – Friday, 8:30 am – 4:30 pm.

Salvation Army, Ph. 423-926-2102

Provides social service programs including assistance with food, utilities, rent, housing, clothing, and emergency shelter. Office is located at 208 Ashe Street, Johnson City. Hours are Monday – Friday, 8:30 am – 4:30 pm.

Consumer Credit Counseling Service, Ph. 423-928-2144

This program offers newlywed budget counseling, debt management, education, and comprehensive housing counseling. Office is located at 2700 South Roan Street, Suite 212, Johnson City. Hours are Monday 7:30 am – 6:00 pm, Tuesday 7:30 am – 4:00 pm, Wednesday – Friday 7:30 am – 5:00 pm.

Neighborhood Service Center, Ph. 423-928-7327

Provides assistance with utilities, rent, food, and clothing. Office is located at 300 East Main Street, Suite 303, Johnson City. Hours are Monday – Friday 8:00 am – 4:30 pm.

St. Vincent DePaul, Ph. 423-434-0836

Provide financial assistance for rent, utilities, food, and gas for travel to doctors' appointments. Leave a voicemail message (receives calls only on Monday or Thursday).

Upper East Tennessee Human Development Agency, Ph. 423-246-6180

Provides assistance with utility bills through the Low Income Home Energy Assistance Program (LIHEAP). Income eligibility ranges from 125% to 200% of the Federal Poverty Level. Priority is given to households with members who are elderly, disabled, and/or under the age of six. Payments are made to the local utility company or energy supplier directly.

Food

ARM, 714 W C St, Elizabethton, TN 37643. Ph. 423-542-0919 Tuesday, Wednesday, Thursday 10am – 5pm (closed for lunch)

Department of Human Services (DHS), Ph. 423-929-0171

Provide system of coordinated human services to meet the changing needs of individuals, children, and families. Goal is to protect the vulnerable and enable those in need to achieve self-sufficiency and improve quality of life. Programs include Families First, Food Stamps, TennCare, regulating childcare centers, and managing child support services. Office is located at 103 East Walnut Street Johnson City. Hours are Monday through Friday, 8:00am to 4:30pm.

Elizabethton Senior Center, Ph. 423-543-4362 428 East G Street, Elizabethton, TN 37643 Daily meals at low cost

Hale Community Ministries, Ph. 423-547-2560 1301 Arney Street, Elizabethton, TN 37643 Monday and Wednesday 8am-4pm, Tuesday 8am -12pm

Good Samaritan Ministries, Ph. 423-928-0288

Provide shepherds breakfast and lunch program through the melting pot, food pantry, medication assistance, medical equipment assistance, good shepherd day center, rent/utility payments/deposits, agency service coordination/referral, summer food program for families with school children on reduced or free lunches, school supplies for children, holiday assistance, adopt-a-family program, social work case management, phone assistance for medical reasons, message phone for homeless/unemployed, transportation, showers, clothing, job/education assistance, eye exams, and eye glasses.

Munsey Memorial United Methodist Church, Ph. 423-461-8070 201

South Roan Street, Johnson City, TN 37601 Shepherd's Breakfast – the place to be on Saturday mornings for sausage and eggs, biscuits and gravy, as well as a newspaper and plenty of fellowship. Our Daily Bread – a weekday joint ministry between Munsey and Good Samaritan Ministries which coordinates 26 churches to prepare and serve lunches.

River's Edge Dream Center, Ph.423-543-4901 1200 19E Bypass, Elizabethton, TN 37643

Three meal a day kitchen that offers food to anyone that needs a warm meal and a food pantry that can give food resources to anyone that needs food.

Salvation Army, Ph. 423-926-2102

Provide social service programs including assistance with food, utilities, rent, housing, clothing, and emergency shelter. Office is located at 208 Ashe Street Johnson City. Hours are Monday through Friday, 8:30am to 4:30pm

Second Harvest Food Bank of Northeast TN, Ph. 423-477-4053 127 Dillon Ct, Johnson City, TN 37615

Government-Issued Cell phone

Safelink: go to <https://www.safelinkwireless.com> to complete application

Assurance Wireless: go to <https://www.assurancewireless.com> to complete application

Housing/Home Repair

Housing Authority 423-232-4784 (Wash Co.), 423-392-2507 (Sullivan Co.), 423-543-3571 (Carter Co.). Provide housing assistance, subsidized housing, and section 8 rental assistance program. Hours are Monday through Friday, 8:00am to 4:30pm.

Upper East TN Human Development Agency, Ph. 423-542-5121 or 423-753-3097

www.uethda.org Provides Childcare services, Head Start, Heating assistance, major Household Repair for home owners, HUD Housing Counseling, and Retired/Senior Volunteer program. Also provides Emergency Assistance, Companionship, Family Support services, Nutrition, Household goods assistance, and Homeless program through a community services block grant. Office is located at 300 East Main Street Johnson City. Hours are Monday through Friday, 8:00am to 4:30pm.

Good Samaritan Ministries, Ph.423-928-0288

Provide shepherds breakfast and lunch program through the melting pot, food pantry, medication assistance, medical equipment assistance, good shepherd day center, rent/utility payments/deposits, agency service coordination/referral, summer food program for families with school children on reduced or free lunches, school supplies for children, holiday assistance,

adopt-a-family program, social work case management, phone assistance for medical reasons, message phone for homeless/unemployed, transportation, showers, clothing, job/education assistance, eye exams, and eye glasses.

Salvation Army, Ph. 423-926-2102

Provide social service programs including assistance with food, utilities, rent, housing, clothing, and emergency shelter. Office is located at 208 Ashe Street Johnson City. Hours are Monday through Friday, 8:30am to 4:30pm

Family Promise, Ph. 423-202-7805 Assistance with housing for families with children.

Appalachian Regional Coalition on Homelessness, Ph. 423-928-2724 321 Walnut Street, Johnson City, TN 37604

Johnson City Downtown Day Center, Ph. 423-439-7371

A safe place for homeless individuals to go during the day to receive essential services. These services include; medical and mental health clinics, counseling, Substance Abuse and Trauma groups, case management, washer/dryer services, shower services, and a clothes closet. The JCDDC is open to individuals, families, and youth over the age of 18 years old. Case Managers are on site daily to assist all clients with navigating the homeless services process in Johnson City. These services can include obtaining housing, employment, state ID/birth certificate and applying for SSI/SSDI. The JCDDC is open Monday thru Friday from 7:00 am - 3:30 pm.

The Shepherd's Inn, Ph. 423-542-0180 Women's Shelter

Weatherization Assistance Program (WAP), Ph. 423-246-6180 301 Louis St, Kingsport, TN 37662 <http://www.tn.gov/wap/>

Provides energy-reduction assistance to low-income families by weatherizing their homes. WAP services are available in all 95 TN counties. Requires an Application. Income Guidelines. Eligible households with elderly, disabled, or young children are given priority for service. Funded by the Department of Human Services – Services provided through Upper East TN Human Development Agency

Appalachian Service Project, Ph. 423-854-8800

Appalachia Service Project repairs homes free of charge for families in Kentucky, Virginia, West Virginia, and Tennessee. Repair work will be performed by high school volunteers and their adult leaders from church and school groups all over the country. Volunteers work for one week at a time in the spirit of love and commitment to improving our world. If ASP agrees to work on your home, crews of about 7 people at a time will work on your home for anywhere from 1 to 8 weeks, depending on the work. An Application is required and can be found at <https://www.asphome.org/apply/>

Fill out the Home Repair Application as completely as possible. Give detail about the areas in need of repair (what needs to be done, or what the problem is). Include a phone number if possible- if not your own, then the number of someone who can easily contact you. Give clear, accurate driving directions to your home, starting from a certain town or intersection. Remember that the staff is arriving in the county maybe for the first time and may have difficulty with unclear or inaccurate directions. If they cannot find your home, they cannot sign an agreement with you for repairs. Reapply every few years. Referrals are kept on file for the staff, but as people often move or may find help with repairs from another organization, they typically only keep referrals dated for the current year and the two previous years.

United States Department of Agriculture: Rural Development Rural Repair and Rehabilitation Loans and Grants.

The Very Low-Income Housing Repair program provides loans and grants to low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards. Must be unable to obtain affordable credit elsewhere. Preference is given to households with a member 62 yrs. old or older.

Carter County – Elizabethton Service Center 419 West Elk Ave, Elizabethton, TN 37643-2569, **Ph. 423-542-2341; F 423-547-0149**

Johnson County – Mountain City Service Center 307 College St, Mountain City, TN 37683-1301, **Ph. 423-727-7011 Ext 3; F 423-727-6751**

Washington County – Jonesborough Service Center, 1105 East Jackson Blvd, Jonesboro, TN 37659-4775, **Ph. 423-753-2192; F 423-753-9356**

Legal

Consumer Credit Counseling Service, Ph. 423-332-5960

This program offers budget counseling, debt management, educational programs, and comprehensive housing counseling. Office is located at 2700 South Roan Street, Ste 212, Johnson City. Hours are Monday 7:30 am – 6:00 pm, Tuesday 7:30 am – 4:00 pm, Wednesday-Friday 7:30 am – 5:00 pm.

Legal Services of East Tennessee Ph. 423-928-8311; 1-866-408-6573 (Spanish)

Free legal assistance to low-income persons. Legal services do not handle criminal matters unless court appointed. Legal assistance is available to seniors which is not income-based. A legal aid representative returns calls during certain office hours. Office is located at 311 West Walnut Street, Johnson City. Appointments can be made Monday – Friday, 9:00 am – 11:00 am.

Good Samaritan Ministries, Ph. 423-928-0288 Legal Clinic on the 1st Saturday of every month. Attorneys offer free legal advice.

Medication Assistance Prescription Discount Cards.

CoverRx provides discounts on Generic medications. With the NeedyMeds Drug Discount Card (needymeds.org) you can save up to 75% off the price of your prescription medications not covered by insurance. The card is free and easy to use. Just cut it out. The card is accepted at over 59,000 pharmacies, including major chains such as CVS, Walgreens, and Rite Aid and most regional chains. Everyone is eligible to have a card. There are no fees, no registration, no paperwork, and no restrictions. Your card is active immediately. You can share it with friends and family members.

Patient Assistance Programs

Forms are available on the website of your medication manufacturer. There are Patient Sections for you to complete, sign & date. There are Provider Sections for your provider

to complete, sign & date. Make sure you read all instructions, follow all directions, and attach any requested documentation. Please return and have your healthcare provider submit them on your behalf. Keep a copy for your records. If you need assistance finding forms, please call Medical Care's Care Coordination Department at 423-431-0517.

ETSU Charitable Pharmacy is a pharmacy that provides medications to patients who qualify. You will need to contact their office at **423-926-2500**.

Medicare Extra Help Program: Apply at the Social Security office.

Project Access Ph. 423-232-6700 Assistance in applying for insurance coverage

Mental Health Services/Counseling/Alcohol & Drug

ETSU Community Counseling Clinic, Ph. 423-439-7679 This clinic offers free counseling for individuals, couples, families and groups.

Preferred Alternatives

This clinic offers Psychiatry, Therapy, Crisis Response, Case Management, In-Home Services, Club House, and Substance Abuse Counseling. Sliding fee scale based on income. Office is located at 162 West Springbrook Drive, Johnson City, TN 37604.

Lifeline Peer Project

Lifeline was established to reduce stigma related to the disease of addiction and increase community support for policies that provide for treatment and recovery services. Unites, educates and supports people and organizations in breaking down barriers to a person wanting recovery through speaking engagements, establishing recovery meetings uniting people in Recovery, community events, diverting people from incarceration and much more. Additionally, offers support and information to individuals struggling with addiction and their family members, providing guidance and information about recovery meetings and treatment options.

207 E Main Street Suite 1E Johnson City TN **877-366-7593 ext 105** - Jason Abernathy
Email: Jason@insightalliance.org

Frontier Health

This clinic offers Individual & Group Psychotherapy, Marital & Family Therapy, Pharmacotherapy, Crisis Services, Case Management, Education & Consultation Services, Parenting Classes, Psychiatric Consultation, and Intensive Outpatient A&D. They help patients apply for the Mental Health Services Only part of TennCare. Johnson City -232-2600, 232-2719 Elizabethton - 423-547-5950, Bristol-423- 989-4500, Erwin-423- 743-1470, Kingsport- 423-224-1300, and Hawkins- 423-272-9239

Catholic Charities, Ph. 423-328-0070, This facility offers Individual and Family Counseling. Sliding fee scale based on income.

Telephone Support, National - 1-800-273-8255 (TALK) or 1-800-784-2433 (SUICIDE)

Provide Telephone Consultations, Crisis Intervention, Assessments, Social Support, and Information/Referral Tennessee - Send a Text to 741741 for the Crisis Text Line Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via the medium people already use and trust: text. Here's how it works: Text "TN" to 741741 anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds quickly. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment. Tennessee, 1-877-928-9062,

Woodridge Hospital

Serving Carter, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi, and Washington Counties, NE Tennessee, CONTACT-CONCERN, Ph. 423-246-2273 A Christian-based telephone helpline. Hours of operation 8am to 11pm, 365 days a year. Serving Sullivan, Johnson, Hancock, and Hawkins counties.

Tennessee Tobacco Quitline

1-800-QUIT NOW (1-800-784-8669) Free Tobacco Quit Kit; Free Quit Coach

Pets

Holly Help Memorial Spay Fund, Ph. (276) 466-5375. Address: P. O. Box 1264, Bristol, VA 24203 The Holly Help Memorial Spay Fund is a Bristol based organization which focuses on sterilization surgeries for dogs and cats. They rely mainly on the money received from recycling aluminum cans to finance surgeries. Important note: When you call please be aware that you may get a machine and before the machine picks up the phone will ring MANY TIMES. The message will come on, and then there is a LONG PAUSE and then a beep...you can leave a message after you hear the beep.

Washington County TN Humane Society, Ph. (423) 926-8533 Must be a resident of Washington County, TN. Offers financial aid for pet spaying or neutering.

East TN Spay and Neuter, Ph. (423) 289-5548, info@etnspay-neuter.org Address: P.O. Box 2171, Elizabethton, TN 37644

Transport from (and return to) local drop-off points to a regional low-cost spay-neuter clinic. Currently, we run weekly trips from Elizabethton, TN to Margaret B. Mitchell Spay/Neuter Clinic (MBM). Trips to Animal Medical Center of Greeneville (AMCG) leave from Johnson City and start in October. Frequency will depend on number of interested pet owners.

MBM Surgery: All Dogs: \$60; Female Cats: \$55; Male Cats: \$40 **MBM TRIPS: CALL 423-289-5548 TO SCHEDULE**

AMCG Surgery: All Dogs: \$50; All Cats: \$40

AMCG TRIPS: CALL 423-202-7741 TO SCHEDULE Both Locations Shots: \$10 each (rabies, distemper/Parvo, kennel cough, feline leukemia) (by state law, every animal must have a current rabies vaccination; if you do not have a certificate of proof of vaccination, a vaccination will be given at time of surgery.) Pain Medication (for 24 hrs. after surgery): \$2 Flea/Tick treatment: \$10 Transport fee: \$15 for first animal, \$10 each additional animal from same family on same trip.

MBM also offers Home Again microchip: \$20

Low-income pet owners who live in Carter County may qualify for vouchers through the Carter County Humane Society and/or the Elizabethton-Carter County Community Foundation. All

animals must be in a travel crate for transport. Drop-off and return is at the same location, regardless of clinic used. Drop-off locations are centrally located business parking lots, as convenient as possible to those using the service. For example, the old Raceway gas station parking lot in Elizabethton is currently a drop-off/pick-up site.

Please note: You must sign up and pre-pay at least two weeks prior to your scheduled transport date. NO WALK-INS!

MBM keeps the animals overnight; AMCG releases animals the same day. Drop-off is generally about 7:30 am. Same day return can be as early as 2:30 pm. Return from MBM is generally about 10 a.m. the next morning.

GET A VOUCHER IF YOU ADOPT AN ELIZABETHTON SHELTER ANIMAL

Initial veterinary exam, fecal test, deworming, first set of 6-in-1 & rabies shots and Spay/Neuter Surgery! This voucher cannot be combined with other vouchers or discounts. Elizabethton Animal Shelter Voucher Prices:

Female dog: \$88 Male dog: \$73 Female cat: \$68, Male cat: \$58

Contact East TN Spay and Neuter within 24 hours of adopting.

TennCare

The Health Insurance Marketplace is now the main application for TennCare eligibility. When Open Enrollment is closed, the only way you can apply on the Health Insurance Marketplace is if you qualify for a Special Enrollment Period (major life change such as birth, marriage, divorce, relocation, etc) or if you have young children in the home. If this applies to you, you can apply on the Health Insurance Marketplace at healthcare.gov.

Transportation

Johnson City Transit, Ph. 423-929-7119 137

West Market Street Fares: Adults \$1.00; Senior, Disabled, Medicare, Students (Grade K-5) \$.50; Age 5 & Under, Transfers, ETSU Students/Staff Free; Express (Unlimited for 1 Month) \$25.00, Multi-Ride (25 One-way Trips) \$20.00, Half-Fare Convenience (25 One-way Trips Disabled) \$12.50

NET Trans, Ph. 423-461-8233 or 1-800-528-7776

First TN Human Resource Agency, 112 East Myrtle Ave, #405, Johnson City, TN 37601
Net Trans provides rural public transportation for a small fee. Please call 24 hours before your appointment to schedule the transportation (must be by noon the business day before the ride is needed)

Southeast Trans 1-866-473-7563

Good Samaritan 423-928-0288 Transportation Vouchers

Tennessee Carriers 1-866-680-0633

Women's Health Screenings

For routine Mammograms and Pap smears, please contact your local Health Department and request an appointment.

Washington County / Johnson City Health Center 423-975-2200

Carter County 423-543-2521

Johnson County 423-727-9731

Unicoi County 423-743-9103

Greene County 423-798-1749

Medicare Website www.medicare.gov

The official government website for Medicare. Has info about eligibility and how to sign up for Medicare.

Life Insurance

Widener Insurance Agency, PH. 423-926-7151 Independent Insurance Agency in Johnson City. You can contact their office for a free quote. <http://widenerins.com/>

Trusted Choice Independent Insurance Agents you can meet with to help you decide what programs might benefit you. <https://www.trustedchoice.com/>

Globe Life, Ph. 1-800-742-6786

State Farm, Ph. 1-833-847-9631

Veteran's Benefits

Visit www.va.gov or visit your local VA in order to learn about what benefits may be available to you.

Mountain Home VA: <http://www.mountainhome.va.gov/> Address: 809 Lamont St, Mountain Home, TN 37684 **Phone: 423-926-1171**

Support Groups

Various support groups are available through the Health Resources Center in the Johnson City Mall. For a list and details about their programs visit <https://www.mountainstateshealth.com/classes-and-programs/health-resources-center> or Call 423-915-5200.

Frontier Health

This clinic offers Individual & Group Psychotherapy, Marital & Family Therapy, Pharmacotherapy, Crisis Services, Case Management, Education & Consultation Services, Parenting Classes, Psychiatric Consultation, and Intensive Outpatient A&D. They help patients apply for the Mental Health Services Only part of TennCare. Johnson City -232-2600, 232-2719, 952-3210 Elizabethton-547-5950, Bristol- 989-4500, Erwin- 743-1470, Kingsport- 224-1300, Hawkins- 272-9239, Mountain City- 727-2100, Greenville- 638-4540, 639-1104.

Hearing Aids

Lion's Club

The East TN branch of the Lion's Club offers help connecting individuals with hearing aids that have been recycled. The program is EXTREMELY limited and can take quite a long time. In order to get connected with this program, you can contact the local Lions Club to work with them on a referral. This program is in collaboration with the Hearing and Speech Foundation in Maryville TN. They serve individuals whose income is at or below 100% of the Federal Poverty Level.

Johnson City Lion's Club: kdg@accmachprod.com or dpshiple@ftb.com

Hearing and Speech Foundation (Maryville, TN) 865-977-0981

National Hearing Aid Project

Helps connect people across the USA with hearing aids that have been donated or recycled. The National Hearing Aid Project is a unique model and one-of-a-kind collaboration created by Hearing Charities of America (HCOA). It addresses the increased demand for hearing aids by providing hearing aids to low-income individuals on a national scale. The project brings organizations together so that each fulfills a specific role in providing hearing aids to the individuals that need them. HCOA has partnered with the Department of Speech-Language-Hearing: Sciences & Disorders at the University of Kansas to maintain and track all of the hearing aids in the program.

THE PRIMARY SERVICES INVOLVED IN THIS PROJECT ARE:

Accepting and reviewing applications Refurbishing hearing aids Performing hearing health evaluations Soliciting support and services from others who can help support the project Hearing Charities of America 1912 East Meyer Blvd. Kansas City, MO 64132
Phone: (816) 333-830 Friends of TN Babies, Ph. 865-579-2500 HEAR
Nashville, Ph. 615-442-8333, The Speech and Hearing Foundation, Ph.
865-977-0981