

Community resource list

April 2023

Family/Parenting

Strengthening Families Program

A collaboration with Cumberland/Perry D&A, the Partnership for Better Health, the United Methodist Home for Children, the Carlisle Family YMCA, and Dickinson College

SFP 10-14 has been rated as the #1 prevention program for long-term impact and has great outcomes. We appreciate that this 7-week program requires a commitment from families, but we feel the benefits are worth it. We have also tried to remove barriers to participation- there is no cost, and we provide a free meal and childcare for children under the age of 10.

Below is the link to the University of Iowa website which provides additional information about SFP.

<https://www.extension.iastate.edu/sfp10-14/>

Next group running:

Location: Carlisle Family YMCA

Email: cumbperrydanda@cumberlandcountypa.gov

Phone: 717-240-6300

*please reach out for upcoming dates and any additional information

CAIU ELECT Program

The ELECT program supports pregnant and parenting teens in developing skills that lead to successful completion of high school and economic self-sufficiency after graduation. Case managers provide one-on-one or group support weekly. Participants learn effective goal setting, parenting skills, and healthy decision-making.

[ELECT Program - Capital Area Intermediate Unit 15 \(caiu.org\)](http://caiu.org)

School representatives may contact

Jody Forney-Cole

ELECT Program Coordinator

caielect@caiu.org

717-732-8400 ext. 8383

Tri county community action

Tri County Community Action is your local community action agency, working in Cumberland, Dauphin, and Perry Counties in Pennsylvania.

They offer a comprehensive approach to individual, family, and neighborhood success, to include a wide range of programming - from budgeting, home ownership, parenting, and financial literacy education, to in-depth and wrap-around services such as early learning, child and youth development, long-term case management, and neighborhood planning and revitalization.

<https://cactricounty.org/>

- Parents as teachers, fatherhood and 24/7 dad, families in recovery

Medical
<p>Elk's nurse</p> <p>Free, in-home nursing program https://paelkshomeservice.org/ Provides advocacy and coordination of services regarding medical needs Mary Olley, LPN (Cumberland, Perry, Dauphin) Phone: 717-571-1496</p>
<p>Nurse Family Partnership</p> <p>UPMC's Nurse-Family Partnership® (NFP) in Central Pa. partners Registered Nurses with income-eligible parents during their pregnancies and the first two years of their child's life. You will be partnered with your own personal nurse free of charge. If you participate in the NFP, you will receive support, education and linkage to other community resources. Nurses answer your questions and provide holistic support for optimal health for you, your pregnancy and your baby. Nurses also focus on providing fun activities to do with your baby to promote bonding and development. Nurses also partner with you to create the life that you desire for you and your family.</p> <p>Nurse-Family Partnership is available to families in Cumberland, Dauphin, Franklin, Lebanon, and Perry counties. Your free, personal nurse will provide visits to you based on your needs and desires. Phone: 717-782-2335 Nurse-Family Partnership® for New Mothers UPMC https://www.nursefamilypartnership.org/</p>

Mental health
<p>CASSP elementary program</p> <p>The elementary School-Based CASSP program assists and educates families with elementary school-aged children in Cumberland and Perry Counties by providing information, referrals, and linking additional supportive services to parents or other caregivers. Cumberland-Perry MH.IDD office 717-240-6320 CASSP-Elementary-School-Based-Brochure--112022 (cumberlandcountypa.gov)</p>
<p>CASSP meetings</p> <p>CASSP is an acronym for Child and Adolescent Service System Program. CASSP is designed to bring together professionals from all of the child-serving agencies of Cumberland and Perry Counties in a consistent and unified approach to treatment planning and service delivery to children who are experiencing difficulty in any of several developmental areas.</p> <p>Cumberland-Perry MH.IDD Office 717-240-6320 https://www.cumberlandcountypa.gov/2489/CASSP-Program</p>

Mental health BSU's (base service units)

There are two local providers contracted through Cumberland-Perry MH.IDD to provide mental health case management services. The BSU is also a resource for anyone in the community that has questions about mental health services.

Penn State Holy Spirit 717-763-2221
Merakey 717-243-6033 ask for intake

Crisis intervention

Walk-in crisis service is available 24 hours a day, 7 days a week, providing face-to-face contact for a person in crisis or a person seeking assistance for a person in crisis. Services include assessment and evaluation, information and referral, crisis counseling, crisis resolution, resource coordination, and emergency psychiatric and medical consultation.

UPMC Carlisle: Emergency Room
361 Alexander Spring Rd.
Carlisle, PA 17015
(717) 243-6005

Penn State Holy Spirit Hospital: Emergency Room
503 N. 21st Street, Camp Hill, PA 17011
(717) 763-2222

UPMC West Shore: Emergency Room
1995 Technology Pkwy.
Mechanicsburg, PA 17050
(717) 763-2222

Penn State Health Hampden Medical Center
2200 Good Hope Rd, Enola, PA 17025
(717) 763-2222

Highmark caring place/Drews Hope

free support for grief and loss

Highmark caring place- <https://www.highmarkcaringplace.com/cp2/index.shtml>

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

Drew's Hope - <https://drewmichaeltaylor.org/drews-hope/>

7 S Earl St, Shippensburg, PA 17257
(717) 532-8922

Growing Edges Community Counseling Clinic

A non-profit educational and counseling clinic of Shippensburg University's Department of Counseling and College Student Personnel. The program, the only one of its kind in State System, began in the spring semester of 2008. This program provides no cost time-limit counseling services to individuals, couples, and families in the community who may not have access to counseling, while providing our graduate students in the program the opportunity to get field training.

https://www.ship.edu/community/growing_edges/

1st Floor, Shippen Hall Shippensburg University Shippensburg, PA 17257

Phone: 717-477-1248 Fax: (717) 477-4078 growingedges@ship.edu

Student assistance program (Elementary, Middle and High school)

Teenline staff through Penn State Holy Spirit provide mental health assessments to middle school and high school students

CASSP elementary staff through MH.IDD provide mental health assessments to elementary students

Referrals can be made by anyone including parents to the school district. Often times the guidance counselor is a good point of contact for this referral.

Office of mental health and substance abuse

This office focuses their efforts on providing individuals who live with mental illness and substance use disorders with opportunities for growth, recovery and inclusion in the community, access to culturally competent services and supports of their choice, and a quality of life that includes family members and friends.

[OMHSAS Contact \(pa.gov\)](#)

NAMI – National alliance on mental illness

NAMI is dedicated to improving the lives of millions of Americans affected by mental illness. Your gift helps support NAMI's ongoing awareness, education and advocacy efforts, including initiatives such as expanding NAMI HelpLine's hours and services; advocating for a better crisis response system; developing resources for youth and young adults; and updating our educational materials to better address the needs of underrepresented communities.

<https://www.nami.org/Home>

IDD (Intellectual developmental disabilities) and Autism**Cumberland & Perry MH.IDD Office**

1615 Ritner Highway Carlisle, PA 17013

(717) 240-6320

The Office of Developmental Programs (ODP)

The entity within the Department of Human Services responsible for the oversight of intellectual and developmental disability services in Pennsylvania. The local County MH/ID Programs' role is to verify eligibility for intellectual disability services through ODP.

[Eligibility Intellectual Disabilities \(pa.gov\)](http://www.pa.gov)

Drug and Alcohol

Cumberland & Perry Drug & Alcohol Commission

(717) 240-6300 – (800) 240-6300 - Dennis Marion Public Services Building – 16 West High Street, Suite 302 – Carlisle, PA 17013-2964 - www.cumberlandcountypa.gov

Perry Human Services

8391 Spring Rd Ste 2, New Bloomfield, PA 17068

(717) 582-8703

<https://perryhumanservices.org/>

Student assistance program (Elementary, Middle and High school)

Cumberland-Perry D&A office provides drug and alcohol assessments and education to students

Referrals can be made by anyone including parents to the school district. Often times the guidance counselor is a good point of contact for this referral.

Family Check up

Ages 2-17 years old

Free to the community as this is a grant funded program provided through Hempfield Behavioral Health

Any family (biological, foster, or kinship) raising a child/children that have been impacted from caregiver drug use can be eligible.

Referrals accepted from agencies or families in Cumberland and Perry Counties.

Call: 717-221-8004

GRANDS

A support group meeting for grandparents, aunts, uncles, or other family members raising children due to parental substance abuse.

Location: Bosler Memorial Library in Carlisle

Phone: 717-243-4642 ext 2226 or 717-701-0557

Community resources

Penn State extension office

8 S Carlisle St, New Bloomfield, PA 17068
(717) 582-5150
<https://extension.psu.edu/perry-county>

Macaroni kid

this is a website that provides information regarding local events in the community, most are free or low cost.

<https://harrisburg.macaronikid.com/>

Big Brothers Big Sisters of the capital region

Provides evidence-based one-to-one youth mentoring service delivery model and our caring staff members. Our match coach and program specialists communication with parents, volunteers and youth throughout the lifetime of the match, providing guidance, resources, trainings, activities, community referrals and general support.

<https://capbigs.org/>

Corporate Office & The Greater Harrisburg Area
1519 North 3rd Street
Harrisburg, PA 17102
Phone: (717) 236-0199
Fax: (717)236-0633
Email: info@capbigs.org

The Greater Carlisle Area
64 E. North Street
Carlisle, PA 17013
Phone: (717) 258-4417 (NEW NUMBER)
Fax: (717) 236-0633
Email: arrote@capbigs.org

Randi's House of Angels

The mission of Randi's House of Angels is a healing place for children who are exposed to and/or are victims of domestic violence.

<https://randishouseofangels.org/>
info@randishouseofangels.org

P.O. Box 1173
16875 Camp Hill Bypass
Camp Hill, PA 17011
717-503-4498

Partnership for Better Health

The Partnership for Better Health is a community foundation that works collaboratively with key stakeholders throughout parts of Cumberland, Perry, Adams and Franklin Counties to positively influence the lives of our neighbors.

274 Wilson Street
Carlisle, PA 17013
717.960.9009

<http://www.forbetterhealthpa.org/>

KinConnector helpline

The KinConnector helpline is staffed by Kinship Navigators – compassionate, knowledgeable social service professionals prepared to help families locate, understand, and access resources that may be able to help them. Kinship Navigators will connect grandparents and other relatives who are raising children with resources such as health, financial, and legal services, support groups, training, and parenting advice. They will help families locate physical or behavioral health services, enroll the child in school, find support groups, and other services designed to help caregivers.

1-866-KIN-2111

www.kinconnector.org

SWAN

statewide adoption and permanency network

Provides post-permanency services to families who have adopted children

1-800-585-7926

<http://www.adoptpakids.org/>

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<https://cactricounty.org/>

LGBTQIA+ Youth Resources

Positive environments are important to help all youth thrive. However, the health needs of LGBT Youth can differ from their heterosexual peers. On this page, find resources from the CDC, other government agencies, and community organizations for LGBT Youth, their friends, educators, parents, and family members to support positive environments.

[LGBTQ Youth Resources | Lesbian, Gay, Bisexual, and Transgender Health | CDC](#)

Sadler Health Center/Hamilton Health Center of Perry County

offers insurance enrollment assistance at no cost to you, to help you find low-cost insurance options that fit your budget. Our certified and licensed Application Counselors and Navigators are here to help you understand your options. We provide one-on-one assistance with the application process from start to finish, so that you can begin getting the care you need.

Sadler Health Center

www.sadlerhealth.org

100 N Hanover St, Carlisle, PA 17013

(717) 218-6670

Hamilton Health Center of Perry County

Address: 46 Red Hill Court Newport, PA 17074

Phone: (717) 204-7865

[Hamilton Health Center of Perry County - Hamilton Health Center](#)

Contact to Care Program

Education/Employment resources

CPARC – The Arc of Cumberland and Perry Counties

Offers advocacy and trainings for families

<https://cparc.org/>

Administrative Offices

71 Ashland Avenue

Carlisle, PA 17013

Phone: 717.249.2611

Education consult line

1-800-879-2301 (Voice/TTY/TDD)

Help for families and advocates of children with special needs about:

Special Education Regulations

School Related Concerns

Procedural Safeguards

A service of the

OFFICE FOR DISPUTE RESOLUTION

PENNSYLVANIA TRAINING AND TECHNICAL ASSISTANCE NETWORK

[https://www.education.pa.gov/K-](https://www.education.pa.gov/K-12/Special%20Education/Complaints/Pages/ConsultLine.aspx#:~:text=No%20one%20knows%20your%20child%20as%20well%20as,help%20line%20for%20your%20questions%20and%20concerns%3A%201-800-879-2301)

[12/Special%20Education/Complaints/Pages/ConsultLine.aspx#:~:text=No%20one%20knows%20your%20child%20as%20well%20as,help%20line%20for%20your%20questions%20and%20concerns%3A%201-800-879-2301](https://www.education.pa.gov/K-12/Special%20Education/Complaints/Pages/ConsultLine.aspx#:~:text=No%20one%20knows%20your%20child%20as%20well%20as,help%20line%20for%20your%20questions%20and%20concerns%3A%201-800-879-2301)

Perry County Literacy Council

133 S. 5th Street, P.O. Box #37, Newport, PA 17074

717-567-7323

literacy@pa.net

[Home | PCLC \(perryliteracy.org\)](http://Home | PCLC (perryliteracy.org))

Office of Vocational Rehabilitation (OVR)

Vocational Rehabilitation Services

Forum Place

555 Walnut Street, 8th Floor

Harrisburg PA 17101

717-787-7834 Voice

800-442-6352* Voice

717-255-0856 Video Phone

[Transition from School to Work \(pa.gov\)](http://Transition from School to Work (pa.gov))

Special needs resources

ASERT

resource information for autism

www.paautism.org

Harrisburg Autism Society

The mission of the Autism Society Greater Harrisburg Area is to promote opportunities for individuals with Autism to participate in the same valued life experience as other citizens do.

<https://www.autismharrisburg.org/>

Parent to Parent of Pennsylvania

Parents/ Caregivers are matched to other children/adults with disabilities 1-888-727-2706

www.parentparent.org

PA Family Support Alliance

Providing education, support, and training programs to make Pennsylvania safe for children.

PA: 1-800-448-4906

Local: (717) 238-0937

www.pa-fsa.org

PA Parent and Family Alliance

We understand that having concerns about your child’s behavior or mental health can be overwhelming and may leave you feeling alone. Our staff use their lived experience raising children who struggle to gather information on the top issues parents ask for help with.

<https://www.paparentandfamilyalliance.org/>

PEAL Center

Parent Advisors educate and inform families and youth and support them in accessing inclusive education, health care, and community-based services.

PEAL provides high-quality learning opportunities through face-to-face and web-based training that builds knowledge of best practices and develops skills for navigating special education, health care and transition to adulthood services.

<https://www.pealcenter.org/>

Community Links

Community Links was first created in 2001 to help families of young children with disabilities find available community resources. Community Links has grown into a resource for people of all ages and abilities. They can discover how to get connected within their community. Community Links is currently the one-stop spot for community resources. Subjects like early childhood development, school IEPs and transition are on this site. Information on self-advocacy, employment and beyond is also on here.

<https://community-links.net/>

Contact Helpline

The only 24-hour listening, health and human service information, and referral hotline for the region.

Listening Line

Toll Free 800-932-4616

Local Numbers 717-652-4400

or 717-249-6226

Teen Line

717-394-2000

Safe Haven Helpline

1-866-921-SAFE (7233)

National Prevention Lifeline

800-273-8255 or 988

Pennsylvania 211

If you need to connect with resources in your community, but don’t know where to look, PA 211 is a great place to start. From help with a utilities bill, to housing assistance, after-school programs for

kids, and more, you can dial 211 or text your zip code to 898-211 to talk with a resource specialist for free.