

COMMUNITY RESOURCES

Local Lodging and Transportation

Family House Pittsburgh: Family House is so much more than just an affordable place to sleep. After a long day at the hospital, Family House provides the warmth of a family environment and the companionship of new friends who are experiencing similar situations. Our three houses are located within close proximity to the major Pittsburgh healthcare facilities and hospitals – including Allegheny Health Network, UPMC, and the VA hospital systems, with grocery stores and restaurants nearby.

Family House staff will assist you in scheduling a taxi or an Uber to transport you around the city. In addition to housing, Family House and our volunteer groups organize activities to offer diversion and entertainment to patients and families. Seasonal holidays, movie nights, pancake breakfasts, spaghetti dinners and similar events are regular features at each Family House. Tickets to area cultural and sporting events are often donated and distributed to guests. Hospital Pastoral and Social Work programs cooperate closely with Family House to ensure that guests receive appropriate emotional and spiritual support.

Nightly Rates for Medical Patients & Caregivers:

\$52 for a single room (sleeps one person)

\$68 for a double room (sleeps two people)

\$84 for a suite (based on location; sleeps four people)**

**Only suites are available at Family House Shadyside.

Discounts are available through our Family Assistance Program.

Family House Neville

514 North Neville Street

Pittsburgh, PA 15213

Telephone: 412-578-8650

Family House Shadyside

5245 Centre Avenue

Pittsburgh, PA 15232

Telephone: 412-802-8210

Family House University Place

116 Thackeray Avenue

Pittsburgh, PA 15213

Telephone: 412-578-3183

Ronald McDonald House Pittsburgh: Located adjacent to UPMC Children's Hospital of Pittsburgh in the Plaza Building, is one of 360 Ronald McDonald houses worldwide, and the only one attached to a hospital. Ronald McDonald House Pittsburgh is for families of seriously ill children from birth through age 21 that will remain in the hospital for an extended length of time. If budgets allow, families are asked to contribute a nominal fee per night. The spacious facility houses 74 private apartments on eight floors, with the amenities of home such as equipped kitchens, flat screen televisions and Internet access.

Ronald McDonald House Pittsburgh
The Plaza Building
451 44th Street – Penthouse Floor
Pittsburgh, PA 15201
Telephone: 412-362-3400

Airbnb: Airbnb, Inc. is a company which operates an online marketplace and hospitality service for people to lease or rent short-term lodging.
Website: <https://www.airbnb.com/>

HOTELS

Allegheny General Hospital has partnered with the following companies to provide discounted rates for the families of our patients. Please contact them for availability.

Daily			
Allegheny Center	Allegheny Center Apartment Building Pittsburgh, PA 15212	412.231.3400	\$75 Studio \$85 One Bedroom \$95-\$105 2br/1b-2br/2b
Courtyard by Marriott Pittsburgh Downtown	945 Penn Avenue Pittsburgh, PA 15222	412.434.5551 or 1.800.321.2211	\$139 + tax Queen/Queen or King
Day's Inn	1150 Banksville Rd. Banksville 15216	412.531.8900	\$54/\$63 AAA 2 people/weekends
Hampton Inn	4575 McKnight Rd. North Hills 15237	412.939.3200	\$76/\$79 4 people
Hampton Inn	555 Trumbull Drive Greentree, PA 15205	412.922.0100	\$84 King or Double Includes free breakfast, free coffee and free shuttle to AGH
Quality Suites*	700 Mansfield Ave. Greentree 15205	412.279.6300	\$119 - Penthouse Suite

<u>Holiday Inn</u>	4859 McKnight Rd Pittsburgh, 15237	412.366.5200	\$69
<u>Holiday Inn</u>	401 Holiday Dr. Greentree 15205	412.922.8100	\$89 King/2 Doubles
<u>Ramada Inn</u>	2898 Banksville Rd. Banksville 15216	412.343.3000	\$59/\$69 Queen/2 Double (sgl)
<u>Residence Inn Pittsburgh North Shore</u>	574 West General Robinson Street Pittsburgh, Pa 15212	412.321.2099	Special hospital rates available Daily, weekly, and monthly
<u>SpringHill Suites Marriott</u>	223 Federal Street Pittsburgh, 15212	412.323.9005	\$99 Studio suite parking is additional
<u>Priory Hotel</u>	614 Pressley St. Pittsburgh 15212	412.231.3338	\$99 / night double occupancy

Weekly

<u>Allegheny Center</u>	Allegheny Center Apartment Building Pittsburgh, PA 15212	412.231.3400	\$475 Studio \$550 One Bedroom \$655 2br/1b-2br/2b
<u>Quality Suites*</u>	700 Mansfield Ave. Greentree 15205	412.279.6300	Please call for rates
<u>Suburban Lodge Of Pittsburgh North (Inntown Suites)</u>	4595 McKnight Rd. North Hills 15231	412.931.6624	\$188.10/\$205.20 Queen/2 Doubles Deposit (\$100.00)

Monthly

<u>Allegheny Center</u>	10 Allegheny Center Pittsburgh 15212	412.231.3400	\$1,300 Studio \$1,490 One bedroom \$1,835 2 Bedroom
<u>Quality Suites*</u>	700 Mansfield Ave. Greentree 15205	412.279.6300	Please call for rates

* Complimentary shuttle service to AGH & Daily Hot Breakfast Buffet

PUBLIC TRANSPORTATION

Port Authority: Port Authority of Allegheny County provides public transportation throughout Pittsburgh and Allegheny County. The Authority's 2,600 employees operate, maintain and support bus, light rail, incline and paratransit services for approximately 200,000 daily riders.

Port Authority Customer Service: 412-442-2000 (TTY: 412-231-7007)

Port Authority Trip Planner & Schedule Finder:

Website: <http://www.portauthority.org/paac/schedulesmaps/triplanner.aspx>

Port Authority Connect Card: ConnectCard is a reusable plastic smart card that makes paying your fares faster, easier and more secure than paying with cash.

Website: <http://www.connectcard.org/>

PAT Track: A real-time bus tracking application, available for free on Android devices from the Google Play store.

Moovit: Public Transit Navigation: Live arrivals, Schedules, Maps, available for free on Apple devices on the App Store.

RIDE SHARING APPS

Lyft: The Lyft app is cheaper than a taxi, faster than the bus, and easy to use. Travel anywhere you want to go without needing rental car services or figuring out bus routes – we'll give you a ride right to your destination. Available on the Google Play and Apple Stores.

Uber: Uber is a ridesharing app for fast, reliable rides in minutes—day or night. There's no need to park or wait for a taxi or bus. With Uber, you just tap to request a ride, and it's easy to pay with credit or cash in select cities. Available on the Google Play and Apple Stores.

TAXI SERVICES

Pittsburgh Transportation Group: Pittsburgh Transportation Group, a division of Transdev On Demand, is the largest transportation provider in Southwestern Pennsylvania, having been in business over 100 years. We operate zTrip, Buses, Luxury Vehicles, ExecuCar, SuperShuttle, Pittsburgh Tours & More, PA Brew Tours.

Telephone: 412-444-4444

Website: <http://pghtrans.com/>

Super Shuttle: SuperShuttle has versatile transportation solutions to fit every situation and budget! Groups large and small, families, business travelers, and solo adventurers – we make airport rides easy for you!

Website: <https://www.supershuttle.com/>

Food, Housing, Child Care, and Pet Care

FOOD

Supplemental Nutrition Assistance Program (SNAP): Funded by the United States Department of Agriculture (USDA) the Supplemental Assistance Nutrition Program is the new name for the Food Stamp program. These benefits are used to buy food and help eligible low-income households in Pennsylvania obtain more nutritious diets by increasing their food purchasing power at grocery stores and supermarkets. If you are eligible, you will receive a Pennsylvania Electronic Benefits Transfer (EBT) ACCESS Card which is used to make food purchases at grocery stores and supermarkets.

WIC (Women, Infants and Children): Also funded by the USDA, WIC provides supplemental foods, nutrition education, and referrals to healthcare at no cost, to low-income pregnant, breastfeeding, and postpartum women, infants, and children under age 5 who are determined to be at nutritional risk. The goal of the WIC program is to decrease the risk of poor birth outcomes and to improve the health of children during critical states of growth and development

How to Apply for SNAP or WIC:

In Pennsylvania, there are several different ways to apply for SNAP or WIC, please choose the option that suits you. If you do not know if you are eligible, you may still apply.

1. You can apply for or renew your SNAP or WIC benefits online by using COMPASS. COMPASS is the name of the website where you can apply for SNAP and many other services that can help you make ends meet: www.compass.state.pa.us
2. You can apply for SNAP by contacting your local county assistance office. You can apply for WIC by contacting your local WIC program.
3. Or, you can download an application form from www.dhs.pa.gov to send to your county assistance office. If you need help completing the application form, a county assistance office staff member can help you.

If you are not eligible for SNAP or WIC, contact your county assistance office and a trained staff member will determine what programs may be available to you (e.g., cash assistance, Medical Assistance (MA), help with child care, home heating assistance (LIHEAP), school meals, Family Planning Services, and long-term living services).

Need assistance applying for assistance?

USDA Pennsylvania SNAP Hotline: 1-800-692-7462

Just Harvest SNAP Hotline: 412-431-8960 ext. 602

Supplemental Nutrition Assistance Program	Women Infants and Children
<p>Allegheny County Assistance Office Piatt Place 301 5th Avenue, Suite 470 Pittsburgh, PA 15222 Hours: Monday-Friday 7:30am-5pm Telephone: 412-565-2146</p> <p>Westmoreland County Assistance Office 587 Sells Lane Greensburg, PA 15601-4493 Hours: Monday-Friday 7:00am-5:00pm Telephone: 724-832-5200 or (toll)</p> <p>If you don't see your county assistance office listed here, you can find it on www.dhs.pa.gov.</p>	<p>Allegheny County WIC Program 239 Fourth Ave – 3rd Floor Pittsburgh, PA 15222 Hours: Monday – Friday 7:00am-4:30pm Telephone: 412-350-5801</p> <p>Greensburg PA WIC Office 810 East Pittsburgh Street Greensburg, PA – 15601 Hours: Monday-Friday 8:30am-5:00pm Telephone: 724-832-7724</p> <p>Latrobe PA WIC Office 1100 Ligonier Street, suite 301 Latrobe, PA – 15650 Hours: Monday-Friday 8:30am-5:00pm Telephone: 724-539-0434</p> <p>Monessen PA WIC Office 435 Donner Avenue, suite 330 Monessen, PA – 15062 Hours: Monday-Friday 8:30am-5:00pm Telephone: 724-684-4165</p>

Just Harvest: Just Harvest helps people in Allegheny County access the public benefits that can help them keep food on the table. Just Harvest educates, empowers and mobilizes people to eliminate hunger, poverty, and economic injustice in our communities by influencing public policy, engaging in advocacy, and connecting people to public benefits. Just Harvest is a great community partner to get connected with local and federal nutrition services available in the state of Pennsylvania.

Just Harvest
 16 Terminal Way
 Pittsburgh, PA 15219
 412-431-8960 (for the SNAP hotline, dial ext. 602)
www.justharvest.org

GrubUp Meal Programs (Meals for Kids and Teens): GrubUp Pittsburgh is a meal service program that provides healthy breakfasts, lunches and snacks during the summer months (June – middle of August) and afterschool meals during the school year. The meals are provided at no cost to all children up to 18 years old as well as mentally disabled individuals up to 21 years old.

GrubUp Meal Programs
 414 Grant Street
 Pittsburgh, PA 15219
 412-244-3911
<http://www.grubupgh.com/>

FOOD BANKS

AHN Healthy Food Center: When you visit the Healthy Food Center, you'll leave with 2–3 days' worth of nutritious food for your family. Plus, we offer free one-on-one nutritional counseling. And we'll connect you with other food-related resources in the community, including healthy cooking demonstrations or classes. First you need to ask your doctor for a "referral" to go to the Healthy Food Center. If your doctor agrees, bring us your printed referral during our drop-in hours Monday–Friday. Plan to spend 30–40 minutes with us for your initial visit. You'll fill out a short form to tell us about your dietary needs and shopping habits. You'll then get paired with a registered dietitian who will take you shopping for food right at our Center. You'll go home with a bag full of fruits, vegetables, and other healthy foods. As part of the AHN Center for Inclusion Health, the Healthy Food Center offers additional services to help you maintain a healthy diet at home. We can help you with healthy eating for the whole family, successful grocery shopping, cooking on a budget, preparing healthy recipes, and weight management.

AHN Healthy Food Center
4921 Mend Way
Pittsburgh, PA 15224
412-578-5922

Drop-in Hours:

Monday, Wednesday, and Friday; 9:00am-4:00pm
Tuesday; 1:00pm-4:00pm (Closed for nutrition counseling 9:00am-1:00pm)
Thursday; 9:00am-1:00pm (Closed for nutrition counseling 1:00pm-4:00pm)

Produce to People – Greater Pittsburgh Community Food Bank: Provides 30-50 pounds of food to each family, 3 out of 4 items are fresh (in season). Please bring your own bag. We operate Produce to People distributions in eight counties in southwestern Pennsylvania. You may register at any distribution you choose. Upon arrival, we will require you to answer and sign a quick questionnaire. Then you will receive a ticket, which you will exchange for food. You do not need to bring additional paperwork—the questionnaire is a legal document. Signing it certifies that you qualify for the food. Please see updated list of distribution sites on website or contact information.

1 North Linden Street
Duquesne, PA 15110
412-460-3663

<https://www.pittsburghfoodbank.org/what-we-do/food-to-people/produce-people-p2p/>

CHS Oakland Food Pantry: Located in Oakland, the CHS Food Pantry distributes healthy food, provides cooking demonstrations, offers nutrition classes, and has student nurses who provide free health screening and referrals. Must show photo ID and attest to income level with signature. It is recommended to bring reusable bags to carry food in and some form of entrainment, such as a book, as there can be long waits.

Also offers free pet food through the Chow Program.

370 Lawn Street
Pittsburgh, PA 15213
412-246-1686

Hours: Thursday (3:00pm-6:00pm) and Friday (11:00am-2:00pm)

East End Cooperative Ministries – Food Pantry: Located in East Liberty, the East End Co-op offers a food pantry for all those in need. Toiletries, paper products, and baby food may be available. Only for emergency and must be 18+.

East End Cooperative Ministries Food Pantry
6140 Station Street
Pittsburgh, PA 15206

Hours: Monday-Friday, 9:30am-11:30am and 1:00pm-3:00pm

Squirrel Hill Community Food Pantry: Provides a safety need to the hungry and food insecure in the 15217-zip code.

828 Hazelwood Avenue
Pittsburgh, PA 15217
412-421-2708

Hours:

Monday, Wednesday, and Friday; 9:00am -12:30pm

Mondays after 5:00pm are by appointment only.

Tuesday and Thursday; 9:00am-12:30pm and 1:30pm-3:00pm

The Urban League: Provides emergency food to those in need.

610 Wood Street
Pittsburgh, PA 15222
412-325-0747

Hours: Monday-Friday, 10:00am-3:00pm

Mid-Atlantic Mothers' Milk Bank: Mid-Atlantic Mothers' Milk Bank is a non-profit milk bank that is proud to be part of the Human Milk Banking Association of North America, the experts in human milk banking for over 30 years. The Mid-Atlantic Mothers' Milk Bank sees the need to help women and families who have experienced miscarriage, stillbirth or infant death. A bereavement support group for adults, called Lost & Found, is a family driven group that provides a neutral place to feel and share. The group meets the fourth Thursday evening of every month from 7:00pm-8:30pm.

Mid-Atlantic Mothers' Milk Bank
3127 Penn Avenue
Pittsburgh, PA 15201
412-281-4400

HOUSING

The Allegheny Link: The mission of the Allegheny Link is to simplify and streamline access to services and supports in an effort to help individuals and families maintain their independence, dignity and quality of life. The Allegheny Link assists Allegheny County residents:

- with any disability - find needed services
- over the age of 60 - remain safely in their community
- who are experiencing or at risk of homelessness - find stable housing
- who are pregnant, or parents and caregivers of children to six years of age - get referrals to home-visiting programs

Telephone: 866-730-2368

Website: <http://www.alleghenycounty.us/Human-Services/About/Contact/Allegheny-Link.aspx>

Allegheny Health Network Medical Respite Program: To better meet the healthcare needs of the homeless and unstably-housed population, Allegheny Health Network (AHN) has established a new Medical Respite Program that provides patients recovering from illnesses with a safe place to recuperate and receive ongoing non-acute care and support following a hospital stay. The AHN Medical Respite Program first addresses the patients' primary needs for safe temporary housing and nutrition.

AHN caregivers deliver various levels of post-acute care for patients in the Medical Respite Program, including IV antibiotics, dressing changes and wound care, treatment for substance use disorders, physical therapy, and coordination of follow-up medical care. Transportation assistance for appointments is also provided, and patients who need a primary care physician are able to establish a relationship with one.

To be considered for medical respite, discuss your housing needs and discharge plan with your case manager or social worker.

EMERGENCY CHILD CARE

Jeremiah's Place: Jeremiah's Place will protect children and strengthen families by providing a safe haven of respite, health, renewal, and support for children and families during times of crisis. We strive to serve as a leading voice for child abuse prevention thereby transforming the community into a place that is safe, stable, and loving for all children. Open 24 hours a day 7 days a week.

Jeremiah's Place
6435 Frankstown Ave.
Pittsburgh, PA 15206
412-924-0726 (call 24/7)

EMERGENCY PET CARE

Animal Friends: Located in Allegheny County.

562 Camp Horne Road

Pittsburgh, PA 15237

412-847-7000

Hospaws: Located in Westmoreland County.

724-787-7304

Humane Animal Rescue: Located in Allegheny County.

East End Animal Resource Center

6926 Hamilton Avenue

Pittsburgh, PA 15208

412-345-7300

North Side Animal Resource Center

1101 Western Avenue

Pittsburgh, PA 15233

412-345-7300

Wildlife Center

6000 Verona Road

Verona, PA 15147

412-345-7300 ext.500

Financial Assistance

GoFundMe: Millions of people turn to GoFundMe in times of need to support themselves, friends, and strangers. GoFundMe helps you easily share your story far and wide over email, text, and social media to rally support for your cause. This platform is free; standard payment processing fee allows for credit card processing and safe transfer of funds.

Website: www.gofundme.com

Pennsylvania Assistive Technology Foundation (PATF): Pennsylvania Assistive Technology Foundation (PATF) is a statewide, non-profit organization that helps individuals with disabilities and older Pennsylvanians acquire the assistive technology devices and services they want. PATF can help people with disabilities and older Pennsylvanians get the assistive technology they need with the following programs: Low-interest and 0% interest financial loans, and information and assistance about possible funding resources. We also provide financial education through various publications and individual counseling.

Telephone: 484-674-0506 or 888-744-1938 (toll free)

Website: <https://patf.us/>

Victim's Compensation Assistance Program: Provided by the Pennsylvania Commission on Crime and Delinquency, the VCAP can provide financial assistance to offset the cost of a crime, including medical expenses, counseling, loss of earning, loss of support, funeral costs, travel costs, childcare, stolen cash relocation, crime scene cleanup, and other costs.

Telephone: 1-800-233-2339 or 717-783-5153

Website: www.pccd.pa.gov

Legal and Health Insurance Assistance

Americans with Disabilities Act (ADA): The ADA is one of America's most comprehensive pieces of civil rights legislation that prohibits discrimination and guarantees that people with disabilities have the same opportunities as everyone else to participate in the mainstream of American life -- to enjoy employment opportunities, to purchase goods and services, and to participate in State and local government programs and services. Modeled after the Civil Rights Act of 1964, which prohibits discrimination on the basis of race, color, religion, sex, or national origin – and Section 504 of the Rehabilitation Act of 1973 -- the ADA is an "equal opportunity" law for people with disabilities. To be protected by the ADA, one must have a disability, which is defined by the ADA as a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment. The ADA does not specifically name all of the impairments that are covered.

Department of Justice ADA Information Line: The Department of Justice operates a toll-free ADA Information Line to provide information and materials to the public about the requirements of the ADA. ADA Specialists, who assist callers in understanding how the ADA applies to their situation, are available on Monday, Tuesday, Wednesday, and Friday from 9:30 a.m. until 5:30 p.m. (Eastern Time) and on Thursday from 12:30 p.m. until 5:30 p.m. (Eastern Time). Calls are confidential. To get answers to technical questions, obtain general ADA information, order free ADA materials, or ask about filing a complaint, please call:

ADA Information Line: 800-514-0301

TTY: 800-514-0383

The Pennsylvania Legal Aid Network: A statewide consortium of independent legal aid programs that provides civil legal assistance to low-income individuals and families. The Network is comprised of nine regional legal aid programs, providing legal assistance to eligible clients in every county in Pennsylvania, and six specialized legal aid programs, providing legal services in specialized areas of the law or to special groups of eligible clients.

Telephone: 717-236-9486 or 800-322-7572

Website: <https://palegalaid.net/>

Neighborhood Legal Services Association: Each year over 26,000—women, children and the elderly—ask for NLSA's help with dire legal problems such as protection from abuse, mortgage foreclosure, wrongful eviction, wage claims, child custody disputes, utility shutoffs, loss of food stamps and denial of other public benefits. NLSA provides civil legal services to low-income individuals and families affecting the basic necessities of life: shelter, income, healthcare, and safety.

Allegheny County: 412-255-6700

Beaver County: 724-378-0595

Butler County: 724-282-3888

Lawrence County: 724-658-2677

Website: <https://nlsa.us/>

Pennsylvania Health Law Project: PHLP is a nationally recognized expert and consultant on access to health care for low-income consumers, the elderly, and persons with disabilities. For more than two decades, PHLP has engaged in direct advocacy on behalf of individual consumers while working on the kinds of health policy changes that promise the most to the Pennsylvanians in greatest need. PHLP offers free legal advice to low-income people with insurance problems. We also help people who don't have health insurance.

Helpline: 1-800-274-3258

Website: <http://www.phlp.org/>

Consumer Health Coalition: CHC reaches out to and enrolls at-risk consumers in public health insurance programs and educates the community about the availability of public health insurance programs and pertinent health policy issues. We both serve and organize at-risk, marginalized people and the organizations that serve them to influence system reform. We have a strong commitment to partnerships in Allegheny County and Southwestern Pennsylvania and strive to continually expand our reach.

Consumer Health Coalition
415 East Ohio St., Suite 300
Pittsburgh, PA 15212

Helpline: 412-456-1877

Website: <http://consumerhealthcoalition.org/>

Resources for Older Adults and Their Caregivers

Agency on Aging: The Area Agency on Aging (AAA) assists older adults to live safe, healthy, and independent lives when possible. AAA is the front door to find services for yourself, a spouse, a relative or a friend.

Area Agency on Aging (Allegheny County)

Birmingham Towers

2100 Wharton Street – Second Floor

Pittsburgh, PA 15203

DHS Senior Line: 412-350-5460 or 800-344-4319

To report neglect or abuse of older adults in Allegheny County: 412-350-6905 or 1-800-344-4319

Area Agency on Aging (Westmoreland County)

Troutman's Building

200 South Main Street

Greensburg, PA 15601

Telephone: 724-830-4444 or 800-442-8000

To report neglect or abuse of older adults in Westmoreland County: 724-830-4444

To report the neglect or abuse of older adults in Pennsylvania, call 1-800-490-8505

AgeWell – Pittsburgh: AgeWell Pittsburgh offers a one-stop resource that links older adults, their family members, friends and caregivers to solutions for issues related to aging. AgeWell Pittsburgh assists older adults and their caregivers in maintaining a healthy and independent life. Whether you have specific questions or just don't know where to turn, we can provide answers and support.

Agewell at the JAA

Jewish Association on Aging

200 JHF Drive

Pittsburgh, PA 15217

412-422-0400

Agewell at the JCC

Jewish Community Center of Greater Pittsburgh

5738 Forbes Avenue

Pittsburgh, PA 15217

412-422-0400

Agewell at JFCS

Jewish Family and Community Services

5743 Bartlett Street

Pittsburgh, PA 15217

412-422-0400

BRiTE Program: BRiTE is an innovative wellness program which promotes brain and physical health and wellness among individuals with mild changes in their thinking. We were developed by a team of like-minded scientists at the University of Pittsburgh whose goal was to create a setting that would support individuals with mild changes in cognition, and to stimulate their brain and body to improve over-all health and wellness. Daily programming includes movement, music, creative expression, and cognitive stimulation.

BRiTE is a community-based wellness program for independent adults, not to be confused with an adult daycare program or rehabilitation program. We are not a clinical program, we do not provide nursing or caregiving services.

201 North Craig Street
Pittsburgh, PA 15213
412-383-6010

Website: <http://brite.pitt.edu/>

GRIEF AND LOSS

The Bridge to Hope: Beyond Bridge to Hope is a monthly Bereavement Support Group for adult family members who have experienced the death of a loved one due to drug or alcohol abuse. Meetings are held the second Wednesday of the month from 7:00-8:30 PM in the chapel of Cumberland Woods Village, an Independent Senior Living Community in McCandless Township. They are facilitated by a certified grief counselor, whose specialty has been in the area of bereavement for the past 24 years, Susan Wesner RN, MSN, CS, a psychiatric clinical nurse specialist at Western Psychiatric Institute and Clinic of UPMC. The meetings are free of charge. No registration is necessary. For additional information call the number listed below.

Telephone: 412-748-5120

Website: <http://bridge2hope.org/>

The Highmark Caring Place: The death of a loved one is devastating to a child. The impact can be overwhelming and the children and family often need support. The Highmark Caring Place can provide that support through its various programs. Thousands of community members are helped by the Caring Place each year at no cost through our peer support programs, and our education, consultation, and referral services. The Caring Place began in Pittsburgh in 1996. Facilities are also located in Erie, Harrisburg, and in the Cranberry region:

The Highmark Caring Place - Pittsburgh

620 Stanwix Street
Pittsburgh, PA 15222
(888) 224-4673

The Highmark Caring Place - Cranberry

200 Warrendale Village Drive
Warrendale, PA 15086
(888) 734-407

The Highmark Caring Place - Erie

510 Cranberry Street, Building 2
Erie, PA 16507
(866) 212-4673

The Highmark Caring Place - Harrisburg

3 Walnut Street, Suite 200
Lemoyne, PA 17043
(866) 613-4673

GriefShare: Christian faith-based grief support groups for people grieving the loss of a family member or friend. GriefShare Groups meet at dozens of local churches weekly to help you face these challenges and move toward rebuilding your life. Each GriefShare session has three distinct elements:

Video seminar with experts - Each week your GriefShare group will watch a video seminar featuring top experts on grief and recovery subjects. These videos are produced in an interesting television magazine format featuring expert interviews, real-life case studies, dramatic reenactments, and on-location video.

Support group discussion with focus - After viewing the video, you and the other group members will spend time as a support group, discussing what was presented in that week's video seminar and what is going on in your lives.

Personal study and reflection - During the week you will have the opportunity to use your workbook for further personal study of the grieving process and to help sort out your emotions through journaling. Your group will spend time discussing questions and comments from the workbook study.

Telephone: 800-395-5755

Website: www.griefshare.org

Grief Recovery After Substance Passing (GRASP): Created to offer understanding, compassion, and support for those who have lost someone they love through addiction and overdose. Too many times we suffer not only the death of the person we love, but we become isolated in our grief. We feel, and too many times it is true, that no one understands our pain. But at GRASP, we do. We have suffered this same kind of loss and we have found the love and connection that only those who have lived this loss can give another. And while the pain of this loss will always be with us, we have found through GRASP that we don't have to walk the road that is our pain alone. We walk it together; hand in hand and heart to heart.

The closest PA GRASP Chapter to Pittsburgh is located in Indiana, PA.

Contact Person: Susan Kelly (Please contact for exact location)

Email: skelly17839@gmail.com

Telephone: (724) 762-3344

Website: <http://grasphelp.org/>

The Still Remembered Project: While the loss of a baby is something no mother or family should have to endure, it is with open arms and humble hearts that we offer support and heartfelt sympathy for your loss. Your baby will always be remembered. Grief is personal and can weigh heavy on an individual physically, emotionally and spiritually. Our group of bereaved mothers and fathers have endured the loss of an infant, each with a unique story and we are here to share empathy and compassion through this organization. The Still Remembered Project is committed to helping you on your grief journey by offering resources to nurture your broken heart.

For those seeking ways to help a family member or friend after the loss of a baby, our organization offers suggestions and ways to show support. The Still Remembered Project is dedicated to providing comfort and hope to anyone who has been touched by the loss of a baby. In your own time, please explore the ways in which The Still Remembered Project can help you remember and cherish your baby. Join us in always still remembering.

Telephone: 412-447-8455

Website: <https://stillremembered.org/>

Oli's Angels: Oli's Angels is a non-profit that provides free comprehensive resources and support to low-income and at-risk families before, during, and after the birth experience. Brandi Rawls, a certified birth and bereavement doula, offers doula services, lactation education and support, family resources, support groups and pregnancy and infant loss services.

Telephone: 412-616-9579

Facebook: <https://www.facebook.com/pages/category/Community/Olis-Angels-451966724948883/>

Mental Health, Intellectual Disabilities, and Substance Use

MENTAL HEALTH

National Suicide Prevention Lifeline: We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Telephone: 1-800-273-8225 (TTY: 800-799-4889)

Teléfono: 1-888-628-9454

Online Chat: <https://suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/>

Veteran Crisis Line: 1-800-273-8225 ext. 1

Veteran Crisis Line (text): 838255

Veteran Online Chat:

<https://www.veteranscrisisline.net/ChatTermsOfService.aspx?account=Veterans%20Chat>

Re:solve Crisis Services: The Resolve Crisis Services is for Allegheny County residents who need mental health crisis and intervention services. Trained crisis counselors, doctors, and staff are available around the clock. Call any time to speak with a trained counselor at 1-888-796-8226. Trained crisis counselors will travel to where you are, anywhere in Allegheny County. Walk ins: You don't need an appointment resolve's North Braddock Avenue location. You don't need to have a diagnosis of mental illness to use resolve Crisis Services, which are available regardless of your ability to pay. This service is a partnership of Western Psychiatric Institute and Clinic of UPMC and Allegheny County.

Re:solve Crisis Center

333 North Braddock Avenue

Pittsburgh, PA 15208

24/7 Crisis Line: 1-888-796-8226

Substance Abuse and Mental Health Service Administration (SAMHSA): A confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

National Helpline: 1-800-662-HELP or 1-800-662-4357

AGH Department of Psychiatry Outpatient Services

East Commons Professional Building (Four Allegheny Center) – 8th Floor

4 Allegheny Square East

Pittsburgh, PA 15212

412-330-4000

Psychology Today: Find a therapist in your area. Narrow the search by zip code, issue, insurance, sexuality, gender, age, language, faith, and type of therapy.

Website: <https://www.psychologytoday.com/us>

Center for Relational Change: The Center for Relational Change is Pittsburgh's premier family therapy practice. Our clinicians are skilled, caring, insightful licensed therapists helping individuals, couple and families work through issues of self-worth, depression, anxiety, childhood trauma and abuse, and more. We work with everyone, regardless of race, religious beliefs, sexual orientation, etc. If you, your partner and/or family are having a difficult time healing from past issues, working through present concerns or want to maintain a healthy future, the Center for Relational Change is a great place to begin investing in yourself and your relationships.

1789 South Braddock Avenue, Suite 350
Pittsburgh, PA 15218
412-301-5221

Website: <http://centerforrelationalchange.com/>

SAM App: SAM (Self-help Anxiety Management) is an application to help you understand and manage anxiety. The app has been developed in collaboration with a research team from UWE, Bristol. Available for free on the Play Store for Android.

Website: <http://sam-app.org.uk/>

INTELLECTUAL DISABILITIES

Office of Intellectual Disability (OID): The Office of Intellectual Disability (OID) assists Allegheny County residents with an intellectual disability in receiving services. All individuals registered with OID receive supports coordination.

General inquires: 412-253-1399 (Monday-Friday, 8:30am-4:00pm)

Intake and registration: 412-253-1250 (Monday-Friday, 8:30am-4:00 pm)

To Report the Neglect or Abuse:

- of a child (under 18 years) with or without a disability
 - Call locally, 412-473-2000
 - PA ChildLine at 1-800-932-0313
- of an adult (18 through 59 years) with a disability
 - Call the state at 1-800-490-8505
- of an older adult (60 years and older) with or without a disability
 - Call locally, 412-350-6905 or at the state level, 1-800-490-8505

Community Living and Support Services (CLASS): CLASS is a nonprofit organization that offers different services to individuals of varying abilities. CLASS is driven by organizational values that foster community inclusion for people with disabilities. The organization offers a variety of individualized services ranging from independent living skills training in the classroom to community-based case management for social, recreational, and residential supports.

1400 South Braddock Avenue
Pittsburgh, PA 15218
(412) 683-7100 or 1-888-954-2424 (toll free) (TTY: 412-246-2255)

MENTAL HEALTH & INTELLECTUAL DISABILITIES

Milestone Centers, Inc.: Milestone centers for people with developmental and behavioral health challenges provides quality, life-enhancing services that promote wellness and the development of human potential to persons with intellectual and developmental disabilities and/or behavioral health challenges.

Telephone: 412-243-3400 (**TTY:** 412-243-3358)

Deaf services: 412-243-3400 ext. 243

Video phone: 412-727-8114

SUBSTANCE ABUSE

Substance Abuse and Mental Health Service Administration (SAMHSA): A confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information. For assistance finding behavioral health treatment services, call the national helpline.

National Helpline: 1-800-662-HELP or 1-800-662-4357 (**TTY:** 1-800-487-4889)

Center of Excellence for Opioid Use Disorder: Allegheny Health Network's Center of Excellence for Opioid Use Disorder is a comprehensive program that helps patients with opioid-related substance use disorders receive the health and community-based care and support they need to overcome addiction and maintain long-term wellness.

Rather than treating the addiction alone, a principal goal of the AHN Center of Excellence is to treat the whole person by integrating behavioral health and primary care. Patients identified as having an opioid use disorder and requesting treatment are referred to Medication-Assisted Treatment (MAT) or outpatient therapy. For patients who are in need of higher levels of treatment, referrals are made to inpatient, residential or intensive outpatient programs.

For a same-day appointment, call before 11:00am Monday-Friday. Call at any other time for our next available appointment.

Telephone: 412-362-8677

Website: <https://www.ahn.org/specialties/center-inclusion-health>

Pittsburgh Mercy: Pittsburgh Mercy is a person-centered, population-based, trauma-informed community health and wellness provider. We're an integrated health care home and Certified Community Behavioral Health Clinic (CCBHC). We reach out and offer help – and hope – to some of our community's most vulnerable populations: people who have physical and behavioral health challenges, people who have intellectual disabilities, and people who are experiencing addiction, homelessness, abuse, and other forms of trauma.

24/7 Walk-in Crisis Center:

264 South 9th Street

Pittsburgh, PA 15203-1263

1-877-637-2924

Prevention Point Pittsburgh: Prevention Point Pittsburgh is a harm reduction organization. We are the only county-approved syringe exchange program in Southwestern Pennsylvania. PPP considers needle exchange as a foundation for addressing a broader set of injection drug users' needs from a harm reduction perspective. We strive to meet needs that are not met through other existing services. In addition to syringe exchange, PPP provides comprehensive case management services, education on HIV and Hep C prevention, overdose prevention and response trainings with naloxone prescription, individualized risk-reduction health education, wound care consultation and free onsite HIV, Hepatitis C, and other STD testing provided in collaboration with Allies for Health + Wellbeing (formerly the Pittsburgh AIDS Task Force).

Prevention Point Pittsburgh
907 West Street – Fifth Floor
Wilkinsburg, PA 15221
(412) 247-3404

Website: www.pppgh.org/

Tuesdays: 1:00pm-3:00pm
Perry Hilltop
Find White Van at intersection of:
N Charles St. and Perrysville Ave.

Wednesdays: 1:00pm-3:00pm
Hill District
Find White Van at intersection of:
Bentley Dr. and Kirkpatrick St.

Sundays: Noon-3:00pm
East Liberty
5913 Penn Ave.
Pittsburgh, PA 15206

Gateway Rehabilitation Center: Gateway Rehab has been providing proven and personalized services in and around the Pittsburgh area, to individuals struggling with addictive diseases for many decades. As the region's premiere non-profit addiction recovery center, Gateway Rehab continues to pioneer progressive and comprehensive treatment models, helping to free countless people from the anguish of substance use disorders. Through respect for the individual, a reverence for life and unwavering belief in the promise of every human being, Gateway Rehab offers a life-changing opportunity of recovery to anyone who walks through our doors.

East – 5816-5818 Forbes Avenue
Pittsburgh, PA 15217
Contact: (412) 697-0928
Population Served: Adult, Adolescent
Services: Partial Hospitalization, Outpatient, Intensive Outpatient

North – 1360 Old Freeport Road, Suite 3B
Pittsburgh, PA 15238
(412) 963-7077
Population Served: Adult, Adolescent
Services: Partial Hospitalization, Outpatient, Intensive Outpatient

South – 4150 Washington Road, Washington Circle
McMurray, PA 15317
(724) 941-4126
Population Served: Adult, Adolescent
Services: Partial Hospitalization, Intensive Outpatient

Baden (formerly) Ambridge
262 Ohio River Boulevard
Baden, PA 15005
(724) 876-0480
Population Served: Adult, Adolescent

Greensburg – 212 Outlet Way, Suite 1
Greensburg, PA 15601
(724) 853-7300
Population Served: Adult, Adolescent
Services: Partial Hospitalization, Intensive Outpatient

Greentree – 2121 Nobelstown Road
Pittsburgh, PA 15205
(412) 928-5940
Population Served: Adult, Adolescent
Services: Partial Hospitalization, Intensive Outpatient

Monroeville – 4327 Northern Pike
Monroeville, PA 15146
(412) 373-2234
Population Served: Adult Adolescent
Services: Partial Hospitalization, Intensive Outpatient

North Hills – 1659 Route 228
Cranberry Township, PA 16066
(724) 776-4844
Population Served: Adult, Adolescent
Services: Partial Hospitalization, Intensive Outpatient

Pleasant Hills – 500 Lewis Run Road, Suite 121
Pittsburgh, PA 15122
(412) 373-2234
Population Served: Adult, Adolescent
Services: Partial Hospitalization, Intensive Outpatient

Aliquippa – 100 Moffett Run Road
Aliquippa, PA 15001
(724) 378-4461
Population Served: Varies
Services: Inpatient Non-Hospital Detox, Inpatient Non-Hospital Rehab, Partial Hospitalization,
Intensive Outpatient

S. Fayette Township – 331 Hickory Grade Road
South Fayette Township, PA 15017
(412)221-9480
Service: Adolescent Half Way House

Moffett – 1215 - 7th Avenue, Suite 313
Beaver Falls, PA 15010
(724) 846-6145
Service: Adult Half Way House

Tom Rutter House – 100 Moffett Run Road
Aliquippa, PA 15001
(412) 766-8700
Service: Adult Halfway House

Pennsylvania Organization for Women in Early Recovery (POWER): Our programs and services are created especially to meet the needs of women. Pregnant women and women with co-occurring disorders are welcome at POWER. We understand the impact of violence on women's lives and incorporate trauma services in all of our treatment programs.

Licensed treatment services include:

- Screening & assessment
- Individual & group therapy, including expressive arts therapy
- Psychiatric assessment & medication management
- Life skills development classes
- Case management
- Support for 12-Step participation
- Aftercare & discharge planning
- Yoga, tai chi, and mindful meditation

In addition to providing woman-centered treatment, POWER supports the efforts of recovering women through partnerships with the Allegheny County Office of Children, Youth & Families (CYF) and Magee-Womens Hospital of UPMC, and also provides services to women who are high risk, including those who are pregnant, homeless, victims of violence, or involved in the criminal justice system. Our goal is to help women gain a deeper understanding of how their use of alcohol or other drugs has impacted their lives, match them to the right treatment program, and assist them in developing natural supports within their own communities.

Recovery support services include:

- Confidential, quality drug and alcohol assessment
- Referral to treatment
- Mentoring

7501 Penn Avenue
Pittsburgh, PA 15208
412-243-8755

E-mail: powerorg@power-recovery.com

Website: <http://power-recovery.com>

Greenbriar Treatment Center – Washington – 3B Inpatient & Non-Hospital Detox: A 62 bed Inpatient facility is licensed to treat Substance Use Disorders and clients with a DUAL Diagnosis. Greenbriar treats men and women 18 years of age and older. Greenbriar accepts most major insurances and Medicaid policies. For people without insurance, they are able to guide you to appropriate funding sources and Self-Pay arrangements are also available.

Greenbriar Treatment Center
800 Manor Drive
Washington, PA 15301
724-255-9700 or 1-800-637-HOPE

Website: <https://www.greenbriar.net>

Renewal Treatment, Inc. - 2nd Ave. – 3B Inpatient: Renewal Treatment, Inc. (RTI) provides comprehensive forensic substance abuse and mental health treatment services to adult men and women in the criminal justice system. These services are based on a cognitive behavioral approach in which offenders are taught to identify and recognize thoughts and feelings that lead to criminal and high-risk behaviors. Once the criminal thought patterns are identified, offenders are taught to restructure anti-social thought patterns and direct their behavior towards a pro-social lifestyle.

Services include: Evaluation and assessment, education, treatment, continuing care, aftercare and referral. In order to provide clients with the most comprehensive services possible, RTI maintains a working relationship with service providers from other agencies and disciplines (such as mental health) throughout the surrounding area.

Renewal Treatment, Inc.
704 Second Avenue
Pittsburgh, PA 15219
412-697-0106

Website: <http://www.renewalinc.com/default.aspx>

Paramedic Connect Community Program: Pittsburgh is home to some of the best healthcare institutions in the world. Unfortunately, many people do not have the resources they need to stay out of the hospital once they are discharged. Our team of specially trained paramedics can help your most complex and fragile patients to find assistance for their financial, medical, housing, utilities, mental health and social support needs after they return home.

Connect Community Paramedics can help navigate patients to:

- Health Insurance
- Programs to avoid nursing homes
- Aid for housing and utility expenses
- Transportation services
- Food assistance programs

Telephone: 412-647-3666

Email: connectcp@centerem.org

Website: <http://connectmedics.com/>

Bluelight: Bluelight is an international, online harm-reduction community, committed to reducing the harm associated with drug use by educating the individual. Bluelight hosts a robust recovery community for those seeking a way out of drug abuse and addiction. These forums invite visitors to discuss addiction and sobriety in a non-judgmental setting, share recovery resources and encourage members to seek help. We believe there are various roads to recovery, including 12-step programs such as Narcotics/Alcoholics Anonymous and alternatives such as SMART Recovery.

Website: www.bluelight.org

MENTAL HEALTH, INTELLECTUAL DISABILITIES, & SUBSTANCE ABUSE

Pittsburgh Mercy: Pittsburgh Mercy is a person-centered, population-based, trauma-informed community health and wellness provider. We're an integrated health care home and Certified Community Behavioral Health Clinic (CCBHC). We reach out and offer help – and hope – to some of our community's most vulnerable populations: people who have physical and behavioral health challenges, people who have intellectual disabilities, and people who are experiencing addiction, homelessness, abuse, and other forms of trauma.

24/7 Walk-in Crisis Center:

264 South 9th Street
Pittsburgh, PA 15203-1263
1-877-637-2924

Getting Help If You're a Victim of Violence, Abuse, or Sexual Assault

National Center for Victims of Crime: The National Center for Victims of Crime is the nation's leading resources and advocacy organization for crime victims and those who serve them. In collaboration with local, state, and federal partners, the National Center for Victims of Crime advocates for stronger rights, protections, and services for crime victims; education training and evaluation; and serves as a trusted source of current information on victims' issues.

Telephone: 202-467-8700

Website: www.victimsofcrime.org

The National Domestic Violence Hotline: Since 1996, the National Domestic Violence Hotline has been the vital link to safety for women, men, children and families affected by domestic violence, responding to calls 24/7, 365 days a year. We provide confidential, one-on-one support to each caller and chatter, offering crisis intervention, options for next steps and direct connection to sources for immediate safety. Our database holds over 5,000 agencies and resources in communities all across the country. Bilingual advocates are on hand to speak with callers, and our Language Line offers translations in 170+ different languages. The Hotline is an excellent source of help for concerned friends, family, co-workers and others seeking information and guidance on how to help someone they know.

24/7 Confidential Hotline: 1-800-799-SAFE or 1-800-799-7233 (**TTY:** 1-800-787-3224)

Español: 1-800-799-7233

Online Chat: <http://www.thehotline.org/>

National Human Trafficking Hotline: The National Human Trafficking Hotline is a national anti-trafficking hotline serving victims and survivors of human trafficking and the anti-trafficking community in the United States. The toll-free hotline is available to answer calls from anywhere in the country, 24 hours a day, 7 days a week, every day of the year in more than 200 languages. The National Hotline can also be accessed by emailing help@humantraffickinghotline.org, submitting a tip through the online tip reporting form, and visiting the web portal at www.humantraffickinghotline.org.

24/7 Confidential Hotline: 1-888-373-7888 (**TTY:** 711)

Text: 233733

Online Chat: <https://humantraffickinghotline.org/chat>

Blackburn Center: The Blackburn Center responds to the issues of violence or crime to the residents of Westmoreland County. All client services are confidential, offered at no cost, and are available to women, children and men. Services include a 24/7 confidential hotline, emergency shelter, crisis counseling, therapy, support groups, and medical and legal advocacy.

24/7 Crisis Hotline: 1-888-832-2272 or 724-836-1122

Website: <http://www.blackburncenter.org/>

Crisis Center North: Crisis Center North is a non-profit counseling and resource center that provides services to victims of domestic violence and their loved ones in northern and western Allegheny County via counseling, legal and medical advocacy, and economic empowerment services. In addition, the Center provides community trainings on topics related to domestic violence as well as prevention education programming to local schools. Crisis Center North's 24-hour hotline is free and confidential for anyone affected by domestic violence. Call to learn more about our services, schedule an appointment, or just for emotional support. We are always here to offer support.

24/7 Crisis Hotline: 412-364-5556 or 1-866-782-0911 (toll free)

Website: <https://www.crisiscenternorth.org/>

Pittsburgh Action Against Rape (PAAR): Pittsburgh Action Against Rape, located in Allegheny County, is one of the oldest rape crisis centers in the country. Our experienced, trained counselors and advocates provide services that are completely confidential, including crisis support; medical and legal advocacy; emergency aid; transportation services; and trauma counseling for children, adolescents, and families. PAAR also provides intensive case management, life skill classes, trauma and group therapy to address the comprehensive needs of trafficked individuals.

Location: 81 South 19th Street, Pittsburgh, PA 15203

Telephone: 412-431-5665

24/7 Helpline: 1-866-END-RAPE or 1-866-363-7273

Website: <https://paar.net/>

PERSAD Center: Domestic violence occurs in about 1 out of 4 relationships. Same-sex couples experience the same rate of violence in their relationships. PERSAD CENTER's Intimate Partner Abuse program seeks to help individuals who are involved in these relationships to end the violence. If you are the victim of violence, we can help. PERSAD assists victims in evaluating their relationships, staying safe, making action plans to use in the case of emergencies, and recognizing that the violence is being used as a tool of power and control that is not your fault.

Contact: Lori Fell

Telephone: 412-441-9786 ext. 223

Email: lfell@persadcenter.org

Location: 5301 Butler St #100, Pittsburgh, PA 15201

Website: <https://persadcenter.org/pages/intimate-partner-abuse-program>

Center for Victims: Our victim services start the moment a crime occurs through the often lengthy and emotional legal process, as well as the physical and emotional healing process for victims. This comprehensive list of services is available to anyone, no matter their age, gender or socioeconomic status. Services include: crisis hotline, therapy and counseling, victim's rights information, legal support, victim's compensation assistance, offender release information and notification, advocacy, emergency shelter, transitional housing, PFA order assistance, children's/medical advocacy, and medical accompaniment.

24/7 Crisis Hotline: 1-866-644-2882

Website: <https://www.centerforvictims.org/>

Women's Center and Shelter of Greater Pittsburgh: Women's Center & Shelter of Greater Pittsburgh is more than an emergency shelter for women experiencing domestic violence and their children. It is a safe harbor that provides specialized care and support for women who have experienced all types of intimate partner violence from physical to emotional through Emergency Shelter, Legal Advocacy, a 24-Hour Hotline, Support Groups and more. Women's Center & Shelter has been a trusted and respected resource in the Pittsburgh Community for more than 40 years, offering hope and healing to women and children who have suffered from the devastating effects of domestic abuse.

24/7 Hotline: 412-687-8005 (ext. 1) or 877-338-8255 (toll free)

Legal Advocacy: 412-355-7400

Medical Advocacy: -412-232-7479

Website: <https://www.wcspittsburgh.org>

Gunshot Reoccurring Injury Prevention Services (GRIPS): Each year hospital trauma centers in Allegheny County treat about 250 survivors of firearm injuries. These survivors are at risk for further violence. Since 2014, GRIPS outreach workers have met survivors in local hospitals. They offer case management and social support as part of a research project. The workers consider hospitalization for violent injury a “teachable moment.” Survivors can be motivated to pursue employment, medical treatment, housing and other goals important to them. As part of the research, GRIPS is examining whether this support will lower the risk of further violence.

Contact: Richard Garland

Telephone: 412-287-5959

IS IT STRESS OR POST-TRAUMATIC STRESS DISORDER?

Going through a traumatic injury can cause a range of strong emotions. For example, it is common for people to feel or experience the following right after the injury:

- Sadness
- Anxiousness
- Crying spells
- sleep problems
- Anger
- Irritability
- Grief or self-doubt

These emotions are perfectly normal.

For some people, distress resolves over time. For others, it may hold steady or even increase. In about one out of four people, the distress is so severe that it is called post-traumatic stress disorder, or PTSD.

WHAT IS PTSD?

PTSD is a type of anxiety that occurs in response to a traumatic event. It was first described in combat veterans. Now we know that PTSD occur in everyday life. PTSD has defined symptoms that are present for at least four weeks.

After a trauma, people may have some PTSD symptoms, but that does not mean they have PTSD. PTSD means having a certain number of symptoms for a certain length of time. **There are three types of PTSD symptoms:**

Hypervigilance	Having a hard time falling asleep or staying asleep Feeling irritable or having outbursts of anger Having a hard time concentrating Having an exaggerated startle response
Re-experiencing	Having recurrent recollections of the event Having recurrent dreams about the event Acting or feeling as if the event were happening again (hallucinations or flashbacks) Feeling distress when exposed to cues that resemble the event
Avoidance	Avoiding thoughts, feelings, conversations, activities, places or people that are reminders of the event Less interest or participation in activities that used to be important Feeling detached; not able to feel

Only a mental health professional can diagnose PTSD, but if a friend or family member notices any of the symptoms, it may be a sign that help is needed.

PTSD RESOURCES

Center for Traumatic Stress in Children and Adolescents: Allegheny General Hospital's Center for Traumatic Stress in Children and Adolescents serves children and families who experience traumatic or stressful events in their lives. The center provides prompt evaluation and treatment of children impacted by trauma, including child abuse or neglect, domestic or community violence, death of a family member, disasters or multiple/complex traumas. The center generally provides a time-limited treatment approach focused on alleviating significant mental health problems and promoting healthy coping responses in traumatized children and their families.

AGH Department of Psychiatry Outpatient Services

East Commons Professional Building (Four Allegheny Center)
4 Allegheny Square East
Pittsburgh, PA 15212
412-330-4328

PTSD Coach: The PTSD Coach is a smart device application that can help you learn about and manage symptoms that often occur after trauma. Available for free on the Play Store (Android) and App Store (Apple).

Website: <https://www.ptsd.va.gov/public/materials/apps/ptsdcoach.asp>

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma **A book by Bessel van der Kolk MD**

Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.

Trauma and Recovery: The Aftermath of Violence—From Domestic Abuse to Political Terror **A book by Judith L. Herman**

When *Trauma and Recovery* was first published in 1992, it was hailed as a groundbreaking work. In the intervening years, it has become the basic text for understanding trauma survivors. By placing individual experience in a broader political frame, Judith Herman argues that psychological trauma can be understood only in a social context. Drawing on her own research on incest, as well as on a vast literature on combat veterans and victims of political terror, she shows surprising parallels between private horrors like child abuse and public horrors like war.

LOCAL PREVENTION EFFORTS

BikePGH: Bike Pittsburgh is a registered 501(c)(3) charitable non-profit, working on behalf of the Pittsburgh community to make the city safe, accessible, and friendly to bicycle transportation. Bike Pittsburgh engages in advocacy, community-building, and education for everyone - drivers, cyclists and pedestrians alike need practical safety information. Bike Pittsburgh provides resources for cyclists, educational videos, city cycling classes, and an out-of-school time mentorship program for middle school students every Fall, Spring, and Summer.

Website: www.bikepgh.org

Telephone: 412-325-4334 or 412-325-4335

Email (general inquiries): info@bikepgh.org

Email (Membership Questions, change of address, etc.): membership@bikepgh.org

Infinite Lifestyle Solutions: Infinite Lifestyle Solutions has been at the forefront of making a difference in children's lives since 2016. Located at the intersection of community and life, Infinite Lifestyle Solutions is a life-affirming journey that restores relationships, teaches conflict resolution and coping skills. We have been providing young people the values and skills they need to become exceptional community leaders. With locations in Pittsburgh and Braddock, PA, our program focuses on restorative practices and healing circles delivered in an environment consisting of those who are informed about trauma or experienced it themselves. We have trained teachers, social workers and behavior health nurses with over 25 years of combined experience working with youth.

Website: <https://www.infinitelifestylesolutions.org/>

NotOneMore Pittsburgh: Not One More Pittsburgh (NOM) brings communities together to take action against the addiction crisis. Using a grass roots approach, NOM collaborates with community organizations to improve the public's understanding of addiction and provide support for individuals and their families suffering from the disease. NOM advocates for effective prevention, education, harm reduction and enforcement efforts so those suffering from addiction can live whole, healthy and productive lives.

Website: <http://notonemorepgh.net/>

Pennsylvania Motorcycle Safety Program: The Pennsylvania Motorcycle Safety Program offers FREE training to all Pennsylvania residents and active duty military with a class Motorcycle Learner's permit or motorcycle license. Training is offered for motorcycle drivers of all levels and includes: aspiring new riders, semi-experienced, three-wheeled, and advanced riders. The Pennsylvania Motorcycle Safety Program offers classes throughout the ENTIRE year at multiple training sites throughout Pennsylvania. Class schedules are posted approximately 4-6 weeks in advance. Students who successfully complete the Pennsylvania Motorcycle Safety Program courses may be entitled to insurance premium discounts through participating insurance companies.

Website: <http://www.pamsp.com/>

Prevention Point Pittsburgh: Prevention Point Pittsburgh is a harm reduction organization. We are the only county-approved syringe exchange program in Southwestern Pennsylvania. PPP considers needle exchange as a foundation for addressing a broader set of injection drug users' needs from a harm reduction perspective. We strive to meet needs that are not met through other existing services. In addition to syringe exchange, PPP provides comprehensive case management services, education on HIV and Hep C prevention, overdose prevention and response trainings with naloxone prescription, individualized risk-reduction health education, wound care consultation and free onsite HIV, Hepatitis C, and other STD testing provided in collaboration with Allies for Health + Wellbeing (formerly the Pittsburgh AIDS Task Force).

Prevention Point Pittsburgh
907 West Street – Fifth Floor
Wilkinsburg, PA 15221
(412) 247-3404

Tuesdays: 1:00pm-3:00pm
Perry Hilltop
Find White Van at intersection of:
N Charles St. and Perrysville Ave.

Wednesdays: 1:00pm-3:00pm
Hill District
Find White Van at intersection of:
Bentley Dr. and Kirkpatrick St.

Sundays: Noon-3:00pm
East Liberty
5913 Penn Ave.
Pittsburgh, PA 15206

Yellow Dot Program: This program assists citizens in the "golden hour" of emergency care following a traffic crash when they may not be able to communicate their needs themselves. Placing a Yellow Dot decal in your vehicle's rear window alerts first responders to check your glove compartment for vital information to ensure you receive the medical attention you need. The program is a cooperative effort between PennDOT, the state departments of Health and Aging, the Pennsylvania State Police, the Pennsylvania Turnpike Commission, first responders, and local law enforcement.

Citizens complete a participation form online to have PennDOT mail them a Yellow Dot kit. Upon receipt, participants should complete the information section, which includes emergency contact information, medical history, medications, allergies, and doctors. A photo (showing only the head and shoulders) is then taped to the appropriate location inside the booklet. The kit should then be placed in the vehicle's glove compartment. The Yellow Dot decal is placed in the lower left corner of the participant's rear windshield, no higher than 3 inches from the bottom.

Website: <https://www.penndot.gov/TravelInPA/Pages/Yellow-Dot.aspx>