



COMMUNITY RESOURCE PACKET

COMMUNITY MENTAL HEALTH CENTERS:

Regional Mental Health Center (serving Lake County) 219-769-4005 or toll free 1-888-398-7050. (Strawhun Center South Campus: 8555 Taft St, Merrillville, IN 46410) and (Borto Building/Children & Adolescent Campus: 1441 E 84th Pl, Merrillville, IN 46410).
www.regionalmentalhealth.org

HOSPITALS with INPATIENT MENTAL HEALTH & SUBSTANCE ABUSE TREATMENT:

St. Margaret's Hospital (Dyer): Behavioral Health Program. For consultation you can call 1-800-783-7663 or for questions about their programs you can call 219-865-2141 ext 45013

Northlake Methodist Hospital (Gary): Inpatient for adults and youth (6-18) 219-886-4000
www.methodisthospitals.org

Regional Mental Health Center (Merrillville): Inpatient and detoxification for adults 219-769-4005 www.regionalmentalhealth.org

Michiana Behavioral Health (Plymouth): Inpatient for adults and children (5 & up) and detoxification for adults and children 574-936-3784 or 800-795-6252
www.michianabehavioralhealthcenter.com

Campagna Academy: Youth Substance Abuse Treatment 7403 Cline Ave, Schererville, 219-322-8614 www.campagnaacademy.org

COUNSELING SERVICES/GROUP PRACTICES:

Crown Counseling: 250 N Main St, Crown Point 219-663-6353
www.crowncounselingservices.com *They are a Medicaid provider and accept most private insurance. They also provide a sliding scale fee and are able to serve some families pro-bono. They are able to see students within a 24-hr notice to provide risk assessments for suicide or homicide.

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Regional Mental Health: Various locations: Merrillville, Hammond, Highland, and Hobart. Main number/Crisis line: 219-769-4005 www.regionalmentalhealth.org *They offer a variety of behavioral health services. They also have an In-School Therapy Program where a licensed therapist will come to the school and conduct counseling sessions (please see guidance for more information).

Anxiety and OCD Behavioral Health Center: 900 Ridge Rd, Suite F, Munster. 219-228-7630 www.anxietybehavioralhealth.com *Works with students with ADHD, School Refusal, Test Anxiety, OCD, General Anxiety Disorder, and many more mental health issues.

Purdue University Northwest Community Counseling Center: 2415 169th St. Hammond. 219-989-2923 www.purduecal.edu/cc *short term individual counseling for adults and children with anxiety, depression, grief/loss, drug/alcohol abuse, identity/sexual orientation, trauma survivors, coping skills.

Confidential Care: 720 45th St Munster. 219-934-6410 (24 hour answering service) *Psychiatric and Addictions Services as well as individual, family, and group counseling.

New Leaf Resources: 11035 S. Broadway Suite D, Crown Point, 219-226-1810 www.newleafresources.org (Locations in Lansing and Wheatfield as well).

Addictions and Behavioral Counseling Services: 7805 Taft St, Merrillville, 219-756-3791

Fresh Start Counseling: 3490 81st Ave, Merrillville, 219-736-5990

Higher Dimensions: 6111 Harrison Street, Suite 380, Merrillville, 219-980-1971

Kingsway Counseling LLC: 5241 Fountain Drive, Suite C, Crown Point, 219-750-9450

Dr. Michael Frampton, MD and Associates: 9120 Connecticut Drive, Merrillville, 219-793-1233

Meridian Health Services: 8002 Utah Street, Merrillville, 219-942--0431 or 866-306-2647

PSI Family Services of Indiana: 8120 Georgia Street, Suite D, Merrillville, 888-950-0774

Samaritan Counseling Center: 1288 South Indiana Ave, Crown Point, 219-923-8110

COUNSELING SERVICES/INDIVIDUAL PRACTITIONERS:

Alicea, Aneece, MA. LMHC

New Leaf Resources, 11035 Broadway, Crown Point, 219-226-1810

Bonaventura, Suzy, LCSW

Crown Counseling, 250 N. Main Street, Crown Point, 219-663-6353

Briggs, John, LCSW

8500 Broadway, Suite A, Merrillville, 219-805-3683

Choi, Dr. Kwan & Helma, Dr. Anthony

222 Indianapolis Blvd., Suite 206, Schererville, 219-322-6401

Erickson, Dana, MSW, LCSW (Specializes in family counseling, ADD/ADHD, and parent support)

9495 Keilman, Suite 5, St. John, 219-300-0259

Farwell, Judy, MA, LMHC, (Specializes in play therapy, depression, anxiety, mood disorders, and grief/loss)

New Leaf Resources, 11035 Broadway, Crown Point, 219-226-1810

Hale, Carl, PsyD

285 W. 85th Place, Merrillville, 219-742-5122

Harrison, Dr. Bridgett -- Innovations in Learning

8091 Randolph Street, Hobart, 219-942-5590

Hillegonds, Rhonda, LCSW, LCAC, CADACII

(Child and adolescent behavioral issues, parenting support)

1512 W. 96th Ave., Suite E, Crown Point, 219-354-6391

Isailovich, Wayne (addictions counseling)

7805 Taft Street, Merrillville, 219-756-3791

Osborne, Catherine, MSW, LCSW

9111 Broadway, Suite N, Merrillville, 219-793-1233

Prince, Dr. Lisa, PsyD

9111 Broadway, Suite Q, Merrillville, 219-736-0003

Sperling, Sandra, C.N.S., B.C.

Dr. Michael Frampton's Office (Homeopathic medicine)

9120 Connecticut Drive, Merrillville, 219-793-1233

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Urra, Kim, MSW

Crown Counseling Services

250 N. Main Street, Crown Point, 219-663-6353

SUPPORT GROUPS/CLASSES:

MAAP Services -- Autism support. 950 South Court Street, Crown Point, 219-662-1311

Consumer Credit Counseling-Provides assistance with money/financing matters. 800 East 86th Ave, Merrillville 800-982-4801

Expanded Food and Nutrition Educational Program (EFNEP)-Free service that offers a family nutrition advisor that will visit the home and help with shopping and mealtime preparation. 880 E 99th Ct, Crown Point. 219-755-3240

STEP Parenting Program-Parenting classes throughout Lake County. 9722 Parkway Dr, Highland. 219-736-4955

Parents Supporting Parents-1919 W 81st Ave, Merrillville. 219-922-3822

Rollercoasters: A divorce education group for children. Classes held in the summer. 2293 N Main St Crown Point 219-755-3683

Trails of Hope Camp: A free weekend camp for grieving children ages 7-17.
www.trailsofhopecamp.org 765-742-7302

Rainbows: provides free support groups for children grieving a divorce, death or other painful family transition. Groups being each fall. 321 East Joliet St Mary's Church Crown Point, IN. 219-663-0044

Compassionate Friends: Grief group that meets 3rd Tuesday of each month at 7pm at First Presbyterian Church 218 S Court St, Crown Point. Contact Carol at 219-662-0902.

Domestic Abuse Shelter: St Jude House 219-662-7066 or 1-800-254-1286

AA/NA Meeting: Dyer Methodist Church: 2016 Church St, Dyer. 219-865-8947

IN-Pact (family support for families with children and adults with disabilities): 12300 Marshall St, Crown Point. 219-662-1095.

Goodwill Industries (job placement for individuals with barriers to employment) 5490 Broadway, Merrillville. 219-985-6452

Girl Scouts of America-219-838-3171 **Boy Scouts of America**-219-836-1720

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Boys & Girls Clubs Northwest Indiana (ages 6-12): 13000 Fairbanks St, Cedar Lake.
219-374-5306

TRANSPORTATION:

Triple A-Provides transportation to medical appointments at no cost to Medicaid participants.
219-972-3233

FOOD PANTRIES:

Project Love at the Cedar Lake United Methodist Church-7124 West 137th Pl, Cedar Lake.
219-374-7312 Wednesday, 9:00am-11:30am.

Catholic Charities-175 West St. Crown Point. 219-663-8417 www.catholic-charities.org

Crown Point Community Care Cupboard-First Christian Church of Crown Point 495 South Indiana Ave, Crown Point. 219-663-185 www.crownpoint.net/churches.htm

St Mary's Church-321 Joliet St. Crown Point, 219-663-0044

St. Matthias Church - 101 W. Burrell Dr., Crown Point, 219-663-2201.

Society of Saint Vincent DePaul-7667 East 109th Ave Crown Point 219-662-7424

South Lake County Community Services-1450 East Joliet St Suite 202 Crown Point.
219-663-0627

Dyer Baptist Church-735 213th St Dyer, 219-865-2910 www.dyerbaptsitchurch.org

Food Bank NWI-219-980-1777

ENERGY ASSISTANCE:

South Lake County Community Services-1450 East Joliet St Suite 202 Crown Point.
219-663-0627. *The Low Income Home Energy Assistance Program can help low-income households with grants for winter heating assistance and summer cooling assistance.

PUBLIC ASSISTANCE:

2-1-1

5240 Fountain Drive, Crown Point. Dial 2-1-1 or 794-1829. 2-1-1 is the health and human service equivalent for 9-1-1. Call this number for help with food, housing, employment, health care, utilities, counseling and more. This service provides free and confidential information and referral.

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Hanover Township Trustee: 13330 Parrish Ave, Cedar Lake. 219-374-7443

Family and Social Services: 1-800-403-0864.

Programs include: Hoosier Health wise-health care for qualified Indiana children up to age 19. Healthy Indiana Plan-health care for qualified Indiana adults. Food Stamps-helps low income families purchase food. TANF-temporary cash assistance for needy families.

Public Aid (TANF, Food Stamps, Medicaid): 1450 East Joliet Road, Crown Point. 219-662-3700

ASSISTANCE WITH FINANCES/FOOD/CLOTHING:

Geminus Community Partners -- Provide financial assistance (rent, utilities), job search assistance, child-care support. Merrillville, IN 866-641-7181.

The Answer-Provides clothes, formula, diapers, furniture and other resources for moms and babies, when available. Hobart, IN-219-947-2272

Lake County Women's Center-Provides free pregnancy testing, counseling, building blocks for life program, clothes and furniture when available. 1845 E Summit, Crown Point 219-663-5311

Salvation Army-Provides food, clothing and shelter to those in need. 8255 Columbia Ave, Munster. 219-838-0380

Catholic Family Services-Provides families with emergency food, clothes, counseling and some financial assistance (when funds are available). 166 S West Street, Crown Point. 219-662-7677

WIC-Headquarters 45 W 80th Pl, Merrillville. 219-736-8259. Provides free nutritional help for expectant mothers and children under the age of 5. 1450 East Joliet St, Suite 206, Crown Point. 219-663-9279

Legal Services of Northwest Indiana-Provides legal assistance.
Child Support Division-2293 North Main, Crown Point. 219-755-3474

Indiana Legal Services-7863 Broadway St, Suite 205, Merrillville. 219-738-6040. Provides civil legal services to people of low income in cases of domestic violence, housing disputes, public entitlements and consumer issues.

Disability Legal Services of Indiana-5954 College Avenues, Indianapolis. 317-426-7733.
Disability legal services of Indiana is a nonprofit 501 c 3 corporation offering free and low cost legal services to children and adults with disabilities in Indiana.

SHELTERS:

Child Protective Services: 1-800-800-5556 *to report suspected child abuse (emotional, sexual, physical and neglect)

St. Jude House: 12490 Marshall St, Crown Point. 800-254-1286

Caring Place Crisis Hotline: 800-933-0466

American Red Cross of NW Indiana: 791 East 83rd Ave Merrillville. 219-756-5360

JOB SEARCH:

Work One-Provides basic employment, training and testing opportunities, as well as applications for employment. East Chicago location 4818 Indianapolis Blvd, 219-398-2601. Gary location 3522 Village Court, 219-882-0033.

MEDICAL ASSISTANCE:

Saint Clare Health Clinic-1000 South Court St, Crown Point. 219-663-2160. Medical treatment and medication assistance for eligible adults. Payment based on sliding scale.

North Shore Health Centers: A nonprofit organization dedicated to providing quality, affordable healthcare to the uninsured and underinsured in Lake Counties. Payment based on sliding scale.

Locations:

2490 Central Ave (Medical Services)

Lake Station, IN 219-962-2760

3099 Central Ave (Dental Services)

Lake Station, IN 219-763-8112

6091 Broadway (Medical Services)

Merrillville, IN 219-884-2493

Health Departments-Provides free immunizations for children.

2293 N Main St, Crown Point 219-755-3655

Free antibiotic (generic) Meijer Food Store: Merrillville 219-650-3700 or Highland 219-934-2100

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CHILDCARE:

NWI Childcare Development Fund 8400 Louisiana St Merrillville. 219-757-1957

EARLY INTERVENTION & EDUCATION SERVICES:

First Steps (for developmental concerns for ages 0-3 years) 11045 Broadway Suite F Crown Point. 800-387-7837

Special Education Contact List (for children over 3 years who need developmental services) 219-769-4085

A.S.K (About Special Kids) Resource Referral for families with special needs kids. 219-678-4746

GED and ENGLISH AS A SECOND LANGUAGE (ESL) PROGRAMS:

Crown Point Adult Learning Center: Crown Point Community Library, 122 N. Main St, Crown Point, 219-314-9904. Programs for High School Equivalency (HSE), English as a Second Language (ESL), and basic reading, writing, and math classes. All classes are free.

Merrillville Adult and Community Education-GED classes and testing site. 6701 Delaware St, Merrillville. 219-650-5310

Hobart Adult Learning Center-100 Main St, Hobart. 219-942-2243

Tri-Town Adult Learning Center-1515 Lincoln Hwy, Schererville. 219-322-6700

Indiana University Northwest: 888-968-7486

Kaplan College Vocational Training-Merrillville Campus 219-736-0436

WEBSITES WITH ADDITIONAL INFORMATION:

Autism:

MAAP
(219) 789-9874

MAAPatOasis@gmail.com

Autism Society
1-800-328-8476

www.aspergersyndrome.org

www.autism-resources.com

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Substance Abuse:

Substance Abuse and Mental Health Services National Helpline

1-800-662-HELP, www.findtreatment.samhsa.gov

1-800-QUIT-NOW-Tobacco quit line with helpful resources

<http://www.addictionrecoveryguide.com/>

Actual facts on alcohol abuse as well as policy and legal solutions to abuse related problems.

<http://www2.potsdam.edu/hansondj/>

Alcoholics Anonymous: <http://www.aa.org/>

Alliance for consumer education-Inhalant Abuse is a serious problem for our nation's youth. This website offers education and awareness. It is the goal of this site to arm parents with the necessary knowledge to keep their children from falling victim to inhalant abuse. Tips for talking to your kids and downloadable brochures available here. <http://www.inhalant.org/>

Face the issue: <http://www.facetheissue.com/drugs.html> A wonderful site containing information about drug abuse for high school students.

Freevibe.com: From the National Youth Anti-Drug Media Campaign. This website is aimed at informing teens about drugs, the danger of drug use, and where to go for help.

<http://www.freevibe.com/>

Drug Free info.org: Contains free downloadable PDF files on a variety of drug and health related information. <http://www.drugfreeinfo.org/PDFs/>

Resources for LGBTQ youth, families, and supporters:

Gay, Lesbian, and Bisexual Teens: Facts for Teens and Their Parents:

<https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Gay-Lesbian-and-Bisexual-Teens-Facts-for-Teens-and-Their-Parents.aspx>

It Gets Better Project reminds teenagers in the LGBT community that they are not alone and it will get better <https://itgetsbetter.org/>

The Q Card is a simple and easy-to-use communication tool designed to empower LGBTQ youth to become actively engaged in their health, and to support the people who provide their care:

<http://www.qcardproject.com/>

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Lesbian, gay, bisexual, or transgender (LGBT) youth and those perceived as LGBT are at an increased risk of being bullied. There are important and unique considerations for strategies to prevent and address bullying of LGBT youth:

<https://www.stopbullying.gov/at-risk/groups/lgbt/index.html>

The Trevor Project is a national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24: <https://www.thetrevorproject.org/#sm.000moa931ie5ddo10mr2fnux63c5s>