

# TBEARS Resource List:

## SUPPORTS AND SERVICES (Child/Adolescents)

- **Metropolitan Human Services District-504-568-3130** Single Point of Entry for all services-Mental Health Services for families in Region 1.
- **JeffCare-504-349-8833**-Early Childhood Services
- **Children's Bureau: 504-525-2366**-Mental Health Rehab Program (Provides in home and in school services to Medicaid eligible children who are **5 years 8 months** or older. Program also includes psychiatric and medication management services.)-Other programs (domestic violence counseling, school based counseling, etc.)
- **Kingsley House: 504-523-6221; ext. 168**-Family Life Community Counseling Program: (Counseling for children and adults, services provided for 6-8 weeks.)
- **Child Counseling Associates, LLC: 504-842-3200**-Provide assessment and treatment to children who have experienced trauma and preschool children. (You must leave a message and they will contact you within one business day.)
- **Nurse Family Partnership-(504) 599-0118**-Nurse-Family Partnership is a free, voluntary program that partners first-time pregnant moms that's 28 weeks or less with nurse home visitors. Trained nurse will visit you throughout pregnancy and until baby turns two years old.
- **Healthy Start New Orleans: 504-658-2600**-Provides support through case management services and parenting groups for pregnant mothers and parents with a child in the household under 2 years of age.
- **Healthy Start Jefferson Parish-504-247-0592** Provides support through case management services and parenting groups for pregnant mothers and parents with a child in the household under 2 years of age.
- **Family Services of Greater New Orleans: 504-827-4004**-Family therapy for those with a child as young as age 4.
- **Tulane Center for Autism and Related Disorders (T-CARD): 504-988-3533**-Multidisciplinary team specializing in the identification and management of Autism and other Developmental Disorders. Accepts Medicaid.
- **Tulane Behavioral Health Clinic (Adults) 504.988-5263**-Adult therapy and medication treatment.
- **Tulane Behavioral Health Clinic for Children-504-988-4158**-Evidence based therapy for children 0-18 years of age.
- **LSUHSC Child & Family Counseling Clinic-504-556-3451**-Counseling and play therapy for children 0-5 through adolescents and their families.
- **The Parenting Center at Children's Hospital-504-896-9591**- Provides parental support, classes and referrals
- **We Play Training Grounds-504-408-0506**-Free playroom promoting social wellbeing.
- **Partners for Healthy Babies-800-251-BABY**-Available to answer questions and provide resources on pregnancy and babies.

## BREAST FEEDING SUPPORT-

- **National Breastfeeding Helpline-800-994-9662**-Breastfeeding peer counselors answer breastfeeding questions.
- **Nola Nesting-504-655-1819**-Support families during pregnancy, birth, and early parenthood by offering child birth education and parenthood preparation.
- **Nurse Nikki-504-535-4913**-Lactation Home Visits (Fee)-One on one breastfeeding counseling in the comfort of your home.
- **Café Au Lait- 504-515-1243**- Breastfeeding support group for pregnant and nursing women of color in New Orleans.
- **Baby Café-504-517-6455**-Breastfeeding Support (Latch Assessment, Weight Assessment, Mother to Mother Support, and Prenatal Breastfeeding Support)
- **La Leche League of Louisiana-877-4LALECHE**-Education, Information, Support and encouragement to women who want to breastfeed.
- **Nola Breast Feeding Center-504-515-1243**-Offer clinic visits to assess parent and baby, classes, support groups, breastfeeding circles, breast pumps, breastfeeding supplies and more.
- **[www.kellymom.com](http://www.kellymom.com)**- Website that provides evidence-based information on breastfeeding and parenting.

## PERINATAL MENTAL HEALTH SUPPORT

- **Mid-City: Tulane Specialty Psychiatric Clinic- 504-988-0301** (Psychiatrist and a Therapist) Accepts Medicaid
- **Hope Women's Clinic-504-496-0214**- Physician and Therapist available (pregnancy loss, grief and perinatal issues).

- **Joyful Thoughts, LLC, Joy Couvillion, Louis, LCSW-BACS-504-407-5240**-Specialize in perinatal mental health and infant mental health services) Accepts UHC Community Medicaid, BCBS, Aetna, and Commercial Insurance
- **Brittany Weber, LCSW-504-226-8048**-Specializing in Perinatal Mood Disorders (Postpartum Depression/Anxiety/OCD) for new parents and struggling families.

### **DEVELOPMENTAL CONCERNS**

- **Early Steps (Orleans: 504-595-3408**-Early Steps provides services to families with infants and toddlers aged **birth to three years (36 months)** who have a medical condition likely to result in a developmental delay, **or** who have developmental delays. Children with delays in cognitive, motor, vision, hearing, communication, social-emotional or adaptive development may be eligible for services. Please call even if you are unsure.
- **Citizens with Developmental Disabilities: 504-568-3130**: Services for children and adults over 3 years old. with developmental delays
- **New Orleans Speech and Hearing: 504-897-2606**-Speech and hearing assessment and therapy (Must get referral from you pediatrician if your child has Medicaid. Ask pediatrician's office to fax referral to 504-891-6048.)
- **Families Helping Families: 504-943-0343** - Provides education advocacy, information and referral services to individuals who are disabled and live in Orleans, St. Bernard, and Plaquemines.
- **Crane Rehab Center--504-866-6990**-Development and rehab services for adults and children.

### **CRISIS SERVICES**

- **Metropolitan Crisis Response Team-504-826-2675**-Provide support in crisis situations throughout Orleans Parish. Telephone and face to face triage, assessment and intervention for persons experiencing mental health or substance abuse crisis.
- **Jefferson Parish Human Services Authority after Hours Crisis Services-504-832-5123 or 504-349-8833**-Mobile Crisis Intervention for children and adults with mental illness, an addictive disorder, and or developmental disability.
- **NOPD Mobile Crisis Unit (911)**
- **New Orleans Forensic Center-504-658-9660**-Evaluates individuals with mental illness and or substance abuse who may be dangerous to themselves or others.

### **DOMESTIC VIOLENCE**

- **The Louisiana Coalition Against Domestic Violence-888-411-1333**-24-hour crisis line for survivors of domestic violence (free and confidential). Provides information on shelters and non-residential programs available in Louisiana.
- **Tulane Law School Domestic Violence Clinic-504-865-5153**-Provides free legal help to victims of relationship violence, stalking, and sexual assault.
- **St. Bernard Battered Women's Program, Inc.-54-277-3177**-Offers 24-hour crisis line, safety planning, emergency shelter, and legal/court advocacy. All services are free and confidential.
- **New Orleans Family Justice Center-504-592-4005 or 504-866-9554**-Counseling, support groups, safety planning, legal services, and case management. Offers immediate, short-term safe housing for people fleeing domestic violence and abuse.
- **Metropolitan Center for Women and Children-504-837-5400**-Emergency shelter and transitional services for women and children and victims of domestic violence.
- **Project SAVE-504-310-6872**-Offers free emergency legal representation which could aid in obtaining temporary restraining and protection orders.
- **N.O. Abuse Coalition- 504-837-7474**- Provides a 26 week Men's batterer's group. Facilitated by Lou Irwin, LCSW

### **LEGAL SERVICES**

- **The Advocacy Center New Orleans-[www.advocacyla.org](http://www.advocacyla.org)-800-960-7705**-Legal advice and advocacy for senior citizens and people with disabilities.
- **AIDS Law of Louisiana, Incorporated-[www.aidslaw.org](http://www.aidslaw.org)-504-821-2601**-Legal services for low income individuals who are living with HIV/AIDS.
- **CCANO Catholic Charities Archdiocese of New Orleans- 866-891-2210-[wwwccano.org](http://wwwccano.org)** Provides support and services for individuals regarding family violence, child abuse, sexual assault, and stalking.
- **Loyola Law Clinic-[law.loyno.edu](http://law.loyno.edu)-504-861-5590**-Legal assistance for low income families regarding Family Law including criminal charges (court appointed), housing discrimination, civil rights, immigration, domestic issues, and juvenile justice

# ADDITIONAL SERVICES/CASE MANAGEMENT

## HOUSING

- **Housing Authority of New Orleans:** 504-670-3300-Apply for Section 8 or subsidized housing.
- **UNITY of Greater New Orleans Homelessness Prevention and Rapid Re-housing Program (HPRP)** - [www.unitygno.org](http://www.unitygno.org)-**504-569-8949** Temporary rent and case management assistance (1 to 3 months) for low income families or individuals who are homeless or at imminent risk of homelessness in New Orleans. Central office is located at 1615 Canal St., (entrance on N. Robertson St.)
- **Armstrong Family Services-** **504-899-2995**-Provides emergency and transitional housing, case management and mentoring services for families in crisis in the New Orleans area
- **NO-AIDS Task Force** -[noaidstaskforce.com](http://noaidstaskforce.com)- **504-821-2601**-Short-term rental assistance for individuals/families affected by HIV/AIDS-Office located at 2601 Tulane Ave., Suite 500; New Orleans, LA 70119

## ELECTRIC BILL ASSISTANCE

- **Total Community Action:** **504-324-8609**-Assistance with paying past due electric bill (when funds are available)
- **New Orleans Council on Aging (NOCOA):** **504-821-4121** (MUST be 60 years-old, **OR** get Social Security with award letter having you or child's name on it, **and** bill must be in your name.)

## FOOD ASSISTANCE

- **SNAP-Food Stamps**1-888-LAHELPU (1-888-524-3578)
- **Second Harvest:** <http://no-hunger.org>: **504-734-1322** (Must give your address when you call the number and they will tell you where to find food near you.)
- **TCA Emergency Food Pantry (504-872-0334)** Open 8:30 am to 6pm for people living in 70118 and 70125 zip codes.
- **WIC -Women Infants & Children Nutritional Program**—[www.louisianawic.org](http://www.louisianawic.org). **800-251-BABY** supplies supplemental nutritious foods and nutrition (Formula, vegetables, fruits education and counseling) for pregnant, breastfeeding, and postpartum women, infants, and children (under 5 years old).
- **Crescent City Farmers Markets:** <http://www.crescentcityfarmersmarket.org> **504-861-4488** (There are several farmers markets around the city on different days of the week. Vendors accept EBT/ food stamp cards.)

## BASIC NEEDS

- **ACCESS Diaper Bank**-504-832-1503-Families may receive a free supply of diapers and wipes once a month.
- **TCA Community Assistance**-**504-324-8609**-Referral services to low income families/individuals, emergency food pantry (zip codes 70118 and 70125), and crisis intervention services to low income residents.
- **River-Town Optical-Phone:** **504-461-5500** -\$20 Eye exam and \$20 glasses for low income/fixed income.

## SCHOOL/HEAD START/CHILD CARE ASSISTANCE

- **New Orleans Public School Enrollment: Head Start, Early Head Start, and Pre-K-** [www.enrollnola.org](http://www.enrollnola.org)- **877-343-4773**
- **Jeff Cap Head Start (Jefferson Parish-504-349-7696** –[www.jeffersonchild.com](http://www.jeffersonchild.com))-Provides child care services to infants and children ages 6 weeks to 5 years old.
- **CCAP (Child Care Assistance Program)** - [www.louisianabelieves.com](http://www.louisianabelieves.com) **877-453-2721-** -Provides child care assistance to working and or attending school parents to help pay for childcare.
- **Child Search**-New Orleans-504-304-352, Jefferson-504-349-8677 and Plaquemines-504-595-6430) Assessment through the School System or the Recovery School District for children over 3 years-old.
- **Agenda for Children:** **504-586-8509**-Provides information on childcare resources including how to find daycares in your area and how to decide select quality care.

## EMPLOYMENT

- **Job One: 504-658-4500** (Tulane Ave.) or **504-658-4580** (Gen DeGaulle) -Provide job placement, vocational, and employment support, computer skills classes and training, and resume writing help.
- **Job Corps: 504-483-8093 or 1-800-733-5627**-Vocational and academic training for those 16-24 years old
- **Goodwill Industries of Southeastern LA -Employment Assistance-504-889-5533** Assistance finding employment.
- **Louisiana Rehabilitation Services —504-838-5180**-Vocational and employment assistance for people with disabilities including interpreter services and telecommunication access program.
- **Goodwill Disability Employment Services-504-456-2622 Ext. 1124**-Vocational assessment, supported employment placement, job readiness, and job training programs.
- **Goodwill Ex-Offenders Re-entry Program-504-456-2622 Ext. 1147**-Training, case management, mentoring, and employment services for men and women in work release programs.

## HOMELESSNESS

- **Baronne Street Housing Program—504-269-9311**-Provides transitional housing for working intact or single parent homeless families for 18-24 months which may include counseling, advocacy, and referrals.
- **New Orleans Mission-504-523-2116**- Provides emergency services to the community including: Shelter, meals, showers, clothing, GED classes, resume building, medical, addiction, and mental health counseling to men and women.
- **New Orleans Women’s Shelter-504-962-6697**-Provides shelter services, housing assistance, employment assistance, budget assistance, technical training for mothers and their children.
- **Covenant House-504-584-1111** – Provides services to homeless youths (16 to 22 years old) including shelter, transitional living programs, health services, child care, education, employment assistance and street outreach.
- **Metropolitan Center for Women and Children-504 837-5400**- Counseling for victims of domestic violence, sexual assault, human trafficking, or stalking. Provides emergency shelter, legal advice and advocacy, medical advocacy for sexual victims, and human trafficking advocacy.
- **The Salvation Army-(504) 899–4569**-Emergency homeless and transitional housing program with access to support.

