



GREEK ORTHODOX ARCHDIOCESE OF AMERICA  
**GREEK ORTHODOX LADIES PHILOPTOCHOS SOCIETY, INC.**  
 126 East 37<sup>th</sup> Street • New York, NY 10016 • 212.977.7770 • [contact@philoptochos.org](mailto:contact@philoptochos.org)  
 Confidential Social Work Tel: 212.977.7782 • [PauletteG@philoptochos.org](mailto:PauletteG@philoptochos.org)



**NATIONAL PHILOPTOCHOS DEPARTMENT OF SOCIAL SERVICES**

**A BRIEF GUIDE TO FINDING LOCAL PROGRAMS & RESOURCES**

*A significant number of Orthodox Christians face human service challenges. Some suffer from life-threatening illnesses, others from inadequate income and food insecurity, yet others from substance use disorders, and still others from domestic violence. These are just some of the issues that bring them to our Church community - Philoptochos: National, Metropolis and Local Chapters; Clergy; Church Ministries and fellow parishioners – with the hope we will help them resolve, as best as possible, the difficulties they face.*

***While their problems may vary remarkably, there is one factor that connects them: most never thought they'd have to ask anyone for help, let alone us.***

*National Philoptochos' Department of Social Services prepared this 'Brief Guide' to support our community's efforts to respond in helpful ways. We have compiled information to help us identify and learn about the issues – information that is essential to making informed decisions about whether and how to help. And, since we can't be all things to all people, it is a guide to local and broader programs, services and resources to help our Church "helpers" refer people appropriately.*

**TABLE OF CONTENTS:**

	<u>PAGE</u>
• <b>Local Services for General Needs</b> .....	1
• <b>Alcohol and Substance Abuse Programs and Services</b> .....	2
o <b>Narcotics Anonymous in Greece</b> .....	3
o <b>Opioid Addiction</b> .....	4
• <b>Mental Health</b> .....	6
o <b>Suicide</b> .....	7
o <b>Disasters and Incidents of Mass Violence</b> .....	8
• <b>Older Adult Services and Programs</b> .....	9
• <b>Resources for Cancer Patients</b> ( <i>Temporary housing, financial, support services, finding clinical trials</i> ) .....	10
o <b>Assistance to Cancer Patients from the Greek / Greek American Community</b> .....	10
• <b>Autism Spectrum Disorders</b> .....	13
o <b>Autism Organizations in Greece and Cyprus</b> .....	14
• <b>Domestic Violence / Intimate Partner Violence</b> .....	15
• <b>Protective Services for Adults, Children, for Persons in Long Term Care Facilities</b> .....	18
• <b>Homelessness, Hunger, Food Insecurity</b> .....	20
• <b>Benefits for Veterans</b> .....	21
o <b>Organizations that help Veterans transition to civilian life</b> .....	21
o <b>Burial Benefits for US Veterans</b> .....	21
• <b>Personal Financial Management / Budgeting</b> .....	22

**GENERAL NEEDS: FINDING LOCAL SERVICES:**

- **EMERGENCY: "9-1-1" TO SAVE A LIFE OR STOP A CRIME**
- **NON-EMERGENCY: "2-1-1" or "3-1-1" or "6-1-1"**
  - o *Some localities operate a telephone response program through "2-1-1", "3-1-1" or "6-1-1" to help people identify and connect to local programs and social services, and to report non-emergencies such as service outages, potholes, noise complaints, downed wires, quality of life issues and more.*
- **MORE WAYS to find government and nonprofit resources for people of all ages.**
  - o **Government Centers and District Offices of Local Elected Officials:**
    - *Local government 'Community Service' workers, and 'Constituent Aides' employed by elected officials help people learn about and connect with services and programs; they also serve as advocates to ensure people obtain what is rightfully theirs.*
  - o Contact the local **United Way, hospital social work department, school social workers.**
  - o **"Blue Pages" - Online or in traditional Telephone Books:**
    - Find everything from "Agencies, government" to "Zip Codes" in the "Blue Pages" of your local telephone book or online at: <https://www.officialusa.com/state/state.information/bluepages/>

## **IMPACT OF ADDICTION, MENTAL ILLNESS, AND SUICIDE ON LIFE EXPECTANCY**

The following three sections provide information about alcohol and substance use/abuse disorders, opioid addiction and mental illness including suicide. While we have separated them into three segments, one troubling concern connects them all:

- Life expectancy in the United States has dropped for three years in a row because of suicide, drugs and alcohol.
- While globally, humans are increasingly expected to live longer and healthier, the growing number of opioid overdose deaths and climbing suicide rates in the USA has reversed that trend, against the norm for most developed nations.
  - Older millennials between 25 and 34 years old saw the highest increase in death rates.
  - The only age group to see a significant decrease in its death rate was 45- to 54-year-olds.
- CDC Director Robert R. Redfield, M.D. said in a November 2018 statement,
  - "Life expectancy gives us a snapshot of the Nation's overall health. These sobering statistics are a wakeup call that we are losing too many Americans, too early, and too often, to conditions that are preventable."

Ref: Centers for Disease Control and Prevention's National Center for Health Statistics (NCHS)

## **FINDING ALCOHOL, SUBSTANCE USE / ABUSE PROGRAMS & SERVICES:**

### **ADDICTION IS A DISEASE:**

According to the American Medical Association and American Society of Addiction Medicine, addiction is a complex disease of the brain and body that involves compulsive use of one or more substances despite serious health and social consequences. Addiction disrupts regions of the brain that are responsible for reward, motivation, learning, judgment and memory. It damages various body systems, as well as families, relationships, schools, workplaces and neighborhoods. Like diabetes, cancer and heart disease, addiction is caused by a combination of behavioral, environmental and biological factors. Genetic risk factors account for about half of the likelihood that an individual will develop addiction. While the initial and early decisions to use substances reflect a person's free or conscious choice, once the brain has been changed by addiction, that choice or willpower becomes impaired. Perhaps the most defining symptom of addiction is a loss of control over substance use. The consequences of untreated addiction often include other physical and mental health disorders that require medical attention. If left untreated over time, addiction becomes more severe, disabling and life-threatening.

Center on Addiction

<https://www.centeronaddiction.org/what-addiction/addiction-disease>

### • **ALL AGES:**

#### **SAMHSA LOCATOR Substance Abuse and Mental Health Services Administration:**

- Search the online national databank of the **Substance Abuse and Mental Health Services Administration (SAMHSA)**, US Department of Health & Human Services to find private and public alcohol and drug abuse treatment facilities that are licensed, certified, or otherwise approved for inclusion by their State substance abuse agency.
  - The **SAMHSA LOCATOR** can be accessed at:
    - <https://findtreatment.samhsa.gov/locator>
    - **1-800-662-HELP (4357).**

### • **ADOLESCENTS:**

#### ◦ **NIDA FOR TEENS: National Institute on Drug Abuse**

For information about adolescent alcohol & substance abuse go to <http://teens.drugabuse.gov/drug-facts>

- Topics include
  - Anabolic Steroids
  - Bath Salts
  - Brain and Addiction
  - Cocaine
  - Cough and Cold Medicines
  - Heroin
  - HIV/AIDS and Drug Abuse
  - Inhalants
  - Marijuana
  - MDMA (Ecstasy, Molly)
  - Methamphetamine (Meth)
  - Prescription Drugs
    - Prescription Depressants
    - Prescription Stimulants (Amphetamines)
    - Prescription Pain Meds (Opioids)
  - Salvia
  - Spice
  - Tobacco, Nicotine and E-Cigarettes (Vaping)
  - Other drugs, and
  - "Real Questions from Teens"
- **For Teachers:** <https://teens.drugabuse.gov/teachers> (Classroom resources on drug effects)
- **For Parents:** <https://teens.drugabuse.gov/parents> (Facts on teen drug abuse)
- **Safely dispose of prescription medications:**
  - Teens get most of the prescription drugs they misuse from family and friends. Get rid of expired, unwanted, or unused medicines before they become a problem.
    - <https://teens.drugabuse.gov/parents/safely-dispose-your-prescription-medicines>

- **12-STEP SUPPORT GROUPS:**

*The twelve-steps are a set of guiding principles that outline a course of action for recovery from addiction, compulsion, or other behavioral problems. Learn about the 12 steps, 12 traditions at: <https://www.addictioncenter.com/treatment/12-step-programs/>*

- **ALCOHOLICS ANONYMOUS (AA)**

*ALCOHOLICS ANONYMOUS® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.*

- Find out more about AA and to locate a meeting in your community: <http://www.aa.org/>

- **AL-ANON / ALATEEN**

- **AL-ANON:** *A mutual support group for persons troubled by someone else's drinking, or who grew up with a problem drinker, or for those whose life has been affected by someone else's drinking. It is not group therapy nor led by a counselor or therapist. It complements and supports professional treatment.*

- **ALATEEN:** *A peer support group open only to teens struggling with the effects of someone else's drinking.*

- Contact AL-ANON & ALATEEN, and to locate a meeting: <http://www.al-anon.org/>

- **NARCOTICS ANONYMOUS (NA)**

*Narcotics Anonymous is a global, community-based organization with a multi-lingual and multicultural membership.*

- To find an NA meeting, go to: <http://www.na.org/>

- **NARCOTICS ANONYMOUS WORLD SERVICE**

- *Database to find NA helplines and websites in 50 states, Canada and other countries:*

- <https://www.na.org/meetingsearch/>

**NARCOTICS ANONYMOUS IN GREECE**

- **NA-Greece has two websites: one in Greek and one in English.**

- *Website in English:* <https://www.na-greece.gr/en/>
- *Website in Greek:* <https://www.na-greece.gr/>

- Each includes:

- *Who is an Addict? (Includes 26 screening questions in Greek and in English).*
- *Meeting locations*
- *About NA/ Literature / Bibliography / NA Events /*
- *How to contact NA in Greece*
- *For Professionals*

- **Contact NA-Greece**

- **By Telephone:** *(leave a message for a return call)*

- *Αττική: (+30) 210 3474777*
- *Βορεια Ελλάδα: (+30) 2310 625355*

- **By Email:** [info@na-greece.gr](mailto:info@na-greece.gr)

- **To find meetings in Greece:** <https://www.na-greece.gr/en/meetings/>

- *Lists meetings in Athens, Thessaloniki, other cities, islands, online and by Skype including day of week, time and frequency.*
- *Most meetings are in Greek; some in English or other languages; some non-smoking*

- **NAR-ANON FAMILY GROUPS:** <https://www.nar-anon.org/>

- **FAMILIES ANONYMOUS:** <http://familiesanonymous.org/>

- **OTHER 12-STEP PEER SUPPORT GROUPS:**

- *Focus on specific drug of choice:*

- **Cocaine, heroin, crystal meth, smoking (nicotine), marijuana, prescription drugs, etc.**

- *12-Step Groups that focus on other addictions – some shown below:*

- **Sex Addicts Anonymous:** <https://saa-recovery.org/our-program/the-twelve-steps/>
- **Gamblers Anonymous:** <http://www.gamblersanonymous.org/ga/content/recovery-program>
- **Co-Dependents Anonymous:** [CoDa.org](http://CoDa.org)
- **Debtors Anonymous:** <https://debtorsanonymous.org/>
- **Overeaters Anonymous:** <https://oa.org/>

- **List of 12-Step Groups/ Other Anonymous Fellowships:**

- <https://sobernation.com/list-of-12-step-programs/>

## **OPIOID ADDICTION: A PUBLIC HEALTH CRISIS:**

*Opioid overdose has contributed significantly to overdose deaths among those who use or misuse illicit and prescription opioids. Although medical providers can maximize patient quality of life by prescribing opioids, those same medicines have contributed to the fact that drug overdose has overtaken motor vehicle crashes as the #1 cause of injury death in the United States.*

*(Nat'l Safety Council, 2019)*

### ○ **WHAT ARE OPIOIDS? PRESCRIPTION MEDICATIONS USED TO TREAT PAIN, SUCH AS:**

- Morphine
- Codeine
- Methadone
- Oxycodone
- Oxycontin
- Hydrocodone
- Fentanyl
- Hydromorphone, and
- Buprenorphine

*as well as illegal drugs such as*

- Heroin & illicit potent opioids such as Fentanyl analogs
- FENTANYL is about 25–50 times stronger than heroin and 50–100 times stronger than morphine. 2–3 milligrams of fentanyl – about the size of 5 to 7 grains of salt – can be lethal. Developed for pain management treatment of cancer patients, its powerful properties have been diverted for abuse, added to heroin to increase its potency.
  - Many users believe they are buying heroin and don't know it is fentanyl, which often results in overdose deaths.

### ● **FACING ADDICTION IN AMERICA: THE SURGEON GENERAL'S SPOTLIGHT ON OPIOIDS**

- [https://addiction.surgeongeneral.gov/sites/default/files/OC\\_SpotlightOnOpioids.pdf](https://addiction.surgeongeneral.gov/sites/default/files/OC_SpotlightOnOpioids.pdf)

### ● **SAMHSA OPIOID OVERDOSE PREVENTION TOOLKIT:**

<https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742>

- *Opioid Use Disorder Facts*
- *Five Essential Steps for First Responders*
- *Information for Prescribers*
- *Safety Advice for Patients & Family Members Recovering from Opioid Overdose*

### ○ **A COMPREHENSIVE SOLUTION TO THE OPIOID CRISIS INCLUDES**

- *Reductions in inappropriate opioid prescribing,*
- *Increased access to prevention and treatment*
- *De-stigmatization of addiction, and*
- *Community involvement.*

### ○ **NALOXONE – brand name NARCAN**

- Can reverse the effects of an overdose of heroin and other opioids.
- Some states allow addict's family or friend to purchase naloxone over the counter without a prescription.
  - *Verify your state's access to Narcan in community pharmacies at website of Alliance of State Pharmacy Associations (map updated as of January 2019):*
    - <https://naspa.us/resource/naloxone-access-community-pharmacies/>
      - *Site includes other Naloxone resources, and resources for pharmacists.*

### ○ **RESOURCES FOR LOCAL COMMUNITIES AND ORGANIZATIONS:**

#### ● **SAMHSA**

- National Helpline: 1-800-662-HELP (4357) or 1-800-487-4889 (TDD, for hearing impaired)
- Behavioral Health Treatment Services Locator (*search by address, city, or ZIP Code*)
  - <https://findtreatment.samhsa.gov/>
- Buprenorphine Treatment Practitioner Locator (*search by address, city, or ZIP Code*)
  - <https://www.samhsa.gov/medication-assistedtreatment/physician-program-data/treatment-physician-locator>
- Single State Agencies for Substance Abuse Services:
  - [https://www.samhsa.gov/sites/default/files/ssa\\_directory\\_12-03-2018\\_final\\_508.pdf](https://www.samhsa.gov/sites/default/files/ssa_directory_12-03-2018_final_508.pdf) (Eff. 12.2018)
- SAMHSA Publications Ordering (*all SAMHSA Store products are available at no charge*)
  - <https://store.samhsa.gov> | 1-877- SAMHSA-7 (1-877-726-4727)
- (*Brochure*) Medication-Assisted Treatment for Opioid Addiction: *Facts for Families and Friends*
  - <http://www.ct.gov/dmhas/lib/dmhas/publications/MAT-InfoFamilyFriends.pdf>

- **Centers for Disease Control and Prevention**
  - Understanding the Epidemic: <https://www.cdc.gov/drugoverdose/epidemic>
  - Poisoning: <https://www.cdc.gov/homeandrecreationsafety/poisoning>
- **Association of State and Territorial Health Officials**
  - Preventing Opioid Misuse in the States and Territories: <http://my.astho.org/opioids/home>
- **National Association of State Alcohol and Drug Abuse Directors**
  - Opioids Fact Sheet (February 5, 2016): <http://nasadad.org/2016/02/opioidsfact-sheet-2016/>
- **Prevent & Protect**
  - Tools for conducting overdose prevention and naloxone advocacy, outreach, and communication campaigns: <http://prevent-protect.org/communityresources-1/>
- **MedlinePlus Opioid Abuse and Addiction Treatment Information & Resources**
  - National Institutes of Health's Web site for patients and their families and friends.
  - <https://medlineplus.gov/opioidabuseandaddictiontreatment.html>
- **NATIONAL TREATMENT RESOURCES:**
  - National Treatment Locator..... [www.samhsa.gov](http://www.samhsa.gov)..... 800-662-4357
  - Find Rehab Centers by State ..... <https://rehab.org/local/> ..... 800-743-5860
  - State funded rehab centers – for persons with limited resources / no insurance
    - <https://americanaddictioncenters.org/rehab-guide/state-funded>

**The following resources are for informational purposes only and are not endorsements by Philoptochos.**

- **CARON TREATMENT CENTERS**..... [www.Caron.org](http://www.Caron.org)..... 800-678-2332
  - Not-for-profit organization, sites in Pennsylvania and Florida, and Regional Recovery Centers in Atlanta, New England, New York City, Philadelphia and Washington DC.
  - Provides specialized **OPIOID ADDICTION PROGRAM** at its Pennsylvania campus
- **FATHER MARTIN'S ASHLEY**..... [www.fathermartinsashley.org](http://www.fathermartinsashley.org) ..... 800-799-4673
  - 3 locations in Maryland
  - Accepts most "commercial" insurance plans
- **HAZELDEN BETTY FORD FOUNDATION**....[www.hazeldenbettyford.org](http://www.hazeldenbettyford.org) ..... 866-488-2973
  - Provides Treatment (17 sites), Publishes addiction recovery and self-help resources; Graduate School of Addiction Studies (in Minnesota); Provides specialized **OPIOID AND HEROIN ADDICTION TREATMENT**
  - Accepts most insurances, but not Medicare or Medicaid
- **PHOENIX HOUSE**..... [www.phoenixhouse.org](http://www.phoenixhouse.org)..... 888-671-9392
  - Nonprofit drug & alcohol rehab in 10 states
  - Accepts most insurances and Medicaid

WHAT CAN YOU DO TO PREVENT OPIOID MISUSE?

- 

**TALK ABOUT IT.**  
Opioids can be addictive and dangerous. We all should have a conversation about preventing drug misuse and overdose.
- 

**BE SAFE.**  
Only take opioid medications as prescribed. Always store in a secure place. Dispose of unused medication properly.
- 

**UNDERSTAND PAIN.**  
Treatments other than opioids are effective in managing pain and may have less risk for harm. Talk with your healthcare provider about an individualized plan that is right for your pain.
- 

**KNOW ADDICTION.**  
Addiction is a chronic disease that changes the brain and alters decision-making. With the right treatment and supports, people do recover. There is hope.
- 

**BE PREPARED.**  
Many opioid overdose deaths occur at home. Having naloxone, an opioid overdose reversing drug, could mean saving a life. Know where to get it and how to use it.



**For help, resources,  
and information:**  
<https://www.hhs.gov/opioids/>  
1-800-662-HELP (4357)





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## FINDING MENTAL HEALTH / BEHAVIORAL HEALTH SERVICES & PROGRAMS:

### **Overview**

Mental illness, also called mental health disorders, refers to a wide range of mental health conditions – disorders that affect a person’s mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors. Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect the person’s ability to function. A mental illness can make the person miserable and can cause problems in their daily life, such as at school or work or in relationships. In most cases, symptoms can be managed with a combination of medications and talk therapy (psychotherapy). Mental illness is common: about 1 in 5 adults has a mental illness in any given year. Mental illness can begin at any age, from childhood through later adult years, but most cases begin earlier in life. In general, mental illness are thought to be caused by a variety of genetic and environmental factors: inherited traits –more common in people whose blood relatives have mental illness; environmental exposures before birth such as inflammatory conditions, toxins, alcohol or drugs while in the womb; and brain chemistry.

Mayo Clinic: <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>

- **NATIONAL PHILOPTOCHOS PANEL DISCUSSION ON MENTAL ILLNESS IN OUR COMMUNITY:**
  - **“MENTAL ILLNESS: OUR COMMUNITY’S JOURNEY TO UNDERSTANDING, COMPASSION AND HOPE”.**
    - Program presented at 2014 Philoptochos Convention, moderated by Paulette Geanacopoulos, LMSW.  
Panelists:
      - Demetria DeLia, Ph.D., LCSW, M.A. -overview of mental illness; prevalence in US and our community,
      - Christina Kallas, Esq - impact of mental illness on family members
      - Rev. Protopresbyter Nicholas G. Antil – Orthodox teachings and cultural interpretations; ways to create a Church environment that is a source of hope.
    - Obtain summary, Q&As from Philoptochos Department of Social Services. [PauletteG@philoptochos.org](mailto:PauletteG@philoptochos.org) or 212.977.7782.
- **TO LOCATE MENTAL HEALTH TREATMENT FACILITIES AND PROGRAMS:**
  - **SAMHSA LOCATOR - Substance Abuse and Mental Health Services Administration**
    - Online resource for locating mental health treatment facilities and programs nationwide including public, private, for-profit and nonprofit programs
    - **Access the Locator online or by phone:**
      - Online: <http://findtreatment.samhsa.gov/MHTreatmentLocator/faces/quickSearch.jspx>
      - Telephone help line: 1.800.662.4357 | SAMHSA 24/7 Treatment and Referral line
- **MENTAL HEALTH AMERICA:**
  - **Fact Sheet: Finding the Right Mental Health Care for You:**
    - Includes description of types of mental health professionals, and types of mental health treatments, provider associations that provide treatment referral services, provider associations that serve specific audiences (target populations), and other organizations that offer specialized treatment referral services:
    - **<https://www.mentalhealthamerica.net/finding-right-care>**
  - **Screening tool for 9 mental health conditions:** **<https://screening.mentalhealthamerica.net/screening-tools>**
- **NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)**
  - NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization. More than 500 local affiliates work in communities to raise awareness and provide support and education:
    - Sponsors a NAMI TOLL FREE HELPLINE that responds to thousands of requests each year, providing free information and support – a “much-needed lifeline” for many.
      - 1-800-950-NAMI (6264) or [info@nami.org](mailto:info@nami.org)
    - Trained NAMI volunteers offer peer-led education programs
    - Gives presentations about mental illness to schools, communities and more
    - Sponsors support groups for people with mental illness (NAMI Connection)
    - Sponsors support groups for family members, significant others and friends of people with mental health conditions
    - Provides hands-on advocacy training that helps people living with mental illness, friends and family transform their experiences into skillful grassroots advocacy.
  - For more information about NAMI, its locations and programs,
    - go to: <https://www.nami.org/About-NAMI>

- **SUICIDE**

*Suicide is a major public health problem and a leading cause of death in the USA. Suicide has a lasting effect on family, friends and communities. According to the American Foundation for Suicide Prevention:*

- 47,173 people committed suicide in 2017, and an estimated 1,400,000 attempted suicide.
- Suicide is the 3<sup>rd</sup> leading cause of death among 15- to 24-year-olds and 2<sup>nd</sup> among 24- to 35-year-olds
- Depression that is untreated, undiagnosed or ineffectively treated is the number one cause of suicide.
  - About 2/3 of those who complete suicide is depressed at the time of their deaths.
- The risk of suicide among the elderly increases with age. (see next section)
- Over 50% of all suicides are completed with a firearm.

The behaviors listed below may be signs that someone is thinking about suicide:

- Talking about wanting to die or kill selves
- Talking about feeling empty, hopeless, no reason to live; feeling trapped no solutions
- Planning/looking for a way to kill self, such as searching online, stockpiling pills, or newly acquiring potentially lethal items (e.g., firearms, ropes)
- Talking about great guilt or shame
- Feeling unbearable physical and/or emotional pain
- Talking about being a burden to others
- Using alcohol or drugs more often
- Acting anxious or agitated
- Withdrawing from family and friends
- Changing eating and/or sleeping habits
- Showing rage or talking about seeking revenge
- Taking risks that could lead to death, such as reckless driving
- Talking or thinking about death often
- Displaying extreme mood swings, suddenly changing from very sad to very calm/happy
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, making a will

- **SUICIDE AMONG THE ELDERLY:**

**<https://www.aginginplace.org/elderly-suicide-risks-detection-how-to-help/>**

- Older adults are about 12% of U.S. population but 18% of suicides (American Association for Marriage and Family Therapy (AAMFT)).
  - Risk increases with age; 75- 85-year-olds have higher rates of suicide than those 65 – 75 and those 85+ more so.
  - Underreporting due to “silent suicides” – overdoses, self-starvation, self-dehydration, and “accidents.”
  - Elderly have a high suicide **completion rate** because of methods used: firearms, hangings, and drownings.
  - Elderly have a **higher double-suicide rate**, which involves both partners taking their own lives at the same time.

- **FACTORS THAT CAN RAISE THE RISK OF ELDERLY SUICIDE:**

*Among elderly, more than half (54%) who die by suicide have no known mental condition. Per CDC, there is no single factor that leads to suicide, but an accumulation of issues. Some are shown below in order from most common to least.*

- **Relationship Issues** - Breaking up / divorce: a person’s sense of identity changes while experiencing loss.
  - **Experiencing A Life Crisis** - Such as the loss of a spouse or partner.
  - **Substance Abuse** – Although most people do not associate alcohol dependence or substance use with older adults, problematic substance abuse is the 3<sup>rd</sup> leading risk factor for elderly suicide.
  - **Physical Health Issues** –Many ailments may lead to an increased suicide risk; those highest are Traumatic Brain Injury (TBI), sleep disorders, HIV/AIDs, and to a lesser degree, Parkinson’s; presence of more than one health condition increases risk exponentially.
  - **Employment and/or Financial Factors** – Stress of being strapped financially
  - **Housing-Related Stress** –High price of housing relative to income; being ‘house-bound’; overcrowding; neighborhood issues e.g. lack of access to shopping centers and quality medical services.
- **SUICIDE PREVENTION OPTIONS FOR SENIORS:** <https://www.aginginplace.org/elderly-suicide-risks-detection-how-to-help>
    - **Talk to Them:** have a caring, non-judgmental conversation with someone you think may be suicidal. Never promise to keep their suicidal thoughts to yourself; if you believe their life is in danger, get help.
    - **Connect Them** with elderly support groups, e.g. bereavement group (grief.com)
    - **Limit Their Access to Substances:** e.g. alcohol and drugs
    - **Remove Lethal Means:** e.g. firearms, medications, poisonous household cleaners, etc.

**NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-TALK (8255) | <http://www.suicidepreventionlifeline.org>**

- Toll free, confidential, 24/7 hotline of **National Institute of Mental Health (NIMH)**
  - Calls or online contacts may be made by person in crisis or by others concerned about a family member or friend.
- **Veterans Crisis Line (includes family members and friends): <https://www.veteranscrisisline.net/>**

## **DISASTERS AND INCIDENTS OF MASS VIOLENCE:**

Source: <https://www.samhsa.gov/find-help/disaster-distress-helpline/warning-signs-risk-factors>

- **DISASTERS: *Natural and Human-Caused***

*Natural disasters - tornadoes, hurricanes, floods, wildfires, earthquakes, and droughts, and, human-caused disasters –incidents of mass violence – such as shootings, acts of terrorism - affect thousands of people each year. These events have the potential to cause catastrophic loss of life and physical destruction. They are often unexpected and can leave whole communities in shock. People who live through a disaster may experience emotional distress. Feelings of anxiety, constant worrying, trouble sleeping, and other depression-like symptoms are common responses to disasters before, during, and after the event. Anyone can be at risk, including survivors living in the impacted areas, first responders and recovery workers. Many “bounce back” from disasters with help from family and the community, but others may need additional support to cope and move forward on the path of recovery.*

- **INCIDENTS OF MASS VIOLENCE**

*Incidents of mass violence, such as mass shootings and acts of terrorism, are human-caused tragedies that can impact whole communities and the country at large. These types of disasters are random, unpredictable, intentional, often occurring without warning. And, they can happen anywhere – schools, concerts, parks, movie theaters, public transportation hubs, government buildings, houses of worship, streets, etc. – places where large numbers of people congregate. These violent acts typically target defenseless citizens with the intent to harm or kill and can instill feelings of confusion, fear, and helplessness in survivors. Some of these acts are hate crimes that target specific populations. Incidents of mass violence disturb our collective sense of order and safety and can impact those with no personal connections to the event. Because of the unpredictable nature of these types of disasters, it’s normal for people to experience emotional distress. Feelings such as overwhelming anxiety, trouble sleeping, and other depression-like symptoms are common responses to incidents of mass violence. Other signs of emotional distress related to incidents of mass violence may include feeling numb or like nothing matters; feeling helpless or hopeless; worrying much of the time; feeling guilty but not sure why; feeling like they must keep busy; excessive smoking, drinking, or using drugs – including prescription medications.*

- **TRIGGER EVENTS:**

*Symptoms of distress may appear before, during, and after such an event and may manifest in the hours, days, weeks, months, or even years after they occur. These trigger events can happen at any time.*

- *The anniversary of a disaster or tragic event can renew feelings of fear, anxiety, and sadness in disaster survivors.*
- *Certain sounds such as sirens, or large crowds, can trigger emotional distress.*
- *Certain smells also can trigger emotional distress.*

- **Trigger Events:** <https://www.samhsa.gov/find-help/disaster-distress-helpline/anniversaries-triggers>

- **WHO IS AT RISK FOR EMOTIONAL DISTRESS?**

- *Survivors.* Injured victims, bystanders in close proximity to the event
- *Friends and loved ones.* Those outside impacted area may feel anxious about people in direct proximity
- *First responders and recovery workers.*
- *Community members.* People who live the area surrounding the event

## **HELP FOR THOSE WHO EXPERIENCED A NATURAL OR HUMAN-CAUSED DISASTER**

- **COUNSELING**

- **DISASTER DISTRESS HELPLINE** is a 24 / 7 toll-free, federally funded multilingual crisis support service
  - *By telephone:* **1-800-985-5990**
  - *By text:* **‘TalkWithUs’** to 66746 for support and counseling. NOTE: Texting is subscription-based. See <https://www.samhsa.gov/find-help/disaster-distress-helpline>

- **BUILDING RESILIENCE**

- **AMERICAN PSYCHOLOGICAL ASSOCIATION:** <https://www.apa.org/helpcenter/terror-exposure>

- **HELPING CHILDREN MANAGE DISTRESS AFTER AN INCIDENT OF MASS VIOLENCE**

- **NATIONAL PHILOPTOCHOS FACT SHEET:**
  - **“Talking to Your Children About Violent Events”**  
(For a copy, email [PauletteG@philoptochos.org](mailto:PauletteG@philoptochos.org) or call 212.977.7782)
- **AMERICAN PSYCHOLOGICAL ASSOCIATION:** <https://www.apa.org/helpcenter/aftermath>
- **NATIONAL CHILD TRAUMATIC STRESS NETWORK:**
  - <https://www.nctsn.org/resources/all-nctsn-resources>

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## FINDING OLDER ADULT SERVICES & PROGRAMS:

- **ELDERCARE LOCATOR:**  
*Local resources, programs and services for older people 60+ and their families can be found at the "Eldercare Locator", a public service of the Administration on Aging, United States Department of Health & Human Services (HHS).*
  - Telephone: **1.800.677.1116** | Online: <https://eldercare.acl.gov/Public/Index.aspx>
- **BENEFITS & ENTITLEMENTS SCREENING TOOL FOR PERSONS 55+**  
*"BenefitsCheckUp" Free, confidential online screening tool provided by the National Council on Aging (NCOA) that helps people 55+ research and identify public and private benefits and entitlements that could save them money and cover the costs of everyday expenses. It asks a series of questions after which the person gets a printout created just for them that describes the programs for which they may be eligible. Each must be applied for separately.*
  - <http://www.benefitscheckup.org>.
- **MEDICARE RIGHTS CENTER:** <https://www.medicarerights.org/>  
*National nonprofit organization that works to ensure access to affordable health care for older adults and people with disabilities. Helps people navigate the Medicare system.*
  - **National Helpline: 800-333-4114 (Monday – Friday)** | **Email: info@medicarerights.org**
- **ALZHEIMER'S DISEASE**  
*Alzheimer's disease is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out simple tasks. In most people, symptoms first appear in their mid-60s. People with memory and thinking concerns should **talk to their doctor** – preferably a geriatrician or geriatric neurologist - to find out if symptoms are due to Alzheimer's or another cause. Some conditions may be treatable and possibly reversible.*
  - **CAUSES / RISK FACTORS:** <https://www.alz.org/alzheimers-dementia/what-is-alzheimers/causes-and-risk-factors>
  - **10 EARLY SIGNS:** [https://www.alz.org/alzheimers-dementia/10\\_signs](https://www.alz.org/alzheimers-dementia/10_signs)
  - **For more information, to find a local chapter contact the ALZHEIMER'S ASSOCIATION**
    - 24 / 7 Helpline: 1-800-272-3900
    - Find local chapter at: <http://www.alz.org/apps/findus.asp>
- **AGING AT HOME: WHEN HOMECARE MAY BE NEEDED**  
*Aging at home is preferable for most seniors as it enables them to stay in a familiar home environment as they grow older. The following resources are included to help people find appropriate homecare workers and homecare workers when needed.*
  - **AGING IN PLACE:** <https://www.aginginplace.org/>  
*Helps family members and their caregivers prepare their homes and their lives for successful "aging in place".*
    - **Six Steps to Finding In-Home Agencies That Are Right for You:**  
<https://www.aginginplace.org/6-steps-to-finding-the-in-home-care-agencies-that-are-right-for-you/>
  - **GUIDE TO FINDING AN IN-HOME CAREGIVER**
    - **NATIONAL PHILOPTOCHOS FACT SHEET:** (Email [PauletteG@philoptochos.org](mailto:PauletteG@philoptochos.org) or call 212.977.7782)
  - **FAMILY CAREGIVER ALLIANCE - NATIONAL CENTER ON CAREGIVING**
    - **FAMILY CARE NAVIGATOR** helps family caregivers locate public, nonprofit and private programs and services nearest their loved one – living at home or in a residential facility. Resources include government health and disability programs, legal resources, disease-specific organizations, etc.
      - State-by-State Help: <https://www.caregiver.org/family-care-navigator>
    - **HIRING IN-HOME HELP (Fact Sheet):** <https://www.caregiver.org/hiring-home-help>
    - **ONLINE SUPPORT GROUP:** <https://www.caregiver.org/support-groups>
    - **CAREGIVER EDUCATION:** <https://www.caregiver.org/caregiver-learning-center>
  - **CARING.COM In Home Care Costs & How to Pay:** <https://www.caring.com/senior-care/in-home-care/how-to-pay/>
- **LGBT AGING**
  - **SAGE: SERVICES AND ADVOCACY FOR GLBT ELDERS** • <https://www.sageusa.org/programs/index.cfm>  
*National organization that offers supportive services and consumer resources to LGBT older adults and their caregivers.*
  - **NATIONAL RESOURCE CENTER ON LGBT AGING** (a project of [www.sageusa.org](http://www.sageusa.org))  
*All older people, especially LGBTQ elderly, should have legal and financial plans and documents in place to ensure their healthcare, pensions, inheritance wishes are respected. As state laws vary widely, the Center provides state-by-state resources to help people find local help in their communities.* • <https://www.lgbtagingcenter.org/resources/>

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## FINDING HELP FOR CANCER PATIENTS & THEIR CAREGIVERS:

*The following organizations provide information and services for cancer patients and caregivers. This is not an all-inclusive list. Consult with the hospital social worker/ medical provider for programs near where the patient lives and/ or receives treatment.*

**NOTE:** *The information listed below solely is for general knowledge and is not a substitute for a doctors' advice.*

- **For General Information about Cancer, Help by Diagnosis and/or Topic etc.:**
  - **AMERICAN CANCER SOCIETY**..... <https://www.cancer.org/>
  - **CancerCARE** ..... <https://www.cancercare.org/>
  - **MAYO CLINIC**.....<https://www.mayoclinic.org/tests-procedures/cancer-treatment/about/pac-20393344>
    - *Overview of cancer treatment options: surgery, chemotherapy, radiation, bone marrow transplants, immunotherapy, hormone therapy, cryoablation, radiofrequency ablation, clinical trials.*
- **ASSISTANCE FROM THE GREEK / GREEK AMERICAN COMMUNITY:**
  - **GREEK ORTHODOX LADIES PHILOPTOCHOS SOCIETY** (*Nationwide assistance*)
    - **Limited Financial Assistance** for Orthodox Christians in the US regardless of immigration status. Depending on person's location and need, assistance may be available from 3 levels of Philoptochos:
      - Local Philoptochos Chapter
      - Metropolis Philoptochos
      - National Philoptochos Office, Department of Social Services.
        - For eligibility and application forms
        - Email [PauletteG@philoptochos.org](mailto:PauletteG@philoptochos.org) or call 212.977.7782
    - **Support Group for cancer patients in active treatment:**
      - Periodically, National Philoptochos conducts time-limited telephone support groups for Orthodox Christians in active treatment throughout the country; group is led by clinician with clergy support.
        - Call 212.977.7782 or email [PauletteG@philoptochos.org](mailto:PauletteG@philoptochos.org) to request schedule
  - **CHILDREN'S AGAPE FOUNDATION OF GREATER WASHINGTON D.C. METROPOLITAN AREA**
    - *A non-profit organization that assists "sick, needy children in the payment of medical and other medical-related expenses not covered by insurance or public or private programs."*
      - Age limitation: Up to recipient's 21<sup>st</sup> birthday
      - Religious affiliation: Orthodox Christian
      - Proof of need: Must be submitted (see application for details)
    - Download application at: <http://www.agapefoundationdc.org/>
- **PHILOXENIA HOUSES**
  - *Supported by the area's Metropolis & Local Philoptochos Chapters, **Boston, Baltimore, and Rochester MN** sponsor PHILOXENIA HOUSES to provide temporary housing and family support services to Orthodox Christian patients and caregivers. For more information, contact the local Church or Philoptochos Chapter.*
- **GREEK / CYPRIOT REGIONAL FEDERATIONS / SOCIETIES IN THE USA**
  - *Some regions of Greece and Cyprus have US-based associations and societies that provide financial and other assistance to persons whose origins are from those areas for various reasons.*
    - *A list is available at <https://www.goarch.org/yearbook> in the "Resources" section, "Federations/ Organizations"*
- **GREEK / CYPRIOT NATIONALS:**
  - **HEALTHCARE PAYMENTS FOR MEDICAL TREATMENT IN & OUTSIDE GREECE/ CYPRUS**
    - In Greece, residents (& their families) who contribute to Greek social security are entitled to coverage through the national health system. Private health insurance also is available.
      - *In some cases, if treatment is not available in Greece, the person's Greek/ Cypriot insurance may refer them to an E.U. country (e.g. England, Germany, etc.) for treatment.*
      - *If, because of their diagnosis or other condition, the patient seeks treatment in the United States, such individuals **must obtain approval**, generally in advance, from their Greek health insurance carrier.*
        - *If the insurance carrier denies the request, the patient should **file an appeal**.*
      - *If approved, payments are made directly to the US medical provider.*
        - For more information go to: <https://www.justlanded.com/english/Greece/Greece-Guide/Health/Health-Insurance>

- **TEMPORARY HOUSING FOR CANCER PATIENTS:**
  - **AMERICAN CANCER SOCIETY**
    - **HOPE LODGE:**  
Free, temporary housing for cancer patients **of any age** and their caregivers in various locations in the USA when their “best hope for effective treatment” may be in a city other than where they live:
      - <http://www.cancer.org/treatment/supportprogramsservices/hopelodge/index>
        - *NOTE: Referral must be made by medical provider or hospital social worker.*
    - **HOTEL PARTNERS PROGRAM:** for patients of any age and their caregivers
      - **Call: 1-800-227-2345**
      - <http://www.cancer.org/treatment/supportprogramsservices/patientlodging/index>
  - **RONALD Mc DONALD HOUSE:** <http://www.rmhc.org/>
    - Provides country specific programs for **pediatric cancer patients** (to age 21) and their caregivers in more than 64 countries through Ronald McDonald Houses, Family Rooms, and Care Mobiles.
      - *NOTE: Referral must be made by the medical provider and/or hospital social worker*
  - **PHILOXENIA HOUSES:** See above – Assistance from the Greek Community
- **ADDITIONAL RESOURCES FOR CANCER PATIENTS & CAREGIVERS:**
  - **CANCERCARE:**
    - Nationwide nonprofit organization providing free, professional support services, information to help people manage emotional, practical, financial challenges of cancer.
      - Its comprehensive services include
        - *Counseling, support groups over the phone, online and in-person*
        - *educational workshops & publications*
        - *financial - help with co-payments, transportation, homecare, childcare.*
      - **For more information:**
        - [www.cancercare.org](http://www.cancercare.org) or call 800-813-HOPE (4673).
        - <http://www.cancercare.org/financial>
        - <http://www.cancercare.org/copayfoundation>
        - [https://www.cancercare.org/publications/62-sources\\_of\\_financial\\_assistance](https://www.cancercare.org/publications/62-sources_of_financial_assistance)
      - **Database compiled by CancerCare of organizations offering financial or practical help**
        - <https://www.cancercare.org/helpinghand>
  - **AMERICAN CANCER SOCIETY:** Nationwide, community-based, voluntary health organization
    - **Website:** <http://www.cancer.org>
    - **Cancer Helpline:** **1.800.227.2345**
    - **Database-resources, events and offices ‘near you’:** <https://www.cancer.org/about-us/local.html>
  - **Treatments and side effects:**
    - <https://www.cancer.org/treatment/treatments-and-side-effects.html>
  - **Survivorship During and After Treatment:**
    - <https://www.cancer.org/treatment/survivorship-during-and-after-treatment.html>
  - **Financial Help, Support Groups, Screenings, etc.**
    - <https://www.cancer.org/treatment/support-programs-and-services/resource-search.html>
  - **Transportation support** through *Road to Recovery*, to help patients get to/ from treatment.
    - <https://www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html>
  - **Online Support Community for patients and families:** Through discussion boards, chat rooms, email; share photos, audio, start online journal (blog) contribute resources, etc.
    - <https://www.cancer.org/treatment/support-programs-and-services/online-communities.html>
  - **Wigs, headcovers, mastectomy products and other items at lower cost than for-profit sources**
    - <https://www.tlcdirect.org/> (*Tender Loving Care*)
  - **Reduce risk of cancer - Nutrition, smoking, HPV exams for kids, genetics, screening guidelines early detection:**
    - <https://www.cancer.org/healthy.html>
  - **Children and Cancer:** <https://www.cancer.org/treatment/children-and-cancer.html>
  - **ACS Research Programs:** <https://www.cancer.org/research.html>
  - **To find nearby patient and caregiver support programs and services:**
    - <https://www.cancer.org/treatment/support-programs-and-services.html>

- **NCI - NIH:**
  - **NATIONAL CANCER INSTITUTE OF NATIONAL INSTITUTES FOR HEALTH**  
<https://www.cancer.gov/>
    - **Provides “authoritative information”** about different types of cancer, information on wide range of cancer topics and cancer research.
      - <https://www.cancer.gov/resources-for/patients>
    - **NCI-supported clinical trials** - those sponsored or otherwise financially supported by NCI.
      - <https://www.cancer.gov/about-cancer/treatment/clinical-trials/search>
    - **Steps to Find a Clinical Trial**
      - <https://www.cancer.gov/about-cancer/treatment/clinical-trials/search/trial-guide>
  - **Contact NCI:**
    - **Telephone:**
      - **1-800-4-CANCER** (1-800-422-6237) *Monday – Friday, 9am – 9pm EST*
    - **LiveHelp / Live Chat:**
      - [https://livehelp.cancer.gov/app/chat/chat\\_launch](https://livehelp.cancer.gov/app/chat/chat_launch) *Monday – Friday, 9am – 9pm EST*
    - **Email:** [NCIinfo@nih.gov](mailto:NCIinfo@nih.gov)
- **CANCER SUPPORT COMMUNITY:**
  - **A - Z LIST OF CANCER SUPPORT, INFORMATION AND FINANCIAL RESOURCES:**
    - <https://www.cancersupportcommunity.org/resources>
    - **Cancer Support Helpline: 888-793-9355**
- **CANCER FINANCIAL ASSISTANCE COALITION (CFAC):**
  - *Coalition that helps cancer patients find assistance from organizations providing financial or practical help:*
    - Online form allows person to sort by diagnosis, zip code, type of assistance needed, and specific population:
    - <https://www.cancerfac.org/>
- **CANCER PATIENT SUPPORT FOUNDATION**
  - <http://cpspvt.org/our-program.html> for eligibility and information about emergency funds.
- **CLEANING FOR A REASON:**
  - Free house cleaning service for women undergoing treatment for any type of cancer
    - <http://www.cleaningforareason.org/>
- **WIGS FOR CANCER PATIENTS: FREE AND LOW COST**
  - *A recent study revealed that nearly 60 percent of women consider hair loss the most dreaded side effect they face when undergoing chemotherapy.*
    - <https://breastcancerfreebies.com/wigs/>
- **OTHER HEAD GEAR:**
  - <https://breastcancerfreebies.com/head-gear/>
- **CANCER FACT SHEETS**
  - **From the Greek Orthodox Ladies Philoptochos Society, Department of Social Services:**
    - Breast Cancer Fact Sheet
    - Ovarian Cancer Fact Sheet
      - *In English and Greek*
  - **From SUSAN G. KOMEN FOR THE CURE**
    - Breast Cancer Awareness (*In Greek*)
    - Mammograms (*In Greek*)
    - Make Healthy Lifestyle Choices
  - For copies of Philoptochos and Susan G. Komen Fact Sheets,
    - *email [PauletteG@philoptochos.org](mailto:PauletteG@philoptochos.org) or call 212.977.7782*

## FINDING RESOURCES FOR AUTISM SPECTRUM DISORDERS

*The Maori word for Autism is "Takiwatanga" meaning "In his/her own time and space".*

**AUTISM SPECTRUM DISORDER (ASD)** is a developmental disability. People with ASD may communicate and interact in ways that are different from most other people. ASD includes what the American Psychiatric Association used to call autistic disorder, Asperger syndrome, and PPD: Pervasive Developmental Disorder not otherwise specified. ASD is called a "spectrum" disorder because people with ASD can have a range of strengths and challenges and need varying support for those challenges. The learning, thinking, and problem-solving abilities of people with ASD can range from gifted to severely challenged. Some children and adults with ASD need a lot of assistance in their daily lives; others need less.

### **TOP AUTISM ORGANIZATIONS AND WEB RESOURCES**

<https://www.readingrockets.org/article/top-autism-organizations-and-web-resources>

#### ADVOCACY, INFORMATION, AND SUPPORT

- **Asperger Syndrome and High Functioning Autism Association:** <http://ahany.org/>
  - Resources for those with higher functioning autism.
  - Provides set of useful questions to ask when choosing a camp or summer program for special needs child.
- **Autism Highway:** <http://autismhwy.com/>
  - Lists autism-related events and specialists; includes interactive games for kids.
- **Autism Navigator** <http://www.autismnavigator.com/>
  - Web-based tools and courses to bridge gap between science and community practice.
- **Autism Research Institute:** <https://www.autism.org/>
  - Researches causes of autism and safe and effective treatments for those currently affected by the disorder.
- **Autism Society:** <https://www.autism-society.org/>
  - Grassroots autism organization; increase public awareness; advocate for appropriate; latest information regarding treatment, education, research, and advocacy.
  - **Has partnered with AMC Entertainment to provide children** affected by autism the opportunity to watch hit movies in a sensory-friendly environment, with the lights turned up and the sound turned down.
- **Autism Speaks:** <https://www.autism-society.org/>
  - Advances research into causes and treatments for autism spectrum disorders and related conditions through direct funding and collaboration
    - **The 100 Day Kit for Newly Diagnosed Families of Young Children**
      - For families of children 0-4 to make best possible use of 100 days after child's diagnosis
    - **Autism Response Team (ART)**
      - Connects those affected to information, tools, and resources.
      - Contact ART at 888.288.4762 or [familyservices@autismspeaks.org](mailto:familyservices@autismspeaks.org)
    - **MyAutismTeam:** <https://www.myautismteam.com/>
      - 'Official' social network / resource guide for Autism Speaks.
    - **State-by-State Guide to Local Resources:**
      - <https://www.autismspeaks.org/family-services/resource-guide>
- **Organization for Autism Research:** <https://researchautism.org/>
  - Applies research to challenges of autism; funds research.
- **Sesame Street and Autism: See Amazing in All Children:** <http://autism.sesamestreet.org/>
  - Nationwide initiative aimed at communities with children ages 2 to 5.
- **Wrightslaw Special Education Law and Advocacy:** <https://www.wrightslaw.com/>
  - Information about special education law, education law, and advocacy for children with disabilities.
  - Families can search on their own for providers using the Wrightslaw Yellow Pages for Kids With Disabilities.

#### AUTISM RESOURCES FOR PROFESSIONALS

- **American Speech-Language-Hearing Association (ASHA):** <https://www.asha.org/>
  - National association for audiologists; speech-language pathologists; its website provides specific information about ASD for speech-language pathologists.
- **National Association of Special Education Teachers (NASSET):** <https://www.naset.org/>
  - National membership organization for teachers in field of special education.

**AUTISM - FEDERAL AGENCIES AND FEDERALLY FUNDED ORGANIZATIONS**

- **Center for Parent Information and Resources (CPIR):**  
<https://www.parentcenterhub.org/>
  - Central resource of information and products to the community of Parent Training Information (PTI) Centers and the Community Parent Resource Centers (CPRCs).

**GREECE & CYPRUS: AUTISM ORGANIZATIONS:**

- **GREEK SOCIETY FOR THE PROTECTION OF AUTISTIC PEOPLE**  
2 Athenas St. 105 51 Athens Greece  
Phone: 30-210-321-6550 | Fax: 30-210-321-6549  
Email: [gspap@autismgreece.gr](mailto:gspap@autismgreece.gr) | Website: [www.autismgreece.gr](http://www.autismgreece.gr)
- **ASSOCIATION OF PARENTS AND FRIENDS OF THE AUTISTIC CHILD "ESPOIR"**  
P.O. Box 48 57013 Oreokastro Thessaloniki, Greece.  
Phone: 30-31-697-614 | Fax: 30-31-696-460
- **AUTISM - ASPERGER HELLAS**  
**ΑΥΤΙΣΜΟΣ – ΑΠΕΡΓΚΕΡ ΕΛΛΑΣ**  
Διευθυνση Αλατσατων 29 – Βυρωνας 16232  
Τηλ: (+30) 210-6728181, (+30) 210-6728182, (+30) 210-7627420 | Φαξ: (+30) 210-672812, (+30) 210-7626742  
[info@autismhellas.gr](mailto:info@autismhellas.gr)  
<https://autismhellas.gr/autism-aspergers/>
- **ASSOCIATION OF GREEK AUTISTIC ASPERGER AND HFA ADULTS**  
**ΣΥΛΛΟΓΟΣ ΕΛΛΗΝΩΝ ΕΝΗΛΙΚΩΝ ΑΥΤΙΣΤΙΚΩΝ ASPERGER ΚΑΙ ΥΛΑ**  
Address: Panepistimiou 67, 105 64 Athens, Greece  
Telephone: 30-210-9639166 and 30-694-8079564, 30-694-4301163  
E-mail: [info@aspergerhellas.org](mailto:info@aspergerhellas.org) and [aspergerhellas@gmail.com](mailto:aspergerhellas@gmail.com)  
Website: [www.autismos-asperger.gr](http://www.autismos-asperger.gr) and [www.aspergerhellas.org](http://www.aspergerhellas.org)
- **SYNDESMOS GIA ATOMA ME AFTISMO - CYPRUS**  
**ΣΥΝΔΕΣΜΟΣ ΓΙΑ ΑΤΟΜΑ ΜΕ ΑΥΤΙΣΜΟ ΚΥΠΡΟΥ**  
Διστόμου 15, ΤΘ 56149, 3304 Λεμεσός  
Τηλ: 25-343461 Φαξ: 25-343446  
[autisticassociation@cytanet.com.cy](mailto:autisticassociation@cytanet.com.cy)  
On Facebook: Cyprus Autism Association
- **AUTISM AROUND THE GLOBE PROJECT**  
Nancy Lurie Marks Family Foundation  
60 William Street, Suite 110 Wellesley, MA 02481, USA  
<http://www.nlmfoundation.org/>

• **PHILOPTOCHOS FACT SHEETS: AUTISM SPECTRUM DISORDERS**

For copies of these "Autism Speaks" informationals, call 212.977.7782 or email [PauletteG@philoptochos.org](mailto:PauletteG@philoptochos.org)

- **General Information (<https://www.cdc.gov/ncbddd/autism/signs.html>)**
  - Definition
  - Signs and Symptoms
  - Possible Red Flags
  - Social Skills
  - Communication
  - Unusual Interests and Behaviors
  - Other symptoms
  - Development
- **AUTISM & YOUR FAMILY: HOW WILL I DEAL WITH THIS DIAGNOSIS?**
- **11 THINGS NEVER TO SAY TO PARENTS OF A CHILD WITH AUTISM - AND 11 YOU SHOULD**
- **10 THINGS A PARENT CAN DO TO HELP THEIR CHILD WITH AUTISM.**
- **FACT SHEET IN GREEK: What is Autism?** ([www.worldautismawarenessday.org](http://www.worldautismawarenessday.org))

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## FINDING RESOURCES FOR DOMESTIC VIOLENCE:

CALL 9-1-1 OR THE LOCAL POLICE FOR IMMEDIATE HELP IN SITUATIONS OF IMMINENT OR LIFE-THREATENING DANGER

### **OVERVIEW:**

*Domestic violence is about power and control. It is not about being out of control or losing control. It is a systematic pattern of coercive behaviors intended to punish, gain and maintain control of the victim. It frequently begins so subtly that victims may not realize what is happening, but ultimately, these behaviors become the normal course of the relationship. Not only does it take less to bring on the abuse, but their frequency and intensity increases over time. In many cases, the abuser begins these behaviors when the woman first becomes pregnant. Also known as intimate partner violence (IPV), domestic violence occurs in all segments of society, and takes many forms: physical, sexual, psychological, emotional, economic and cyberstalking.*

*We frequently are asked why women stay in an abusive relationship. Some of the reasons she stays are because*

- *She is afraid no one will believe her – her partner is well-known and well-loved by their community.*
- *She believes the abuse is her fault – her partner has told her she provokes his anger that she believes she is to blame.*
- *She has no money and nowhere to go – the leading cause of homelessness among women is domestic violence.*
- *She is afraid of losing her children to parental kidnapping or a custody battle; in immigrant situations, he threatens to take the children overseas; she cannot afford an attorney and the free and low-cost legal services have long waiting lists.*
- *She left before and was stalked - at work, school, church, train station, mall, street, etc. Not only was she stalked, but he stalked her family, friends and co-workers too.*
- *She believes that staying is the best – and perhaps the only way to keep herself and her children safe.*

*But mostly, she stays because*

- *She loves her partner and wants the abuse to end, not the relationship.*

### **FACTS AT A GLANCE:**

- An act of domestic violence occurs **every 15 seconds** – more frequently than any other crime in the US.
- 85% of victims of intimate partner abuse are **women**.
- More than **50% of American couples** will experience at least one incident of partner assault during marriage.
- Regular and repeated violence will occur in 10% - 20% of all marriages.
- **10% of high school and 22% of college students** report physical violence in one or more dating relationship.
- A **firearm in the home increases the likelihood** that a woman will be killed by her partner by 800%.
- Family violence causes **25% of workplace problems**, e.g. absenteeism, lower productivity, turnover, excessive use of medical benefits.
- A woman who leaves her abusive partner is **70 times more likely** to be killed in the few weeks after leaving than at any other time in the relationship.

### RESOURCES FOR VICTIMS AND SURVIVORS OF DOMESTIC VIOLENCE

**SAFETY ALERT:** Computer use can be monitored and is impossible to completely clear. If you recommend to someone that she access domestic violence resources and programs online, please let her know that her internet usage might be monitored. Inform her that she can also reach many of the services by telephone.

### NATIONAL CRISIS ORGANIZATIONS AND ASSISTANCE:

- **National Domestic Violence Hotline**  
*Staffed 24 hours /day, 7 days per week, trained advocates are available to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or who may be questioning unhealthy aspects of their relationship.*
  - **Telephone Hotline: 1-800-799-SAFE (7223) | TTY: 1-800-787-3224**
  - **Online: <http://www.thehotline.org/>**
- **National Dating Abuse Helpline**  
1-866-331-9474  
[www.loveisrespect.org](http://www.loveisrespect.org)
- **National Child Abuse Hotline/Childhelp**  
1-800-4-A-CHILD (1-800-422-4453)  
[www.childhelp.org](http://www.childhelp.org)
- **National Sexual Assault Hotline**  
1-800-656-4673 (HOPE)  
[www.rainn.org](http://www.rainn.org)
- **National Suicide Prevention Lifeline**  
1-800-273-8255 (TALK)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- **National Center for Victims of Crime**  
1-202-467-8700  
[www.victimsofcrime.org](http://www.victimsofcrime.org)
- **National Human Trafficking Resource Center/Polaris Project**  
Call: 1-888-373-7888 | Text: HELP to BeFree (233733)  
[www.polarisproject.org](http://www.polarisproject.org)

- **National Network for Immigrant and Refugee Rights**  
1-510-465-1984  
www.nnirr.org
- **National Coalition for the Homeless**  
1-202-737-6444  
www.nationalhomeless.org
- **National Resource Center on Domestic Violence**  
1-800-537-2238  
www.nrcdv.org and www.vawnet.org
- **Futures Without Violence: The National Health Resource Center on Domestic Violence**  
1-888-792-2873  
www.futureswithoutviolence.org
- **National Center on Domestic Violence, Trauma & Mental Health**  
1-312-726-7020 ext. 2011  
www.nationalcenterdvtraumamh.org

#### CHILDREN

- **Childhelp USA/National Child Abuse Hotline**  
1-800-422-4453  
www.childhelpusa.org
- **Children's Defense Fund**  
202-628-8787  
www.childrensdefense.org
- **Child Welfare League of America**  
202-638-2952  
www.cwla.org

#### COLLEGE CAMPUS SAFETY GUIDE

- **Consent & Sexual Assault on Campus:** <https://www.affordablecollegesonline.org/campus-safety-guide/A-College-Student's-Guide-to-Understanding-and-Communicating-Permission>
  - *What is consent?*
  - *What does consent sound and look like?*
  - *What consent does NOT sound like.*
  - *How do I ask for consent?*
  - *Understanding non-verbal cues.*
  - *What is sexual assault?*
    - *Sexual harassment, stalking, coercion, rape, diminished capacity rape, acquaintance rape, partner rape*
  - *What to do if sexually assaulted.*
  - **Sexual assault resources:** *(Not an all-inclusive list)*
    - **1in6** <https://1in6.org/helpline/> *Helps men who have had abusive or unwanted sexual experiences*
    - **Culture of Respect:** <https://cultureofrespect.org/> *Guide for colleges on how to prevent sexual assault*
    - **NAESV (National Alliance to End Sexual Violence):** <https://www.endsexualviolence.org/resources/for-survivors/>
      - *A voice in Washington for state coalitions and local programs advocating and organizing against sexual violence and for survivors.*
    - **RAINN (Rape, Abuse & Incest National Network):** <https://www.rainn.org/>
      - *Largest anti-sexual violence organization in nation; helps survivors, educates public, improves public policy; its support specialists give advice, provide information, make referrals over phone or via online chat*

#### TEENS

- **National Dating Abuse Hotline (Love is Respect)**
  - call 1-866-331-9474
  - Text "loveis" to 22522, or
  - visit [www.LoveIsRespect.org](http://www.LoveIsRespect.org)
- **Break the Cycle**  
202-824-0707  
[www.breakthecycle.org](http://www.breakthecycle.org)

#### DIFFERENTLY ABLED:

- **Domestic Violence Initiative (Initiative for Women with Disabilities)**  
(303) 839-5510 / (877) 839-5510  
[www.dviforwomen.org](http://www.dviforwomen.org)
- **Deaf Abused Women's Network (DAWN)**  
Email: [Hotline@deafdawn.org](mailto:Hotline@deafdawn.org)  
VP: 202-559-5366  
[www.deafdawn.org](http://www.deafdawn.org)

#### LESBIAN, BI-SEXUAL, GAY, TRANSGENDER, GENDER NON-CONFORMING

- **LGBTQ:** <http://www.thehotline.org/is-this-abuse/lgbt-abuse>.
- **National Gay and Lesbian Task Force**  
1-202-393-5177  
[www.ngltf.org](http://www.ngltf.org)

#### IMMIGRANT

- **National Immigrant Women's Advocacy Project**  
(202) 274-4457  
<http://www.niwap.org/>

- **VRLC (Victim Rights Law Center): <https://www.victimrights.org/>**
  - Focus on legally representing victims of sexual assault and rape so they can rebuild their lives. Its services are free of charge and help ensure survivors continue their education and protect their mental health.
- **NOVA (National Organization for Victim Assistance): <https://www.trynova.org/>**
  - Advocacy organization; connects victims to services, promotes public safety initiatives

**NATIONAL PHILOPTOCHOS DOMESTIC VIOLENCE LITERATURE AND LOCAL CHURCH/ CHAPTER PROGRAM SUGGESTIONS:** (To obtain copies, call 212.977.7782, or email [PauletteG@philoptochos.org](mailto:PauletteG@philoptochos.org)).

- **Article in Orthodox Observer:**
  - **DOMESTIC VIOLENCE – POWER & CONTROL**  
Article in the 'Orthodox Observer' by Paulette Geanacopoulos, LMSW, National Philoptochos Director of Social Services, written at the request of the Archdiocesan Center for Family Care. October 2016
- **Webinar and PowerPoint Presentation:**
  - **DOMESTIC VIOLENCE: Identifying & Responding to Intimate Partner Abuse in the Orthodox Christian Community**  
Conducted by Paulette Geanacopoulos, LMSW and V. Rev Archimandrite Chrysostomos Gilbert, Annunciation Church, NYC for the Archdiocesan Center for Family Care, February 2015
- **"IT'S NOT LOVE IF YOUR PARTNER . . ."**
  - One-page flyer/2-sided 'postcard' to help women identify abuse and decide what they can do. Request copies, distribute to the Church organizations; leave several copies of the postcard in the women's rooms of your Church for easy access by women who may be abused.
- **PHILOPTOCHOS FACT SHEETS / INFORMATIONAL HANDOUTS:**
  - Does Your Partner...? (Greek /English)
  - Developing a Personalized Safety Plan
  - Clergy Perspectives on Domestic Violence
  - Power & Control Wheel
  - Teen Dating Relationship Equality Wheel
  - What to Say to a Woman You Think is Being Abused
  - What to Do if a Woman Confides in You
  - Men Who Batter
  - Talking to Your Children About Violent Events
- **PHILOPTOCHOS RECOMMENDED ON-SITE CHURCH PROGRAMS:**
  - **"LITROSI":**
    - To promote an awareness of domestic violence among Greek speaking members of our community, we recommend an excellent resource: **"Litrosi"** (Liberation/ Redemption) a 48-minute video in Greek with English subtitles produced by the **Greek Orthodox Family and Counselling Wife Assault Program, Toronto, CANADA.**
      - Contact the Philoptochos Social Work Office to borrow a copy.
  - **ROUND-TABLE DISCUSSION:**
    - Invite local advocates and members of other ethnic/ religious groups to a round-table discussion to identify, examine and re-frame cultural attitudes and religious beliefs that influence our understanding of domestic violence, some of which appear to ignore or condone domestic violence.
  - **TEACH THE 'NEXT GENERATION':**
    - With GOYA and JOY, sponsor forums, retreats or other discussion groups about teen dating relationships, the importance of respect, equality and compromise in relationships, how to identify and avoid dangerous relationships and situations.
    - Hold youth/ young adult programs about non-violent behaviors, anger management, impulse control, conflict resolution, fair fighting, bullying and cyberbullying.
    - Plan such events with your priest and Metropolis youth representatives; contact local youth programs, schools, domestic violence programs, local police department for speakers on such issues.

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## **FINDING RESOURCES FOR PROTECTIVE SERVICES (CHILDREN / ADULTS / OLDER ADULTS)**

**CALL 911 OR THE LOCAL POLICE FOR IMMEDIATE HELP IN SITUATIONS OF IMMINENT, SERIOUS, LIFE-THREATENING DANGER.**

### **• FOR CHILDREN:**

#### **○ FOR SUSPECTED ABUSE, NEGLECT OR EXPLOITATION OF CHILDREN**

- *Each State has a system to receive and respond to reports of possible child abuse and neglect. Concerned persons can call statewide hotlines, local child protective services, or law enforcement agencies to share their concerns.*
- *Reporting suspected or actual abuse or neglect can protect a child and get help for a family – it may even save a child's life.*
- *Certain professionals are mandated to report e.g. social workers, school administrators, teachers, other school personnel, medical and mental health providers*

#### **○ THE CHILDHELP NATIONAL CHILD ABUSE HOTLINE**

*Dedicated to the prevention of child abuse.*

- **1-800-4-A-CHILD (1-800-422-4453)**
- **<http://www.childhelp.org/hotline/>**
  - *Serving the US, its territories, and Canada, the Hotline is staffed **24 hours a day, 7 days a week** with professional crisis counselors who, through interpreters, provide help in 170 languages.*
  - *The Hotline offers crisis intervention, information, literature, and referrals to thousands of emergency, social service, and support resources.*
  - ***All calls are confidential.***

#### **○ STATE REPORTING LAWS:**

- *To learn your State's laws regarding reporting and responding to child abuse and neglect, go to the Administration of Children's Services, US Department of Health & Human Services at:*
  - **[https://www.childwelfare.gov/systemwide/laws\\_policies/state/can/reporting.cfm](https://www.childwelfare.gov/systemwide/laws_policies/state/can/reporting.cfm)**
- *To find out who is a 'mandated reporter' for suspected child abuse, go to*
  - **<https://www.childwelfare.gov/topics/systemwide/laws-policies/statutes/manda/>**

### **• FOR ADULTS WHO ARE PHYSICALLY &/or DEVELOPMENTALLY DISABLED**

#### **○ There are ADULT PROTECTIVE SERVICE (APS) agencies all over the nation.**

- *Issues, concerns or questions about someone you believe is being abused, neglected, financially exploited, or otherwise unsafe or poorly treated, can be referred to APS so professionals can evaluate the situation.*
  - *To locate the APS agency near you, go to the website of the **National Adult Protective Services Association:***  
**<http://www.napsa-now.org/get-help/help-in-your-area/>**

### **• FOR ELDER ABUSE VICTIMS: PERSONS WHO ARE, OR MAY BE VICTIMS OF ELDER ABUSE:**

#### **○ THE NATIONAL CENTER ON ELDER ABUSE** *of the Administration on Aging (AoA), US Department of Health and Human Services disseminates elder abuse information to professionals and the public; provides technical assistance and training to states and community-based organizations*

- *About the Center:* **<https://ncea.acl.gov/About-Us.aspx>**
- *State Resources:* **<https://ncea.acl.gov/Resources/State.aspx>**
- *FAQs:* **<https://ncea.acl.gov/FAQ.aspx>**
- *Elder Rights Resources:* **<https://ncea.acl.gov/Resources/Elder-Rights.aspx>**

#### **○ ELDERCARE LOCATOR:**

- **<http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>** or
- **weekdays by phone at: 1-800-677-1116**

- **PHILOPTOCHOS ELDER ABUSE FACT SHEET:**

- National Philoptochos “**FACT SHEET ON ELDER ABUSE**” provides information about
  - Who is at risk,
  - Who the abusers are,
  - Types of elder abuse and neglect including
    - physical
    - emotional
    - financial
    - self-neglect
    - abandonment and more.
  - Email PauletteG@philoptochos.org or call 212.977.7782 to obtain copies
    - Post copies and distribute locally.

**NURSING HOME ABUSE:** <https://www.nursinghomeabusecenter.com/>

- **SIGNS OF ABUSE IN NURSING HOMES**

*Nursing home abuse happens all too often against seniors under the protection of a licensed care facility. Professional support staff may act may violently or abusively toward their residents. Physical and sexual abuse may not only result in physical injuries but emotional and psychological symptoms as well. Signs of abuse to watch out for include unexplained bruising, injuries, broken bones, signs of restraints, broken eyeglasses, or obvious fear of certain staff members who may be perpetrating the abuse.*

- **SIGNS OF NEGLECT IN NURSING HOMES**

*Nursing home neglect is another pervasive issue in facilities across America that can have deadly consequences. Nursing home neglect often involves care staff willfully ignoring their residents and failing to fulfill their job duties. Signs of neglect to watch out for include dehydration, bedsores, malnutrition, and inconsistent or incorrect medication administration. You may also notice your loved exhibiting unusual behaviors, a sign of continued social isolation.*

- **OTHER TYPES OF ABUSE IN NURSING HOMES**

*Not all types of abuse or neglect are physical. Many nursing home residents face emotional or financial abuse at the hands of staff members or even other residents. Emotional abuse includes verbal threats, public humiliation or social isolation. Financial abuse includes theft or fraud. It's the duty of nursing care staff to provide a safe environment free of abuse, even when the perpetrators are other residents.*

- **NURSING HOME ABUSE CENTER:**

- If a loved one has been abused or neglected in a care facility, a resource to research/ consider is the Nursing Home Abuse Center that provides free case reviews and connects people to a “trusted legal partner”
- Contact:
  - <https://www.nursinghomeabusecenter.com/about/contact-us/>
  - or by phone: 1.877.848.8051

- **LONG TERM CARE OMBUDS PROGRAM FOR PERSONS IN NURSING HOMES, BOARD & CARE HOMES, ASSISTED LIVING FACILITIES**

- The federal Older Americans Act requires every state to have an Ombudspersons Program that addresses complaints and advocates for improvements in the long-term care system.
  - Administered by the Administration on Aging (AoA), long-term care ombudspersons are advocates for residents of nursing homes, board and care homes and assisted living facilities.
  - Ombudspersons can help find a facility, how to get quality care, are trained to resolve problems and can assist with complaints.
    - You must give ombudsperson permission to share your concerns or matters are kept confidential.
- For more information, go website of the *National Long Term Care Ombuds Resource Center* at:
  - <http://www.ltombudsman.org/about-ombudsmen>
- To find a local program, use the eldercare locator:  
<http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

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## FINDING SERVICES THAT ADDRESS HOMELESSNESS / FOOD INSECURITY

### **Homelessness in America:**

For too many years, homelessness has been a seemingly 'unsolvable' problem, perhaps because of our lack of knowledge, lack of affordable housing, lack of services, lack of political will or all of the above. Or perhaps it is because too many people believe that homeless is "who" the person is, rather than the "condition" in which they currently find themselves.

Why is someone homeless? Some are catapulted into homelessness by a quirk of fate, a life-threatening illness, domestic violence, a divorce or other crisis. Others slide into homelessness as their coping skills are overwhelmed by far too many cumulative losses. Still others suffer the consequences of mental illness or substance abuse – people whose afflictions impede their ability or willingness to access services or networks that could have prevented their homelessness. And yet others are the 'working poor' – people whose employment incomes are insufficient to rent a room or who are living 'paycheck to paycheck'.

Through the various programs addressing this population, we have learned, first-hand, that it is not easy living on the street, in a transportation hub, a shelter, or doubled up with family who quickly tire of playing host. It is hard being harassed and almost always judged. It is a harsh punishment to lose all your belongings because you can't carry everything. It is difficult, but frequently the only choice, to stay filthy so as not to be assaulted. Regardless their circumstances, we also have learned that they persist, they are resilient, and they are strong. This is "who" the homeless person is.

- **NATIONAL COALITION FOR THE HOMELESS:** <http://nationalhomeless.org>
  - A national network of people committed to preventing and ending homelessness while ensuring the immediate needs of those experiencing homelessness are met and their civil rights protected.
- **FOOD PANTRIES - INTERACTIVE STATE-BY-STATE MAP:** <http://www.foodpantries.org/>
  - Information about homeless prevention programs and homeless services (individuals and families), food pantries, soup kitchens, drop-in centers, shower and clothing resources specific to your community, contact your local department of social services or if available, call '2-1-1', '3-1-1' or '6-1-1'.
- **PHILOPTOCHOS PROGRAMS THAT ADDRESS HOMELESSNESS & HUNGER:**
  - **SERVICES PROVIDED THROUGH PHILOPTOCHOS DEPARTMENT OF SOCIAL SERVICES:**
    - **EVICTION PREVENTION:** Within parameters of Philoptochos guidelines, payment of rent and mortgage arrears to prevent evictions, mortgage foreclosures, utility shut-offs and more is made on behalf of Orthodox Christian individuals and families in the United States.
    - **RELOCATION ASSISTANCE** -payment of security deposit, first & last month's rent
    - **SHORT-TERM INTERVENTIONS AND REFERRALS** to mental health, addiction, domestic violence and social services to help people address multi-faceted issues that oftentimes result in homelessness
  - **NATIONWIDE 'FEED THE HUNGRY' PHILOPTOCHOS EFFORTS**
    - **1.5 MILLION MEAL CHALLENGE:**
      - Philoptochos women have been 'feeding the hungry' since its founding in 1931. To honor these efforts and as part of the President's "hands on / doing" initiative, Philoptochos Chapters throughout the United States have been challenged to prepare and serve 1.5 million meals by the 2020 National Convention either at their Church or in cooperation with a local Community Based Organization.
    - **NATIONAL PHILOPTOCHOS / STREET OUTREACH IN NEW YORK CITY:**

On the last Tuesday of each month, Philoptochos members, youth, parishioners and clergy prepare and serve hot meals to 100+ homeless people on NYC's street, across from Madison Square Garden, and distribute seasonally appropriate clothing, toiletries, etc.

      - **Participate in this effort:** To participate or sponsor a month, email [Contact@philoptochos.org](mailto:Contact@philoptochos.org)
      - **Participate near home:** Contact your Metropolis Philoptochos to volunteer or duplicate efforts
      - **Start your own program:** Contact [georgiavolitas@philoptochos.org](mailto:georgiavolitas@philoptochos.org).
- **BOSTON METROPOLIS PHILOPTOCHOS HOMELESS VETERANS PROGRAM:** (more info next section)  
**"Operation Housewarming Baskets for Homeless Veterans Transitioning to Independent Living":**
  - Contact Georgia Lagadinos: [georgia.lagadinos@gmail.com](mailto:georgia.lagadinos@gmail.com) or Eleni Stamboulidis: [estamboulidis@hotmail.com](mailto:estamboulidis@hotmail.com)
- **PHILOXENIA, INC. "LAST NIGHT'S SOUP RUN"**

**This effort served as the 'template' for the National Philoptochos monthly 'feed the hungry' program.**

  - Philoxenia, Inc. is a 501(c)(3) organization that started over 11 years ago at Holy Trinity Greek Orthodox Church, New Rochelle, NY. Anecdotes from its 'soup run' experiences are captured in the book, **'Last Night's Soup Run'**, available on Amazon. Proceeds from the book sales and donations to Philoxenia go directly to expanding community programs to help the homeless. For information: [www.philoxenia.org](http://www.philoxenia.org) or email Despina Kartson, Philoxenia President, at [dkartson@gmail.com](mailto:dkartson@gmail.com)

## FINDING RESOURCES FOR VETERAN PROGRAMS AND SERVICES:

- **VETERANS ADMINISTRATION** Website: <https://www.va.gov/>
  - Veterans Crisis Line: 1-800-273-8255 Press 1
  - Benefits: 1-800-827-1000
  - Health Care: 1-877-222-VETS (8387)
  
- **HOMELESSNESS AMONG VETERANS:**
  - National Center on Homelessness Among Vets:
    - <https://www.va.gov/HOMELESS/nchav/index.asp>
  - VA Programs for Homeless Veterans:
    - [https://www.va.gov/HOMELESS/for\\_homeless\\_veterans.asp](https://www.va.gov/HOMELESS/for_homeless_veterans.asp)
  - VA Programs to End Homelessness Among **Women Veterans**:
    - [https://www.va.gov/HOMELESS/for\\_women\\_veterans.asp](https://www.va.gov/HOMELESS/for_women_veterans.asp)
  - VA Programs for At-Risk Veterans and Their Families:
    - [https://www.va.gov/HOMELESS/for\\_at\\_risk\\_veterans.asp](https://www.va.gov/HOMELESS/for_at_risk_veterans.asp)
  
- **EDUCATIONAL BENEFITS FOR VETERANS:**
  - **GI BILL**..... <http://www.benefits.va.gov/gibill>.
  
- **TEN ORGANIZATIONS THAT HELP VETERANS TRANSITION TO CIVILIAN LIFE:**

*Post 9/11, veterans tend to have more trouble transitioning to civilian life, even more so than those from the Vietnam and Korean conflicts. The difficulty increases if the veteran had a traumatic experience during their service or was in a war zone.*

  - <http://military.vista.edu/military-veterans/10-organizations-that-help-veterans-transition-to-civilian-life/>

"VETERAN EMPOWERMENT ORGANIZATIONS" that help veterans successfully return to civilian life are listed below.

**NOTE:** This is NOT a complete list. Please refer to "Charity Navigator" <https://www.charitynavigator.org/> for independent evaluations / ratings of other veterans organizations.

  - **Iraq and Afghanistan Veterans of America (IAVA)** - Connects veterans to one another and educates them on mental illnesses, health care, education benefits of the GI Bill, and more.
  - **National Association of American Veterans** - Network of support to wounded, disabled and single parent veterans.
  - **American Legion** - Programs for youth and veterans; resources to help veterans understand their benefits; offers a career portal with job search tools; monetary assistance to veterans and their families during difficult times., and more.
  - **Wounded Warrior Project** - Combat Stress Recovery; Physical Health and Wellness; Alumni program
  - **Veterans of Foreign Wars (VFW)**
  - **AMVETS (American Veterans)** - advice and assistance to veterans with claims regarding compensation; educational scholarships America Wants You
  - **Veterans Support Organization (VSO)** - provides veterans with the skills needed to find employment.
  - **VetJobs** - online military jobs board, and more
  - **USO** - assorted socialization and employment programs.
  - **Vista College** - Educational programs in industries that are growing and are projected to continue to grow.
  
- **BOSTON METROPOLIS PHILOPTOCHOS HOMELESS VETERANS PROGRAM:**
  - **"Operation Housewarming Baskets for Homeless Veterans Transitioning to Independent Living":**
    - A Boston Metropolis-wide project supported by New England Philoptochos Chapters and parishes in recognition of the sacrifices made by the men and women who serve our country to assist them as they return to civilian life and a new chapter in their lives.
      - For more information, contact Georgia Lagadinos at [georgia.lagadinos@gmail.com](mailto:georgia.lagadinos@gmail.com) or Eleni Stamboulidis at [estamboulidis@hotmail.com](mailto:estamboulidis@hotmail.com)
  
- **BURIAL BENEFITS FOR VETERANS**
  - Burial Benefits for Veterans of the American Armed Forces • [http://www.cem.va.gov/burial\\_benefits/](http://www.cem.va.gov/burial_benefits/)
  - Burial Plot, Internment Allowance • <https://www.benefits.va.gov/BENEFITS/factsheets/burials/Burial.pdf>
  - Frequently Asked Questions • <http://www.cem.va.gov/faq.asp>

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## FINDING RESOURCES FOR PERSONAL FINANCIAL MANAGEMENT / BUDGETING REFERRALS

*Because Philoptochos does not have the resources to provide financial assistance on an ongoing basis, some of the people who seek our help can be helped in the long term by helping them to explore ways they can effectively manage and budget their limited incomes:*

- The **NATIONAL FOUNDATION FOR CREDIT COUNSELING (NFCC)**
  - Founded in 1951, NFCC is the nation's largest and longest-serving **nonprofit financial counseling organization**. Its member agencies provide financial reviews, education and comprehensive money management services over the phone, or online based on individual needs.
    - Free and affordable services include credit and debt counseling; bankruptcy counseling; housing counseling; reverse mortgage counseling; student loan debt counseling; debt management plans; credit report reviews and financial education. In addition, as one third of its members are community-based agencies, they can assist with other social service needs as well.
      - **TO LOCATE AN NFCC AGENCY NEAR YOU:**
        - To locate an agency online: <https://www.nfcc.org/agency-locator/>
        - **To connect with an NFCC Certified Consumer Credit Counselor by phone: 1.800.388.2227**
- **GREENPATH, INC.**
  - **GREENPATH, INC.** - also known as **GREENPATH DEBT SOLUTIONS** - is a non-profit, credit counseling organization that *"has been helping people get out of debt since 1961"*. It is fully bonded, registered and licensed to serve consumers in all 50 states.
    - GreenPath offers **free debt counseling** that is personal and tailored to a person's unique situation. It specializes in helping people **eliminate credit card debt**; it assists people with **student loan debt**, helps homeowners **avoid foreclosure**, provides **reverse mortgage counseling** to seniors, helps people manage their **credit score**, and provides **bankruptcy counseling and education** for debtors filing for bankruptcy.
    - It also offers a wide variety of financial education **tools and resources**.
  - **Contact GreenPath at <http://www.greenpath.com/> or by phone at 1-800-550-1961**

####

*From the Philoptochos Department of Social Services:*

*We hope you have found this "Guide" useful.*

*We respectfully request your help to keep this document even more useful and as up-to-date as possible!*

*If you come across errors in program descriptions, please let us know.*

*If there are corrections to contact information – websites, telephone numbers, organizations – please let us know.*

*If there are organizations and programs you would like us to include within our existing categories, please let us know.*

*If there are topics and issues not included that you would like us to incorporate into this document, please let us know.*

*If you would like help to plan a local presentation about one or more of the issues included, please let us know.*

Please contact:

Paulette Geanacopoulos, LMSW

Director, National Philoptochos Social Services

126 East 37<sup>th</sup> Street

New York, NY 10016

Email: [PauletteG@philoptochos.org](mailto:PauletteG@philoptochos.org)

Confidential Social Work Telephone: 212.977.7782

Main number for Philoptochos: 212.977.7770

General Email: [contact@philoptochos.org](mailto:contact@philoptochos.org)

Website: [www.philoptochos.org](http://www.philoptochos.org)

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