

# Transitional Guide

*A Handbook on Transitioning Back to Life on the Outside*



## **Version 1**

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## **This Guide Includes Information On:**

- **Job Readiness**
- **Mental Health**
- **Housing**
- **Community Resources**



## **Purpose of Transitional Guide:**

Transitioning back into a stable living environment can be difficult after spending any time in jail. Previous incarceration can create barriers to employment, housing, and access to many government benefits. For this reason, rates of recidivism have been increasing over the years. The Bureau of Justice states in a study of 30 states in 2005 that about two-thirds of released state prisoners were arrested for a new crime within 3 years, and three-quarters were arrested within 5 years (Cooper et. al, 2014). This is not only a problem in large state prisons, but within our own Spartanburg County Detention Facility. This guide is meant to provide assistance in overcoming those barriers, and attempt to prevent further cases of recidivism.

If you have any questions or comments about this guide, you can contact the Programs Department at the jail at (864) 596-2607

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## Resources for Veterans

### ***Central Midlands Retreat***

**Services:** The Central Midlands Transitional Retreat program is designed to accommodate veterans in various levels of need. Whether they have simply fallen on hard times and need a place to recover, or they are suffering from chronic homelessness, physical disability, and/or mental illness, CMTR is here to help. CMTR focuses on obtaining the individual life skills necessary to gain full time employment and permanent housing.

**Address:** 201 Duffie Dr. Lexington, SC 29072

**Phone:** Director: (803) 221-2823;  
Operations Manager: (803) 221-5919

**Website:** centralmidlandsretreat.org

\*See *Operation Restoration for Welcome Home* program

### ***Upstate Warrior Solution***

**Services:** Connects veterans and their families to services in the community. Includes outreach program that creates contact throughout veteran population, assessments, mentorship, assistance with healthcare, education and career assistance, provides liaison to Veterans Benefits Administration, financial assistance and counseling, and family support.

**Address:** PO Box 27232, Greenville SC 29617

**Phone:** (864) 520-2073

**Website:** upstatewarriorsolution.org

### ***Veterans Crisis Line***

**Service:** connects veterans in crisis and their friends and families with qualified Department of Veterans Affairs responders through confidential toll-free hotline, online chat, or text.

**Text:** 838255

**Hotline:** 1-800-273-8255

**Website:** veteranscrisisline.net

## Housing

If you are homeless, being back on the streets can create added stress and temptations to resort to crime. Try to find a supportive and safe friend or relative who can take you in until you find your own housing. If this is not an option for you, here are some other possibilities:

### **Temporary Shelters**

These are free of charge and short term. Shelters are a good place to stay until you find more permanent, stable options.

### **Transitional Housing**

These often include halfway houses, rehabilitative-focused houses, facilities specifically for previous offenders, and inpatient facilities. These can either be free of cost, operate on a sliding scale, or require out-of-pocket payments. Spartanburg does not have many of this facilities, but larger surrounding counties do.

Rehabilitative focused facilities and inpatient treatment centers are useful to individuals with addiction or other issues. These facilities often offer counseling, medical care, and job search assistance. Halfway houses and facilities for ex-offenders sometimes offer job search assistance as well; these types of facilities are good to attend when trying to get back on your feet and save up enough money for more permanent housing. An example of a facility like this is the Butterfly Foundation in Spartanburg, which provides culinary training and housing to ex

-offenders (see resource section for details).

### **Renting**

You may want to rent a room, apartment, or entire house. This is a good option if you are not ready or able to commit to owning your own permanent housing. You have a few different options when renting:

- **Renting privately owned units:** This requires making monthly payments, and an initial down payment/deposit. It is also important to consider if renters insurance is included or required, cost of utilities (water and electric), whether or not the unit is furnished, any special features, maintenance, and length and conditions of lease.
- **Public Housing:** meant to provide eligible low-income families, the elderly, and persons with disability safe and affordable rental housing in certain public housing units. The Department of Housing and Urban Development (HUD) provides funds for rental assistance. To

live in public housing, one must meet requirements based on: “1.) Annual gross (total) income 2.) whether you qualify as elderly, a person with disability, or as a family 3.) U.S. citizenship or eligible immigration status”(U.S. Department of Housing and Urban Development, 2015). To apply for public housing, contact your local Housing Authority. You will need the appropriate documentation and housing information. See [hud.gov](http://hud.gov) for more information.

- **Housing Choice Vouchers (Section 8):** This is the federal government’s program that helps low income families, the disabled and the elderly afford safe housing in the private market. With a Section 8 Voucher, recipients can choose their own housing, including single family houses, townhouses, or apartments, not just limited to public government housing. Units must meet minimum health and safety standards set by the Public Housing Authority. Landlords/property owners must agree to rent to recipients under the program for units to be eligible. Vouchers are administered by the Public Housing Authority, and paid directly to the landlord on behalf of the family. The family must pay the difference (if any).

Eligibility requirements are similar to those of public housing and can be found at [hud.gov](http://hud.gov)

### • **Housing For Individuals With A Criminal History**

Many of the housing programs described, as well as privately owned rental units, can deny admission to applicants. However, federal guidelines say that housing providers must assess you individually. A housing provider can then reject an applicant if they are determined to pose a health or safety risk to others living in the housing units, but the provider must first determine if reasonable accommodation can reduce this risk. There are a few related federal laws you should understand in this situation regarding housing. You can find some of these laws and regulations, as well as general transitional guidance information through the Projects for Assistance in Transition from Homelessness (PATH) at [pathprograms.samhsa.gov](http://pathprograms.samhsa.gov)



and crime free, successfully and legitimately.

**Address:** 2510 N. Hobson Avenue, North Charleston, SC 29405

**Phone:** (843) 554-5179

**Fax:** (843) 554-5182

**Website:** [southcarolinastrong.org](http://southcarolinastrong.org)

### **Soteria Community Development Corporation - Soteria House**

**Services:** Agency provides to ex-offenders, alcohol and drug abuse counseling, clothing, devotion and Bible study, education and technical training, financial literacy classes, food pantry, full time employment, mentoring, transitional housing, transportation. Soteria Transitional Program offers six-month to one-year transitional facilities where ex-offenders live until they are ready to be on their own. Provides mentoring, job placement, and transportation to encourage a smooth transition back into society.

**Eligibility:** Homeless, ex-offenders, successful completion of drug rehabilitation if drug addicted. Complete application and interview with referral from an agency. Program fee of 50\$ per week

**Hours:** M-F 8:00am-5:00pm

**Address:** 106 Mason St. Greenville, SC 29611-4744

**Phone:** (864) 269-4129

**Website:** [www.soteriacdc.org](http://www.soteriacdc.org)

### **Turning Leaf Project**

**Services:** An offender-focused education initiative currently serving the Charleston and Columbia, SC areas. TLP is a community of academics, professionals, currently and formerly incarcerated individuals, crime victims and advocates who believe that successful reentry is vitally important to the well-being and quality of life of all community members, not only ex-offenders and their families. We are dedicated to building a healthier and safer community by providing inmates an opportunity to change negative behaviors and avoid further contact with the criminal justice system.

**Address:** PO Box 80112. Charleston, SC 29416

**Phone:** (843) 847-1089

***Upstate Family Resource Center***

**Services:** Brings together services and activities that educate, develop skills, and promote moving in a new direction for families. Provides food pantry, SNAP application assistance.

**Eligibility:** Live in District 2 for most services. Make appointment for services.

**Address:** 1850 Old Furnace Road, Boiling Springs, SC 29316

**Phone:** (864) 578-1379

**Offender Re-Entry Programs*****Jumpstart Ministry***

**Services:** Provides Christian assistance in areas of preparation, provision, and placement to those are are two years or less within their max out or parole date. Program starts prior to release. Provision includes providing assistance with housing, jobs, and mentoring program for one year after release (for those who have graduated).

**Address:** 418 Old Greenville Road, Spartanburg SC 29301

**Phone:** (864) 381-8663

**Fax:** (864) 699-9916

**Website:** jumpstartvision.org

***Light Ministry***

**Services:** Offers transitional housing for men getting out of missions, prisons, rehabs, etc. Also helps with job assistance.

**Address:** 431 Benthlehem Dr. Spartanburg, SC 29306

**Phone:** (864) 381-3988

***SC STRONG***

**Services:** Our mission is to rehabilitate criminals and substance abusers and move people into economic self-sufficiency. SC STRONG is a residential community that is self-governed where residents learn and teach academic and vocational skills, interpersonal and social survival skills, along with attitudes, values, and the self-reliance necessary to live in the mainstream of society drug

**Transportation**

You may not have a car or a license. If this situation applies to you, it is useful to live nearby your place of work. You can also carpool, take a bus, or ride a bike to get around in the Spartanburg area.

**Bus**

Most cities have a bus system. Spartanburg's bus transit system is called Sparta. It runs through the main parts of Spartanburg city and limited locations outside of city limits. However, routes and stops are limited. The bus does not run on Sundays. Rates, schedules, and routes can be found at:

[www.cityofspartanburg.org/sparta](http://www.cityofspartanburg.org/sparta)

**Bike**

Biking is a great environmentally-friendly way to get around. As of July, 2011, Spartanburg has



started a bicycle sharing program. To rent a bike, you can go to one of Spartanburg's self-service bike rental stations at either the Rail Trail, in Morgan Square, at Wofford and Converse Colleges, and at Harvest Park, and pick up a bike. Bikes are also returned at one of these stations. You can purchase a 24 hour pass, 30 day pass, or

annual membership to use the bikes. Prices and details can be found at [Spartanburg.bcycle.com](http://Spartanburg.bcycle.com), or by contacting Partners for Active Living.

You can also rent a bike for up to 3 months at a time with Hub Cycle Spartanburg Bicycle Lending. The bikes are donated by the public and can be repaired by the mechanic at any point during your rental. You are required to put down a \$15 deposit to rent the bike with helmet and lock included. After 90 days, you can return the bike for a full reimbursement or renew your rental at no extra cost. You can set up an appointment to pick up a bike by emailing [info@active-living.org](mailto:info@active-living.org) or calling 864-598-9638.

Website for more information: <http://www.active-living.org/borrowing-bicycles>

**Traveling to Other Cities**

Most cities have Amtrak, Megabus, or Greyhound transportation systems that allow you to travel longer distances. These options can come at varying costs depending on distance being traveled. Most of these services have websites or phone numbers you can check for pricing and availability.

## Addiction Treatment

There are many state and local treatment options for drug and alcohol abuse that can help you get (and stay) clean. It is also helpful to put plenty of distance between yourself and potentially bad situations. Having an appropriate support network and a plan for staying clean can help you get back on track and stay out of jail.

### Drug Court

Drug court is a court-supervised treatment program for non-violent, criminal offenders with substance abuse problems. Participants plea guilty into drug court, and are then given direction and treatment along with intensive court supervision. Drug court aims to rehabilitate clients and has strict requirements participants must follow. Admittance into drug court is voluntary, but not everyone gets in. Not all counties have a drug court, but Spartanburg does. There are fees for Spartanburg's drug court, including a 150\$ application fee, along with fees for specific services, but payment plans can be developed.

### ADSAP

The South Carolina Alcohol and Drug Safety Action Program (ADSAP) is a statewide education and treatment program for individuals convicted of driving under the influence and those whose licenses are suspended by the state. Anyone convicted of DUI must enroll in ADSAP within 30 days of conviction. If one fails to enroll within 30 days, the courts may take action against the individual in question. There are program fees for ADSAP. A picture ID, copy of driving record, 130\$ enrollment fee, and court referral are needed to enroll. Spartanburg County's ADSAP program is overseen by SADAC. SADAC also provides many other drug and alcohol

services. More information can be found in the resource guide.

### Support Groups

Having support to help keep you on track can be hugely beneficial to drug and alcohol rehabilitation. Alcoholics Anonymous and Narcotics Anonymous groups meet in most communities. Information about NA can be found at [crna.org](http://crna.org), and AA information is at [aa.org](http://aa.org) or [area62.org](http://area62.org) for local AA information. Agencies such as SADAC also have group classes in which clients can gain support.

### Offender Based Intervention

Also offered through SADAC, OBI provides substance abuse education groups for adults referred by South Carolina State Probation, Parole and Pardon Departments, or who have been sentenced by a court to attend the program. Community referrals are available based upon individual need. See SADAC for more information and program fees.

### Non Profit Treatment Centers

These can be either inpatient or outpatient centers that serve clients at little to no cost. Inpatient facilities can be either long or short term with stays ranging from a couple weeks to a number of months. You can either be referred to the facilities or apply to them yourself. See resource section for rehabs in the area.

## Upstate Homeless Coalition - Transitions

**Service:** case management, mortgage assistance clinics (free, 6:00pm Tu, May 3, 2011, at Clemson Community Care, CALL to REGISTER, mortgage default clinic)

\*transitional housing: The Coalition targets homeless people with dual diagnoses (physical and mental conditions), substance abuse, or chronic illness. Other homeless populations are served on a separate availability basis.

**Exception/Criteria:** must be homeless

**Address:** 9039 Fairforest Road, Spartanburg, SC 29303

**Hours of Operation:** 8:30 a.m. – 5:00 p.m.

**Phone Number:** (864) 595-5304

**Web Site:** [upstatehomeless.com/](http://upstatehomeless.com/)

## General Assistance

### Church Builders

**Services:** Provides nourishment, spiritual provisions, and community support.

**Address:** 127 E Fremont Ave.

Spartanburg, SC 29303

**Phone:** (864) 542-2895

### District 5 Family Ministries

**Services:** Provides a link in the community between district five schools, local churches, and individuals who need assistance. Connects to assistance with food, utilities, or other emergency situations, free of charge.

**Eligibility:** Must reside in District 5 with proper identification, utility bill, disconnection notice, and/or any prescriptions.

**Address:** 84 Groce Road, Lyman, SC 29365

**Phone:** (864) 439-7760

### Middle Tyger Community Center

**Services:** Provides free and low cost health, education, and family support services, including teen pregnancy support and prevention, financial education, free health clinic, mental health services, and adult and child education.

**Address:** 84 Groce Road, Lyman SC 29365

**Phone:** (864) 439-7760



and Union.

**Address:** 236 Union Street, Spartanburg, SC 29302

**Hours of Operation:** 8:30 a.m. - 5:00 p.m. Monday through Friday

**Phone Number:** (864) 583-9803

**Crisis Line:** 1-800-273-5066 24 hours a day and 7 days a week

**Web Site:** <http://shrcc.org/>

### Permanent Housing

#### *Habitat for Humanity of Spartanburg*

**Service:** builds affordable homes for qualifying families that meet certain criteria

**Exception/ Criteria:** currently living in substandard housing, have the ability to pay house payments, and willing volunteer and partner with Habitat on building house

**Address:** 2270 South Pine Street, Spartanburg, SC, 29302 P.O. Box 18172, Spartanburg, SC 29318

**Hours of Operation:** 9:00 a.m. – 5:00 p.m. Mon – Fri

**Phone Number:** (864) 591-2221

**Web Site:** [habitatspartanburg.org/](http://habitatspartanburg.org/)

#### *Spartanburg Housing Authority*

**Service:** low income housing

**Exception/ Criteria:** based on HUD regulations; have to fill out application

**Address:** 201 Caulder Ave., Suite A, Spartanburg, SC 29306 P.O. Box 2828, Spartanburg, SC 29304

**Hour of Operation:** 8:30 a.m. - 5:00 p.m. Monday - Friday

**Phone Number:** (864) 598-6000 or 6001

**Fax Numbers:** Public Housing: (864) 598-6156; Section 8: (864) 598-6154

**Web Site:** <http://shasc.org/> or <http://shasc.org/publichousing.php>

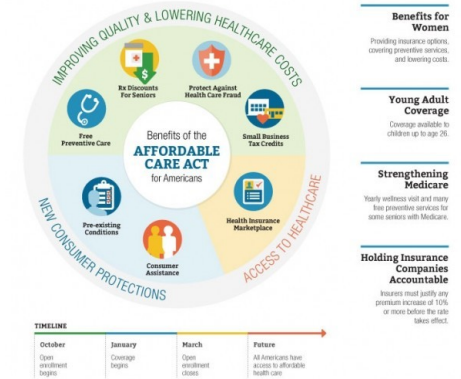
## Health Care

Upon your release, it is important to ensure you have proper health care. Maintaining your health is an important part of getting back on track. Many employers provide health care to employees as part of their benefits package. If you qualify (if you are a dependant), sometimes you can be insured under a parent or spouse's health care plan. If this is not an option for you, there are other ways to obtain health care as well. This is important to do because, by law, you must be insured.

### The Affordable Care Act

The Affordable Care Act (ACA) was implemented in March, 2010 in an effort to make health care more affordable and widely available, especially for those who were previously uninsured. The details of the law and changes happening as a result can be found at [hhs.gov/healthcare](http://hhs.gov/healthcare). Insurance

can be purchased in the virtual Marketplace (healthcare website), which makes comparing insurance policies easier. The Marketplace can be found at the HHS website and can be used to apply for Medicaid as well. According to HHS, if you're incarcerated, you can't use the Marketplace to buy a private insurance plan until after your release. When you apply for health coverage after being released, you may qualify for lower costs on monthly premiums (agreed upon fees you must pay for medical benefits for a specified time period before your full medical coverage takes place) and out-of-pocket costs. This will depend on your household size and income during the year you're seeking coverage. After you're released, you have a 60-day Special Enrollment Period to sign up for private health coverage. During this time, you can enroll in private health insurance even if it's outside the Marketplace open enrollment period. After this 60-day Special Enrollment Period, you can't buy private health insurance until the next Marketplace open enrollment period (unless you qualify for another Special Enrollment Period).



## Government Funded Healthcare

**Medicaid** provides health coverage to millions of Americans, including eligible low-income adults, children, pregnant women, elderly adults and people with disabilities. Medicaid is administered by individual states, according to federal requirements. Since South Carolina did not expand Medicaid, you may have to be under 100% of the poverty level to qualify. These plans are at low to no cost to you. See [medicaid.gov](http://medicaid.gov) for more information and to check your eligibility.

**CHIP**, or The Children's Health Insurance Program, provides coverage opportunities for children in families with incomes too high to qualify for Medicaid but who cannot afford private coverage. CHIP works similarly to Medicaid, and information can be found on the Medicaid website listed above.

**Medicare** is the federal health insurance program for people who are 65 or older, certain younger people with disabilities, and people with End-Stage Renal Disease. Eligibility is similar to Medicaid. Information can be found at [medicare.gov](http://medicare.gov)

## Preventative Care

Preventative care means seeking healthcare/maintenance before a problem occurs. This can include healthy lifestyles, regular screenings, shots, etc.. Seeking preventative care is one of the best and most cost effective ways to maintain health. Many insurance plans will cover preventative care at no out of pocket cost to you. The Affordable Care Act specifically ensures that you have free access to preventative care. Even if you are uninsured, there are certain facilities that will provide preventative care at no cost at times. An example of a facility in Spartanburg County that can assist you with preventative care access is Access Health. Access Health is meant to be a link between the uninsured and local healthcare professionals who donate their time for their community. Access Health navigates clients to a healthier lifestyle by addressing social barriers they may face. More information can be found in the resource guide. Another important part of maintaining good health is healthy eating and exercise. Healthy lifestyle habits such as this can prevent chances of many illnesses. Some great local resources that can help you out with this include [goodforyouspartanburg.org](http://goodforyouspartanburg.org) which is a comprehensive online guide to all things "good for you" in the Spartanburg area, and Partners for Active Living, which is an organization that promotes healthy lifestyles in the community (see resource guide for details).

## Domestic Violence

### *Anointed Visions*

**Service:** Help for abused wome and children

**Address:** P.O. Box 94, Roebuck, SC 29376

**Phone:** (864) 494-3311

**Contact:** Jean Smith

### *Children's Advocacy Center*

**Services:** provides services and programs to child victims of sexual abuse and their families who live in Spartanburg, Cherokee and Union Counties: forensic assessments, medical examinations, child abuse response team, therapy, and support.

**Address:** 100 Washington Place.

Spartanburg, SC 29302

**Phone:** 864-515-9922

**Website:** [cacsp.org](http://cacsp.org)

### *Department of Social Services (DSS)*

#### *Spartanburg County*

**Services:** Advocates for Better Care (ABC) Child Care Program, adoption services and pre-adoptive home studies, Adult Protective Services, Child and Adult Care Food Program, child care vouchers, Child Protective and Preventive Services, child support enforcement, Daniel's Law (safe haven for abandoned babies), domestic violence assistance for survivors and perpetrators, Electronic Benefits Transfer (EBT) for SNAP food stamps, Family Independence (FI or TANF - Temporary Assistance for Needy Families), Food Stamps or Supplemental Nutrition Assistance

## SAFTEY NEEDS

Program (SNAP), Foster Care Helpline, Foster Care, Foster Home and Group Home Licensing, foster home placement and foster parent recruitment, Healthy Helpings, Independent Living for teens, Interstate Compact on the Placement of Children, Medicaid, paternity testing, refugee social services and medical assistance, Out-of-Home Abuse and Neglect Investigations, Women, Infants, and Children (WIC) Program

**Address:** 630 Chesney Highway, Spartanburg, SC 29303; P.O. Box 3548, Spartanburg, SC 29304

**Phone:** (864) 596-3001, 596-3064 (Child Abuse and Neglect Intake) (864) 585-1145 (24-hour Child Abuse Hotline) (864) 594-4950 (Intensive Foster Care & Clinical Services)

**Fax:** (864) 596-3141

**Web Site:** [dss.sc.gov](http://dss.sc.gov)

### *Safe Homes/Rape Crisis Coalition*

**Services:** emergency shelter, support and assistance to victims of domestic violence and their dependent children as well as assistance in serving orders of protection, individual and family therapy, support groups and 24-hour crisis lines. Hospital, police and court accompaniment is provided for victims of sexual assault. The agency also provides in-service training for service providers and community education programs.

**Exception/Criteria:** homeless due to sexual assault/domestic violence

**Service Area:** Cherokee, Spartanburg,

**SC Works Upstate**

**Services:** provides job seekers and employers of Cherokee, Spartanburg and Union Counties a central location to receive a wide array of employment services. For the job seeker this includes: applying for unemployment insurance, resume assistance, job search workshops, career planning, education. Contact your nearest office for more details.

**Address:** 220 East Kennedy Street.  
Spartanburg, SC 29302

**Phone:** (864) 764-1966 TTY:711

**Fax:** (864) 764-1619

**Website:** scworksupstate.com

**Spartanburg County Adult Education**

**Services:** All sites have highly qualified certified teachers who work with students individually and in a group setting to meet their educational and professional goals. We offer a variety of programs that include diploma classes, HSAP remediation, GED classes, ESL classes, WorkKeys class, skills upgrade, and online classes.

**Hours:** Office hours are 8:00 am to 4:30 pm, Mon through Fri. GED and Diploma classes are held 8:30 am to 12:30 pm, Mon through Thurs. GED PM Class is held every Mon and Thurs from 5:00 pm to 8:00 pm

**Address:** 459 W. Centennial Street.  
Spartanburg, SC 29303

**Phone:** (864) 594-4428

**Telemon Corporation**

**Services:** For people who earned most of their past 2 years' income from farm work. Provides employment and on-the-job training and placement, English as a Second Language classes (ESL classes), housing programs, National Farmworker Jobs Program, youth employment and training services

**Hours:** M-F 8:00am-4:30pm

**Address:** 2397 S Pine ST Suite A.  
Spartanburg, SC 29302

**Phone Number:** (864) 573-8783

**Website:** telamon.org

**Urban League of the Upstate - Spartanburg Office**

**Services:** Agency enables African-Americans and others in need to attain economic self-sufficiency through advocacy, collaboration, and targeted services focused on education, job training, and employment.

**Hours:** M-F 8:30am-5:00pm

**Address:** 430 E Main St. STE 102  
Spartanburg, SC 29302

**Phone:** (864) 562-4400

**Website:** [urbanleagueoftheupstate.org](http://urbanleagueoftheupstate.org)

**Identification Documents**

Proper identification documents are required for most jobs, employment and housing programs, benefits, and often even admission into rehabilitative services. If you do not have certain documents, there are steps you can take towards obtaining them. Important documents required include:

- **Birth Certificate:** Birth certificates are a vital record issued at the birth of a child. Birth certificates are often required to prove citizenship, and/or identification. To get a copy of your birth certificate, you will need to contact the Department of Health and Environmental Control or other bureau of vital statistics in the state in which you were born. Some form of photo ID, a non refundable fee, and completed application are needed to obtain this document.
- **Social Security Card:** You need a social security number to get a job, collect social security benefits, and get some other government services. To obtain your social security card, you must have proof of citizenship, official documentation of your age, state/government issued identification, and a completed application. Information regarding social security can

be found at [ssa.gov](http://ssa.gov). You can also call 1-800-772-1213 for more information.

- **Driver's License:** You will need to contact your state department of motor vehicles to obtain a new driver's license. Most cities have a Department of Motor Vehicles, but this can also sometimes be done through the mail. If your driver's license has been suspended, you will need to wait the required amount of time for suspension to be up, and you will need to pay the required fees.. Sometimes, the court may require you to take an ADSAP class before obtaining a license; see Spartanburg Alcohol and Drug Abuse Commission (SADAC) or your city's equivalent for details.
- **Green Card (alien registration card):** If you are not a U.S. citizen, you must have a Green Card to work in the U.S. There are several ways to obtain your Green Card, whether it be through your family, your job, or through refugee status. Details on green card eligibility, renewal, and replacement can be found at [uscis.gov](http://uscis.gov) or by calling the U.S. Citizenship and Immigration Services customer services line at 1-800-375-5283.

## Employment

### Finding Job Leads

Finding a job, especially with a criminal record, can be difficult. But there are employment options and resources available to you regardless. There are several ways to search and apply for jobs:

### Classified Ads

This section of most local newspapers usually has a "help wanted" section advertising employment opportunities

### Internet Searches

There are many web sites devoted to helping you locate jobs in your area. You can also apply to specific companies online. If you do not have access to a computer, many local libraries allow you access to computers, free of charge. Often you must have a library card/log-in to use the computers; the librarians can help you with this. Many communities also have employment assistance programs that can provide you computer access to search for jobs. For example, SC Works Upstate has a computer lab available for clients to search for jobs Monday-Friday during the day (details in resource section).

### Job Fairs

Job fairs are events at which employers gather to present information about their companies and seek new employees. This is a good opportunity for job seekers to network, learn about opportunities, and apply for jobs. Job fairs

happen throughout the community at various times, most often at college campuses, employment agencies, and other communal areas. SC Works can help connect you to job fairs.

### State Employment Office

Each state has an employment office that helps link clients to potential employers and benefits. The South Carolina Department of Employment and Workforce (DEW) is responsible for paying unemployment insurance benefits, collecting unemployment taxes, helping people find jobs, and managing federal and state employment data. SC Works, satellite offices, and Connection Points in 12 workforce investment areas partner with DEW to accomplish this. See [dew.sc.gov](http://dew.sc.gov) or [scworks.org](http://scworks.org) for details.

### Job Training Assistance

Many community resources can offer you job training. Many of these training courses teach basic employment skills, including computer literacy, financial literacy, general mentorship, and much more. Goodwill, Adult Education, and Adult Learning Center are just a few places that offer these courses.

discipline.

**Address:** 236 Union Street. Spartanburg, SC 29302

**Hours:** M-F by appointment only

**Website:** [rhythmofhopecounseling.com](http://rhythmofhopecounseling.com)

### Spartanburg Area Mental Health

**Services:** Outpatient, partial hospitalization, substance abuse treatment. Programs for all ages. Cash/self-payment, Medicare, private insurance, military insurance. Also has a shelter + care program that houses mentally ill homeless individuals.

**Address:** 250 Dewey Avenue, Spartanburg SC. 29303

**Hours of Operation:** 8:30 a.m. – 5:00 p.m., Monday through Friday

**Phone Number:** (864) 585-0366

**Hotline:** (864) 585-0366

### Westgate Family Therapy

**Services:** Provides affordable counseling services to all people in the upstate

**Fees/Eligibility:** Sessions range from 5 \$/session to 100\$/session based on income. Does not accept Medicaid or First Choice. Call to begin intake process, bring proof of income. Westgate cannot complete psychological evaluations or prescribe medications.

**Address:** 200 Fernwood Drive, Spartanburg SC 29307

**Phone:** (864) 583-1010

## Employment

### Achieve Program, USC Upstate

**Services:** Agency offers an educational and employment program and serves youth from ages 15-21 who have dropped out of school and meet certain requirements. Agency provides: child care resources, computer keyboarding, driver education, educational upgrading, employment training, job placement, paid work experiences, transportation to and from clients' homes

**Hours:** M-Th 8:00am-4:00pm

**Address:** 325 South Church St. Spartanburg, SC 29306

**Phone:** (864) 583-3154

**Website:** [uscupstate.edu/academics/achieve/achieve.asp](http://uscupstate.edu/academics/achieve/achieve.asp)

### SC Vocational Rehabilitation Dept

**Services:** serves people who want to work but are hindered from doing so by a physical or mental disability. Clients will develop individualized employment plan.

**Eligibility:** have a documented physical or mental impairment that substantially interferes with their ability to work can be eligible for vocational rehabilitation services. Applicants also must require and be able to benefit from VR services that would lead to competitive employment.

**Address:** 353 S. Church Street. Spartanburg, SC 29306

**Phone:** (864) 585-3693 ; (866) 451-1480



drug rehab, Partial hospitalization drug rehab/Substance abuse day treatment

**Address:** 701 Grove Rd. Greenville, SC 29605

**Payment:** Self payment, Medicaid, Medicare, Private

**Phone:** 1-800-394-4220

### *New Day Clubhouse*

**Services:** Psychiatric rehabilitation facility providing a variety of social and recreational activities, clubhouse work units, enables its members to return to paid work through transitional employment, supported employment, and independent employment.

**Eligibility:** 18 and older with diagnosis of mental illness. No history of violence, no drug use Referrals made by mental health provider.

**Payment:** based on sliding scale. Accepts private pay, insurance, and Medicaid.

**Address:** 1530 Ashville Highway, Spartanburg, SC 29303

**Phone:** (864) 582-5431

### *Outside of the Box Therapy*

**Services:** We provide individual, group and family therapy. We also offer behavioral skills training, anger management and parenting classes for a fee (those are ineligible for insurance reimbursement).

**Payment:** We accept nearly all forms of insurance, including various Medicaid options. We also have a reduced fee for those in financial distress. There is an

application that can be completed to apply for a sliding fee slot.

**Address:** PO Box 170581, Spartanburg, SC 29301 Office locations:302 S.

Limestone St., Suite 3 & 5, Gaffney, SC 29341; 84 Groce Rd., Lyman, SC 29365

**Hours:** Each office has variable hours but clients are seen from 10am until 9pm, except on Saturdays.

**Phone:** (864) 597-2054

**Fax:** (864) 764-1338

**Website:** [outsideoftheboxtherapy.com](http://outsideoftheboxtherapy.com)

### *Palmetto Health Behavioral Care*

**Services:** drug rehab with a primary focus on Mental health services and drug rehab. Specializing in Residential short term drug rehab program sober living (30 days or less), Residential long term drug rehab treatment sober living (more than 30 days), Outpatient drug rehab, Partial hospitalization drug rehab/Substance abuse day treatment

**Address:** 11 medical Park Columbia, SC 29203

**Phone:** (803) 434-4800

### *Rhythm of Hope Counseling LLC*

**Services:** Individual Therapy for anxiety, depression, anger management, grief and loss, relationship issues, stress management, self-harm, mood disorders, impulse control, trauma. Family Therapy for trauma and abuse, Marriage Counseling for communication, trust, infidelity, Parenting Education Classes—single parenting, behavioral issues, bullying, substance abuse, positive

## Applying for Jobs

### Resume

Your resume is your space to advertise your interests, expertise, and experience. Appearance, wording, content, and format are all important parts of a resume. You can find many resume templates and examples online. You can also get help creating a resume at many of the employment offices discussed in the previous employment section.

A basic resume should include the following:

- Heading, including your name and contact information
- A section briefly detailing your job goals, interests, and/or relevant skills
- Brief summaries of each position you have held
- Also useful to include in your resume: information about your education and volunteer work

It is also good to include letters of reference along with your resume. References are people potential employers can contact to learn more about your skills and capabilities. References can include previous employers, chaplains or counselors, or teachers.

<b>NAME</b>	
Address Line 1	
Address Line 2: (include city, province, postal code)	
Cell Phone Number • Home Phone Number • E-mail Address	
<hr/>	
<b>OBJECTIVE:</b> To secure full or part-time employment as a/in Title of Position/Area of Work	
<hr/>	
<b>HIGHLIGHT OF QUALIFICATIONS</b>	
<ul style="list-style-type: none"> <li>• Years of relevant experience, paid or volunteer</li> <li>• Relevant education, training, and awards</li> <li>• Broader skill or attribute relating to HOW you do your work: what are you known for? How have co-workers/supervisors described your work to you/others?</li> <li>• Broader skill or attribute...</li> <li>• Broader skill or attribute...</li> </ul>	
<hr/>	
<b>RELEVANT SKILLS</b>	
Attained Skill that relates to your Objective	
<ul style="list-style-type: none"> <li>• An Accomplishment expressed as an Action Statement (don't forget your Action Verb) that relates to your résumé's Objective</li> <li>• An Accomplishment expressed as an Action Statement (don't forget your Action Verb) that relates to your résumé's Objective</li> <li>• An Accomplishment expressed as an Action Statement (don't forget your Action Verb) that relates to your résumé's Objective</li> </ul>	
Attained Skill that relates to your Objective	
<ul style="list-style-type: none"> <li>• An Accomplishment expressed as an Action Statement (don't forget your Action Verb) that relates to your résumé's Objective</li> <li>• An Accomplishment expressed as an Action Statement (don't forget your Action Verb) that relates to your résumé's Objective</li> </ul>	
<hr/>	
<b>WORK HISTORY</b>	
Most Recent/Current Job Title, Organization, City, Province	Year - Year/ Present
2 <sup>nd</sup> Most Recent Job Title, Organization, City, Province	Year - Year
<hr/>	
<b>VOLUNTEER EXPERIENCE</b>	
Title of Most Recent Volunteer Role, Organization, City, Province	Year - Year
<hr/>	
<b>EDUCATION AND TRAINING</b>	
Latest Qualification Achieved, Organization/Institution, City, Province	
<ul style="list-style-type: none"> <li>• If the qualification is broad or unusual—like a multi-year diploma—highlight some relevant courses or learning significant to the résumé's Objective</li> </ul>	
2 <sup>nd</sup> Most Recent Qualification Achieved, Organization/Institution, City, Province	
Year - Year	

## Applications and Interviews

### Job Applications

Job applications can be found online or at the establishment you are going to apply to. It is important that you are honest on your application; lying can get you fired, as employers will verify your information. Most applications will contain a section that asks if you have been convicted of a crime. This is where you should take responsibility, answer honestly, explain yourself, and perhaps highlight any positive aspects or learning opportunities you experienced during your incarceration.

### The Interview

Once your application is reviewed and accepted, you may be offered an interview. This is a crucial part of the application process, so come prepared to make a good impression. You should dress appropriately to an interview, regardless of the company or job. There are many community resources, SC Works being one of them, from which you can obtain professional clothing free of charge. You should not appear scantily clad or dirty at an interview. Business casual or professional dress is suggested. You should arrive on time and with your resume, letters of reference, appropriate identification, and prepared to answer questions about yourself to the interviewer. Manners and professionalism are important in most interviews: be polite, don't use inappropriate language, and let the interviewer know what you can do for the company. Common topics covered during interviews can include:

- Your previous experience and employment
- Your strengths and weaknesses
- Your goals in your job and future
- Your knowledge/understanding of the company

### Remember to follow up after an interview!

Send a "Thank You" email or letter after your interview. Thank your interviewer for his or her time and consideration. If you do not have an email address or a computer, you can set up an email using Gmail at one of the local libraries. If you do not hear from your interviewer in a timely manner, it is useful to follow up either with a phone call or a letter. Writing a brief thank-you letter to the interviewer thanking them for their time taken to see you can be helpful. You can also call your potential employer to follow up, and remind them of your interest and inquire about the decision process. Remember to keep track of contacts you have made throughout the application process.

### Mental Health

#### *Carolina Center for Behavioral Health:*

**Services:** Inpatient drug rehab with a primary focus on Mental health services and drug rehab. Specializing in Hospital inpatient drug program, Residential short term sober living (30 days or less), Residential long term sober living (more than 30 days), Outpatient drug rehab, Partial hospitalization drug treatment, Substance abuse day treatment

**Payment:** Self payment, Medicare, Private health insurance, Military insurance (e.g., VA, TRICARE)

**Address:** 2700 East Phillips Rd. Greer, SC 29650

**Phone:** (864) 235-2335

#### *Charles Lea Center*

**Services:** Offers person-centered planning to over 1,400 individuals of all ages with mental retardation and related disabilities, autism and/or head and spinal cord injuries. This means offering innovative programming for a wide variety of abilities including: early intervention for children ages 0-5 years-old, workforce development and theme-based day habilitation for adults, a variety of residential settings, meaningful recreational activities and service coordination for all ages.

**Address:** 195 Burdette Street. Spartanburg, SC 29307

**Phone:** (864) 585-0322

**Fax:** (864) 562-2118

**Website:** charleslea.org

#### *LRADAC/The Behavioral Health Center*

**Services:** LRADAC/The Behavioral Health Center of Inpatient Rehab drug rehab with a primary focus on Substance abuse treatment and drug rehab. Specializing in Hospital inpatient drug rehab, Hospital inpatient substance abuse program, Outpatient drug rehab, Partial hospitalization drug rehab/Substance abuse day treatment

**Address:** 1325 Harden St. Columbia, SC

**Phone:** (803) 726-9300

#### *Living Stone Family Services*

**Services:** I see children, adults and couples with a variety of issues. Individual therapy and family groups for communication issues. Consultation for early education programs. Parenting skills

**Payment:** Medicaid, Medicare, Private Insurance, Cash, EAP

**Address:** 269 S. Church Street Suite 216, Spartanburg, SC 29306

**Hours:** Monday-Saturday. 10-7. Fluctuates from day to day. Saturday is occasional.

**Phone Number:** 864-208-5293

**Fax** 864-463-3961

#### *Marshall Pickens Hospital:*

**Services:** Marshall I Pickens Hospital Inpatient Rehab drug rehab with a primary focus on Mental health services and drug rehab. Specializing in Hospital inpatient drug rehab, Hospital inpatient substance abuse program, Outpatient

**Patient Advocate Foundation, Co-pay Relief**

**Service:** Serves as an active liaison (Mediation) between the patient and their insurer, employer and/or creditors to resolve insurance, job retention and/or debt crisis matters relative to their diagnosis through case managers, doctors and attorneys. Provides case management, direct financial assistance to qualified patients, assisting them with prescription drug co-payments and deductibles their insurance, information and referral on website

**Hours:** M-Th 8:00AM-6:00PM, F 8:30-5:00PM

**Phone:** Toll Free- (800) 532-5274 Co-pay relief- (866) 512-3861

**Website:** copays.org

**Piedmont Care**

**Services:** Agency provides HIV/AIDS care, with limited resources for prescriptions assistance for HIV clients. Provides education, intervention, mental health counseling, prevention, seminars, and referral for support and outreach services. transportation to medical appointment, prescription

**Address:** 101 N Pine Street. Suite 200. Spartanburg, SC 29302

**Phone:** (864) 582-7773

**Website:** piedmontcare.org

**Regenesis Community Health Center**

**Services:** Family Medicine, Internal Medicine, Pediatrics, Geriatrics, Clinical Laboratory Services, Case-Management

Services, Community-based Health Education, Behavioral Health Counseling, Family Planning,

**Address:** 750 S. Church St. Spartanburg, SC 29306

**Phone:** (864) 582-2411

**Spartanburg County Public Health Department WIC Clinic**

**Services:** Family Planning, STD/HIV testing, immunizations, WIC Certifications, WIC Classes

**Hours:** 8:30am-5pm

**Address:** 151 East Wood, Spartanburg SC. 29305

**Phone:** (864) 596-2227

**St. Luke's Free Medical Clinic**

**Services:** provide general medical care and medication

**Exception/Criteria:** call for application days and times; must be Spartanburg County resident with no health insurance, Medicaid, Medicare, or any other kind of government aid; must have proof of income, picture ID, and SSN. \$2.00 donation for first prescription and \$1.00 for each additional

**Address:** 162 North Dean St.

Spartanburg, 29302; P.O. Box 3466, Spartanburg SC 29304

**Hours of Operation:** Monday, Wed and Fri 9:00 a.m.-5:00 p.m.; Tues and Thurs 9:00 a.m. – 8:30 p.m. (by appointment only after 5:00 p.m.)

**Phone Number:** (864) 542-2273

## On the Job

### Benefits

In addition to getting paid, many jobs offer benefits. Some of these benefits might include health insurance, paid time off, retirement benefits, life insurance, and a certain number of paid sick days. Not all jobs offer all of these things, and those that do are most often full time positions. You should make sure you understand your benefits when starting a job. It is also important to know when your benefits start; sometimes there is a period of time you must work before getting benefits.

### Succeeding on the Job

You will need to meet the expectations of your employer and get along with other employees to keep your job. Your employer will expect you to arrive to work on time, be dependable, accomplish your daily tasks, get along with others, be sober while at work, be honest, and know how to navigate issues. Remember to dress appropriately in the work place and use appropriate language. Manners are always important, especially in the workplace; be respectful and polite to others.

### Your Paycheck

Depending on your job, you may be paid weekly, every other week, or even monthly. Make sure you plan ahead for this. It is also important to remember that taxes will be taken out of your paycheck. Sometimes your benefits are also taken out of your paycheck. This may mean that your check is not as big as you initially expect. Depending on your financial situation and how you file your taxes, you might be able to get a lot of your taxes returned, but this does not happen until the end of the year, so you should budget appropriately before then.

Example of taxes taken out of paycheck:

Payroll Check Stub	
Jane's Business 123 Main Street Sacramento, CA 95814	
Week of April 2-6, 2001 Joe Employee 123-45-6789	
Salary	\$500.00
Taxes	
1. Federal Withholding	68.00
2. Social Security (6.2%)	31.00
3. Medicare (1.45%)	7.25
4. State Disability Insurance (.9%)	4.50
5. State Withholding	13.47
Net	\$375.78

## Financial Stability

Once you have a source of income, you will need to practice maintaining your funds appropriately. There are many different ways of doing so, including proper budgeting, understanding credit cards and payday lenders, and saving up.

### Budgeting

A budget is nothing more than a breakdown and plan of how much money you have coming in and going out. Just like a business keeps track of its income and expenses to ensure it has the proper funding to continue running, your finances in your personal life work like this as well. Here are some tips on creating a budget:

- **Gather every financial statement you can.** This includes bank statements, pay stubs, investment accounts, government benefits, utility and rent bills, and any other information regarding a source of income or expense. The more information the better.
- **Record all of your sources of income.** A budgeting worksheet can be used to do this.
- **Create a list of monthly expenses.** This can also be recorded on your budgeting worksheet. You may need to estimate expenses, including mortgages, car payments, insurance, groceries, utilities, entertainment, phone and internet bills, trash pickup service, credit card payments, retirement, student loans, and anything else you may spend money on.
- **Break expenses into two categories: fixed and variable.** Fixed expenses are those that remain the same every month, such as rent or auto insurance. Variable expenses are those that can change from month to month, such as grocery or entertainment expenses. It is important to make this distinction because if you need to adjust your spending, the variable section would be where this can apply.
- **Make adjustments to expenses.** If you find you are still coming up short on money, you may need to cut some of your less necessary expenses, or obtain another source of income.
- **Review your budget monthly.** Your budget should be revisited often to ensure that you are staying on track. You may find that you need to rework budgets from month to month.

### *The Turning Point of South Carolina*

**Services:** The goal of this institution is to provide transitional housing, employment assistance, and job training to adult males. Our residential setting allows individuals to live and grow spiritually, physically, and mentally in a safe and drug and alcohol free environment.

**Address:** 24 Bruce Road, Greenville, SC 29605

**Phone:** (864) 299-0090

**Fax:** (864) 299-5248

**Website:** <http://turningpointofsc.org/contact/>

### *TROSA (Triangle Residential Options for Substance Abusers, Inc)*

**Services:** TROSA is an innovative, multi-year residential program that enables substance abusers to be productive, recovering individuals by providing comprehensive treatment, work-based vocational training, education, and continuing care. There is no cost to the individual receiving treatment at TROSA. \*For incarcerated individuals: Application and autobiography must be sent in

**Address:** 1820 James Street, Durham NC 27707

**Phone:** (919) 419-1059

**Website:** [trosainc.org](http://trosainc.org)

## Healthcare

### *Access Health*

**Services:** While AccessHealth Spartanburg does have a staff nurse who will provide an initial assessment of a client's needs, AHS is not a medical clinic. Instead, AccessHealth Spartanburg connects uninsured clients with appropriate healthcare providers. Physicians treat our clients free of charge. There is a minimum \$20 fee expected when clients **recertify** for the program, (after the 1st year).

**Address:** 358 Serpentine Dr. Spartanburg, SC 29303

**Phone:** 864-560-0190

**Fax:** 864-560-0199

### *Health Department (Spartanburg County): WIC Program (Women, Infants and children)*

**Service:** Helps improve the health of families through healthy foods and health education. Health screening, information about nutrition, breastfeeding, and general health; Food vouchers.

**Address:** P.O. Box 4217, Spartanburg, SC 29305; 151 East Wood St., Spartanburg, SC 29305

**Hours:** Monday – Friday 8:00 a.m. – 5:00 p.m.

**Phone:** (864) 596-3305

Coordinator, (864) 596-2227, ext. 288

**Web Site:** <http://www.scdhec.gov/health/mch/wic/region2.htm>



**Eligibility:** Ages 18 & Older Patients should demonstrate willingness to participate and complete the 6-week program. Refer to agency for program fee. Financial assistance available for income-eligible patients.

**Hours:** M-F 8:30 am - 5:00 pm

**Address:** 241 Pavillon Place. Mill Spring, NC 28756-5809

**Phone:** (828) 694-2300

**Website:** www.pavillon.org

**Phoenix Center of Greenville, The**

**Services:** Freestanding medical detoxification; halfway houses; inpatient treatment; intervention, including ADSAP/DUI (Alcohol and Drug Safety Action Program/Driving Under the Influence), AIP (Alcohol Intervention Program), leadership resiliency/REACH (Renew, Encourage, Achieve, Challenge, Heal), and NOVA (New Outlooks Via Awareness); outpatient treatment; prevention services; residential treatment, including Serenity Place (for women) and White Horse Academy (for adolescent males/boys ages 13-17); social model detoxification; support groups; transitional housing. These programs are designed to arrest the disabling effects of the misuse of or addiction to alcohol, tobacco, and/or other drugs, including smoking cessation, gambling addictions. The Family Effect is a philanthropic organization, raising funds and recruiting volunteers for programs at The Phoenix Center of Greenville that focus on children and

families.

**Hours:** M-F 8:30am-5:00pm

**Program Fees:** Fees vary; accepts insurance, Medicaid, and will make payment plans as needed.

**Address:** 1400 Cleveland ST. Greenville, SC 29607-2410

**Phone:** (864) 467-3790

**Website:** www.phoenixcenter.org

**Rosewood House of Recovery**

**Services:** Substance abuse treatment services. Residential long-term treatment (more than 30 days). For women

**Payment Accepted:** Self payment

**Address:** 9 Renrick Drive. Greenville SC 29609

**Phone:** (864) 242-2166

**Hotline:** (864) 242-2166

**Spartanburg Treatment Assoc:**

**Services:** Substance abuse treatment, Methadone & Buprenorphine Services. (self pay, VA, TRICARE)

**Phone Number:** (864) 503-0307

**Hours:** M-F: 5AM - 11AM, Sat: 5AM - 7AM, Sun: Closed\*

**Spartanburg Alcohol and Drug Abuse Commission (SADAC)**

**Services:** Outpatient treatment of alcohol and drug dependence. Counseling, group programs, drug and alcohol safety training.

**Website:** sadac.org

**Address:** 187 West Broad Street, P.O. Box 1252. Spartanburg, SC 29304

**Phone:** 864-582-7588 x 213

## Household Budget Worksheet

Enter your estimated monthly income and expenses to better understand what changes you should make to live within a budget that works best for you.

PART 1: MONTHLY INCOME		Estimated	Actual
Person #1: List monthly income for all full & part time jobs			
Person #2: List monthly income for all full & part time jobs			
Person #1: Unemployment Insurance (if applicable )			
Person #2: Unemployment Insurance (if applicable )			
Other: Child Support			
Other: Tax Credits			
Other: Incoming Rent for rental property			
Other: Any Government Assistance			
Other: Any other income you'd like to track			
<b>TOTALS</b>			
PART 2: MONTHLY EXPENSE		Estimated	Actual
Mortgage / Rent			
Home Equity Loan / Line Of Credit			
Home Insurance			
Credit Card #1			
Credit Card #2			
Credit Card #3			
Credit Card #4 (add as many as you need to)			
Car Payment			
Car Insurance			
Parking			
Tolls			
Gasoline			
Subway			
Health Insurance			
Cable /Satellite TV			
Internet Access			
Phone Bill			
Mobile Phone Bill(s)			
Child Support			
Daycare/Babysitting/Eldercare			
Groceries			
Pet care			
Gym Membership			

## Making Purchases: Credit, Debit, and Loans

Here are some basic definitions:

- **Debit Cards:** These allow you to draw money from your checking or savings account. This works similarly to writing a check, except that the money is drawn from your account in real time. When writing a check or using a debit card, it is important that you have enough money in your checking or savings account to make a purchase. If you do not, you can overdraw your account and get fees.
- **Charge Cards:** These do not have a present spending limit. However, balances accrued from making charges to the card must be paid in full at the end of each month. Late payments are subject to fees, charge restrictions, or card cancellation depending on card agreement.
- **Credit Cards:** You can use a credit card to buy things and pay for them over time. But remember, buying with credit is a loan — you have to pay the money back. And some issuers charge an annual fee for their cards. Some credit card issuers also provide “courtesy” checks to their customers. You can use these checks in place of your card, but they’re not a gift — they’re also a loan that you must pay back. And if you don’t pay your bill on time or in full when it’s due, you will owe a finance charge — the dollar amount you pay to use credit. The finance charge depends in part on your outstanding balance and the annual percentage rate (APR). Credit cards should be used sparingly and responsibly.
- **Payday Lenders:** These are companies that advance money to you for a fee—**usually 15 percent**—when you write them a personal check. In return, they will promise not to cash your check for up to 31 days. Even though South Carolina has passed legislation that regulates much of the activity of payday lenders, many consumers aren’t discovering the financial dangers of entering into payday loans until it is too late (Hoffman, 2007). If you must use this option, make sure to carefully review the rules, regulations, and fees associated with these loans. <http://www.consumer.ftc.gov/articles/0332-credit-debit-and-charge->

### Re-establishing Your Credit

If you are coming out of jail and do not have good credit, you can work to re-establish or gain credit. Without good credit, you cannot open up a credit card, take out loans, or buy a car or house. A Credit Union can help you re-establish your credit. **Carolina Foothills Federal Credit Union** is a good source and can help you open up a bank account and gain credit. You can find a local credit union and walk-in. Check out the website for branch locations: <https://www.cffcu.org/home.aspx>

### *Miracle Hill Ministries - Miracle Hill Renewal Center*

**Services:** Provides: shelter for homeless women with addictions, A 27-week addiction recovery program for women with a 12-step, Christian-based curriculum. Program offers group and individual counseling, Bible study, devotional services, classroom instruction, and seminars. Program for women with addictions focuses on freedom from life-dominating addictions through a relationship with Jesus Christ and by following spiritual and practical principles of the Bible.

**Address:** 19 Graves Dr. Greenville, SC 29609-3801

**Phone:** (864) 242-2166

**Website:** [www.miraclehill.org](http://www.miraclehill.org)

### *Miracle Hill Ministries - Miracle Hill Overcomers Center*

**Services:** Provides: shelter for homeless men with addictions, A 27-week addiction recovery program for men with a 12-step, Christian-based curriculum. Program offers group and individual counseling, Bible study, devotional services, classroom instruction, and seminars. Curriculum consists of 4 phases, which include spiritual foundations, inner healing, building healthy relationships, and life planning.

**Hours:** M-F 8:00am-5:00pm

**Address:** 1916 N Pleasantburg DR. Greenville, SC 29609-4036

**Phone:** (864) 631-0088

**Website:** [www.miraclehill.org](http://www.miraclehill.org)

### *Morris Village*

**Services:** Serves adults 18 and older. Treats co-occurring disorders. Medical, nursing, clinical, and activity therapy assistance are provided to help overcome addiction. Treatment is based on individual needs and values principles of 12-STEP recovery model. Accepts 3 types of admission: voluntary, court ordered, and emergency (by referral of physician) . Must be a SC resident diagnosed with substance dependence.

**Address:** 610 Faison Drive, Columbia SC 29203

**Phone:** (803) 935-7100

### *Narcotics/Alcoholics Anonymous Meetings*

**Location:** North Central Carolina Area (Boiling Springs, Duncan, Gaffney, Greer, Inman Spartanburg)

**Phone:** 800-681-0953, 1-800-668-3348

**Address:** 239 Access Road. Spartanburg, SC 29303

**Website:** [spartanburgtreatment.com](http://spartanburgtreatment.com)

### *Pavillon*

**Services:** Addiction recovery extended care program, addiction recovery services and treatment, aftercare and family support groups, educational and recovery support program for families, health, wellness, and spirituality programs, outpatient addiction recovery program, relapse prevention tools and resources, residential addiction recovery program, support and prevention program for children ages 6-14.

clients are supported for drug rehab. Medicaid, state financed payment, and self payment is accepted. Includes ASL or other assistance for the hearing impaired.

**Address:** 201 West Montgomery Street. Gaffney, SC 29341

**Phone:** (864) 487-2721

#### ***Don Foster and Associates Inc.***

**Services:** Therapy and education, rehabilitation using various treatment methods to enable clients to lead productive lives.

**Address:** 975 Asheville Highway, Spartanburg, SC. 29303

**Phone:** (864) 542-2211

#### ***Faith Homes***

**Services:** Eight week Christian Rehabilitative program based on belief that treatment can be found through faith in God, along with 12 step programs of Alcohol Anonymous, Narcotics Anonymous, and Al-Anon. For men and women of all backgrounds.

**Address (Men's Recovery Home, Greenwood):** PO Box 39, 144 Faith Home Road. Greenwood SC 29648

**Phone:** (864) 223-0694

#### **Faith Home for Men: Cowpens**

**Address:** 180 Battleground Road, Cowpens, SC 29330

**Phone:** (864) 463-0942

**Fax:** (864) 463-1254

#### **Faith Home for Women: Abbeville**

**Address:** 309 Washington Street, PO Box 188. Abbeville, SC 29620

**Phone:** (864) 223-0694

**Fax:** (864) 223-3825

#### ***Holmesview***

**Services:** Provides therapy, classes, counseling, nurses and food service, and follow up support to help overcome addiction. Must be a client of Vocational Rehabilitation to attend. VR will refer you to Holmesview, providing vocational assistance along the way.

**Address:** 3799 Old Easley Bridge Rd, Greenville SC 29611

**Phone:** (864) 239-6323

#### ***Homes Of Hope Inc***

**Services:** Housing those in need, Mentoring/ job training men overcoming addictions. Our Men's Development program is a voluntary one-year residential job training and mentoring program for men overcoming drug and alcohol addictions. Homes of Hope partners with several agencies serving our community's homeless and at-risk populations to provide permanent housing for clients transitioning out of these programs. Currently, Homes of Hope provides the "next step" housing opportunity for clients from GAIHN, Department of Mental Health, Safe Harbor, Anderson Interfaith Ministries, Triune Mercy Center, Upstate Homeless Coalition, Miracle Hill, Eldersource.

**Address:** 3 Dunean St. Greenville, SC - 29611

**Phone:** (864)269-4663

**Website:** homesofhope.org

## Other Money Saving Tips

### General

- Take advantage of employment benefits your employer may offer– this could include discounts on certain items or services, fitness center memberships, and investing in your 401(k).

### Food

- Bring a lunch to work– this is cheaper than eating out.
- Buy in bulk– this is often most cost effective
- Plan grocery shopping in advance– having a grocery list can help limit unnecessary impulse purchases

### Health

- Practice preventative care– waiting until health problems arise and then addressing them can be costly.
- Ask your physician/pharmacist to consider generic drugs, which are often much cheaper than name brands.
- When looking for medical services, try to look within your insurance network if insured so you don't have to pay unnecessary out of pocket costs.

### Insurance

- Shop around for auto and homeowners' insurance: Before renewing your existing policies each year, check out

the rates of competing companies (see the website of your state insurance department).

- Raise the deductibles on auto and homeowners' insurance: Being willing to pay \$500-1,000 on a claim, rather than only \$100-250, can reduce annual premiums by as much as several hundred dollars.

### Transportation

- Walk or bike places as often as you can.
- If you own a car, keep your engine tuned and tires properly inflated. Doing both can save you up to 100\$/year in gas.

### Housing

- Weatherproof your home– Caulk any holes that outside air might get in and use window covers. Research or ask your local hardware stores for other energy saving tips

### Communications

- Do your research when shopping for cable, internet, and phone plans. Refer to your budget to see what you can afford. Don't waste money on things you don't need.

## Personal Health

In addition to seeking the proper medical and health care, there are several measures you can take to take care of your health on your own .

### Healthy Eating



Aim for balanced meals and avoid oversized, unhealthy portions. A typical meal should consist of half fruits and vegetables, about a quarter grains (aim for whole grains, which are more nutritious), a quarter protein (lean proteins like fish or chicken that are not fried are best, as they do not contain as much unhealthy fats), and a small amount of dairy or other product containing low fat calcium. When possible, opt for fresh options and avoid products containing excessive sugars and trans fats. Support local and eat healthy by shopping at farmer's markets– the Hub City Farmer's Market held on Howard Street most Saturday mornings (and many others) will double your SNAP benefits!

### Physical Exercise

Regular physical activity helps improve your overall health and fitness, reduces your risk for many

chronic diseases, and can even improve mental health. The Center for Disease Control suggests a combination of aerobic activity (such as running) and muscle strengthening activity (like weight lifting) weekly. This can be done in a number of ways. See the CDC for further details, contact your local gym for membership options, or see a local health organization for help.

### Avoid Harmful Habits

Not only can drugs and alcohol get you into further legal trouble, but they can be harmful to your health as well. You can refer to the Substance Abuse and Mental Health Services Administration at [samsa.gov](http://samsa.gov) for resources on understanding if your drinking habits put you at risk, and how to prevent unhealthy drug and alcohol habits. You should not use any drugs or alcohol if you are breastfeeding or pregnant. If you have other health conditions, drugs and alcohol use could be especially bad for you. You should never be driving under any influence.

### *Urban League of the Upstate*

**Services:** large number of youth education programs, housing and support services, senior housing, business and technology programs, and financial assistance.

**Exception/ Criteria:** Set by counselor and based on need. Call for specific services in each county. Serves Greenville, Laurens, Oconee, Pickens and Spartanburg

**Address:** 430 E. Main Suite 102. Spartanburg, SC 29302

**Hours of Operation:** 8:30 a.m. – 3:00 p.m., Monday through Friday

**Phone Number:** 864-562-4400

**Fax Number:** 864-562-4403

**Web Site:** [urbanleagueupstate.org](http://urbanleagueupstate.org)

### Drug and Alcohol Abuse Treatment

#### *Angel's Charge Ministry*

**Services:** Transitional housing the helps women rebuild their lives without condemning or judging them. Religiously based and run by Pastor Nannie Jefferies.

**Address:** 350 Garner Road, Spartanburg, SC 29303

**Phone:** (864) 529-5472

#### *Carolina Treatment Centers*

**Services:** Opioid treatment program in Duncan, SC. We provide medication-assisted treatment, combined with counseling and group therapy, to help opiate addicted individuals refrain from using illicit narcotics. Presently, we treat patients with either methadone or Suboxone. We provide treatment planning tailored to each individual patient.

**Hours:** M-F 5:00am-11:00am, Sat. 7:00am-9:00am

**Address:** 325 Inglesby Parkway, Unit F. Duncan, SC 29334

**Phone:** (864) 433-8443

**Fax:** (864) 433-0495

#### *Cherokee County Commission on Alcohol and Drug Abuse:*

**Services:** An alcohol treatment center focusing on substance abuse treatment services. Providing substance abuse treatment with outpatient care.

Adolescents or teens, women, men, DUI or DWI offenders, and criminal justice

**Web Site:** <http://www.pcasp.org/>

### **Restoration Church**

**Services:** Food Bank and Clothes Closet run by Hispanic ministry

**Address:** 6655 Pottery Road, Spartanburg, SC 29303

**Hours of Operation:** 12:00 p.m. – 3:00 p.m., first three Wednesdays of each month

**Phone Number:** (864) 579-7797

**Fax Number:** (864) 579-9696

**Web Site:** [restorationchurch.org/ministries](http://restorationchurch.org/ministries)

### **Spartanburg Soup Kitchen**

**Services:** Serves the poor and homeless of the community by sharing the love of God and giving them food, kindness, and hope. Can provide mentoring, health counseling, and other services through our many partners.

**Hours:** Meal served at lunch time daily, 11:30-12:30

**Address:** 136 S. Forest St., Spartanburg SC 29306

**Phone:** (864) 585-0022

**Website:** [helpthekitchen.org](http://helpthekitchen.org)

### **Salvation Army**

**Services:** food, utilities, vouchers for clothing, furniture (for burn outs), transportation, some prescription medications, personal counseling, spiritual guidance, thrift store, personal counseling and spiritual guidance.

Criteria: Spartanburg County residents

with a shut off or eviction notice and reason for need. Call for an appointment. ID SS for everyone in the household.

**Address:** 1529 John B. White Sr. Blvd., Spartanburg, SC 29301

**Hours of Operation:** 9:00 a.m.-11:30 a.m. and 1:00 p.m. - 4:00 p.m. Monday – Thursday; Friday 9:00 a.m. – 12:00 p.m.

**Phone Number:** (864) 576-6670

**Fax Number:** (864) 574-9062

**Web Site:** [salvationarmycarolinas.org/commands/spartanburg](http://salvationarmycarolinas.org/commands/spartanburg)

### **T.O.T.A.L. Ministries**

**Services:** emergency financial assistance for utility bills (must be threatening disconnection). Provides food, life-sustaining prescriptions, obtaining identification papers to start work or find social services assistance (birth certificate, social security card, and picture i.d.), and traveler's aid for stranded travelers.

**Exception/ Criteria:** no deposit on utilities; must bring SSN and picture ID. If you are needing financial assistance, please bring the bill.

**Address:** 300 Union Street, Suite B, Spartanburg, SC 29306; P.O. Box 3554, Spartanburg, SC 29304

**Hours of Operation:** 9:00 a.m. – 12:00 p.m. Monday through Thursday

**Phone Number:** (864) 585-9167

**Web Site:** [www.totalministries.org/](http://www.totalministries.org/)

## **Sexual Health**

The American Sexual Health Association defines sexual health as, "...the ability to embrace and enjoy our sexuality throughout our lives. It is an important part of our physical and emotional health. Being sexually healthy means:

- Understanding that sexuality is a natural part of life and involves more than sexual behavior
- Recognizing and respecting the sexual rights we all share
- Having access to sexual health information, education, and care.
- Making an effort to prevent unintended pregnancies and STDs and seek care and treatment when needed
- Being able to experience sexual pleasure, satisfaction, and intimacy when desired
- Being able to communicate about sexual health with others, including sexual partners and healthcare providers" (ASHA, 2015)

See [www.ashasexualhealth.org](http://www.ashasexualhealth.org) for more information on sexual health, your local Drug and Alcohol Abuse Commission (ie, SADAC) for free preventative health materials (condoms, educational materials, etc), Planned Parenthood (a national sexual healthcare provider, educator, and advocate), or your local health clinic/health care provider for more information.

Remember that most preventative care and STI testing is free with insurance, and can be done at most local healthcare providers. Additionally, you can consider practicing abstinence to ensure prevention of STIs and pregnancy. As with all other forms of health, preventative care is key in maintaining sexual health.

## **Mental Health**

Your mental health is no different than your physical health– it is something that is detrimental to you as an individual and sometimes must be learned to maintain in a healthy manner. The included resource guide can point you to some mental health community resources that can help you. In the meantime, here are some mental health tips, adapted from SAMHSA mental health self help guide:

### **What to do if you have serious mental health symptoms:**

Having serious symptoms could include thoughts and/or feelings of worthlessness, suicide, or endangering yourself or others. Feelings of hurting yourself or others should be taken seriously, and you should do the following right away if you experience these feelings:

- Voice concerns to supportive friends or family members. Have them talk with you, play games, watch a funny or



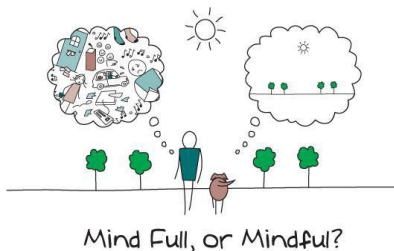
happy movie together, listen to music– do things that keep you from feeling any worse.

- Practice immediate self care– do something you enjoy or that is good for you. Exercise increases flow of adrenaline and natural serotonin, which can have a quick improvement in mood.
- Arrange an appointment with your doctor, health care provider, mental health agency, or therapist. If your symptoms make you a threat to yourself or others, insist on immediate medical care. Hospitalization can even occur in extreme cases. Have a friend or family member assist you if necessary.
- Call a suicide hotline– these types of hotlines can be used not only in suicide situations, but have also been used for help with substance abuse, economic worries, relationship or family problems, sexual orientation, getting over abuse, mental or physical illness, and even loneliness. The National Suicide Prevention Lifeline can be reached at 1-800-273-TALK (8255). You will be helped by a trained crisis worker on this line. There are also local lines you can contact. See resource guide for details. These lines are available 24/7.

### General Mental Health Maintenance:

Here are some practices to help you stay well when you are feeling better:

- Maintain physical health– practicing all of the healthy lifestyle tips included here can have a positive affect on mood
- Get enough sleep
- Try to replace negative thoughts with positive ones– many negative thoughts are learned and can be unlearned as well.
- Be mindful– anxiety often manifests itself in preoccupation with the future, while depression is highlighted by rumination in the past. Focusing on the present and taking extra notice of everything you are thankful for in the moment can maintain a healthy attitude.



homebound, live alone/be alone during day, unable to prepare a meal due to physical and/or emotional limitations. No income or age restrictions apply.

**Address:** 419 E. Main Street,  
Spartanburg SC 29302  
**Phone:** (864) 573-7684

### Operation Hope

**Services:** Emergency financial assistance with utilities and rent, food and clothing assistance, financial literacy services.  
\*Must reside in Campobello, Landrum, or Gowensville with proper ID, a Social Security card, proof of income, and a disconnection notice.

**Address:** 206 East Rutherford Street,  
Landrum, SC 29356  
**Phone:** (864) 457-2812

### Operation Restoration Spartanburg

**Services:** HUD approved housing assistance, including Fair Housing Pre purchase Education Workshops, Financial Management, Budget Counseling, Mortgage Delinquency and Default Resolution, Counseling, Non-Delinquency Post Purchase Workshops for Homeowners, Pre purchase Counseling, Pre purchase Homebuyer Education Workshops, Rental Assistance Housing Counseling, Services for Homeless Counseling. Also includes “Welcome Home”, a veterans program providing shelter and case management for Spartanburg county veterans for 24 months.

**Address:** PO Box 6084, Spartanburg SC. 29304  
**Phone:** (864) 342-0907  
**Website:** operationrestorationcdc.org

### PEACHCenter Ministries

**Services:** Provides food, financial need/ medical assistance, personal hygiene, burnout assistance and other forms of aid as needed by our clients for residents of Cherokee County, free of cost.  
**Hours:** M-Th 9:00AM-12:00PM  
**Address:** 518 N Limestone St.,  
Gaffney, SC 29340  
**Phone:** (864) 489-2549

### Piedmont Community Actions

**Services:** Assists low-income individuals and families. Provides headstart, child development, energy assistance and conservation case management, emergency financial assistance, senior citizen apartments, and computer classes.  
**Exception/ Criteria:** poverty guidelines; must bring proof of income  
**Service Area:** Spartanburg and Cherokee  
**Address: Administrative Office (Main):** 300 S. Daniel Morgan Avenue, Suite A Spartanburg, SC 29306; P. O. Box 5374, Spartanburg, SC 29304  
**Head Start Center (Gaffney):** 501 W Rutledge Ave, Gaffney, SC 29341  
**Hours of Operation:** 8:30 a.m.-5:00 p.m. Monday through Friday  
**Phone Numbers:** (864) 585-8183 Main (864) 489-0279 Gaffney  
**Fax Number:** (864) 585-5152

***Greer Community Ministries***

**Services:** Meals on Wheels: provides meals to homebound, elderly and disabled. Senior Dining: must be a least 60 yrs old; able to board/off-board bus or van; able to walk without assistance (cane acceptable); able to use restroom without assistance; able to feed themselves without assistance. Food pantry, clothing closet.

**Eligibility:** Food pantry: Food order for 3-5 days meals; eligible once every six months. Clothing closet: 4 outfits per family member; eligible once every six months. Must live in Greater Greer area. Need to bring Proof of Residence, Picture ID/License, Social Security Card.

**Hours:** 8am-4pm. Food pantry and clothing closet hours are 9am until noon, M-Fr

**Address:** 738 S. Line Street Extension Greer, SC 29651

**Phone:** 864-877-1937 (Food Pantry, Clothing Closet, Senior Dining, general information); 864-879-2254 (Meals on Wheels)

**Website:** [www.gcminc.org](http://www.gcminc.org)

***Greer Relief and Resources Agency***

**Services:** financial or material assistance -provides emergency food, winter fuel (oil); helps with rent and utilities, assists with purchase of medicine. Render referrals. Need cut off notice for electric assistance

**Service Area:** Greer, Taylors, Lyman, Wellford and Duncan

**Address:** 202 Victoria Street, Greer, SC 29651 P.O. Box 1303, Greer, SC 29652

**Hours of Operation - Office:** 8:30 a.m. – 5:00 p.m. Mon through Fri; Closed 12:30 p.m. -1:30 p.m.

**Hours of Operation – Client Services:** 9:00 a.m. – 11:00 a.m. Mon and Fri, 1:30 p.m. – 4:00 p.m. Mon, Tues, Thurs.

**Phone Number:** (864) 848-5355

**Fax Number:** (864) 801-2014

**Web Site:** <http://www.greerrelief.org/>

***Helping Hands of Woodruff***

**Service:** emergency financial assistance with food, prescription medicine, heating program is November – April (Wed. only), utilities, rent, and clothing closet is open only Mondays

**Exception/Criteria:** picture ID and SSN needed, proof of address, determined by application and interview

**Address:** 206 Chamblin St, or PO Box 483, Woodruff, SC 29388

**Service Areas:** also includes: Woodruff, Enoree

**Hours of Operation:** 10:00a.m. – 12:00 p.m. Mon through Fri

**Phone Number:** (864) 476-2401

**Fax Number:** (864) 476-9353

**Web Site:** <http://www.hhow.org/>

***Mobile Meals***

**Services:** Delivers meals to those in need. Meals are delivered each weekday excluding a few select holidays. There is no charge for meals, but donations are encouraged if financially able. Must be

**Instructions for Clients of Mental Health**

- Upon release from Spartanburg County Detention Facility, you need to come to Spartanburg Mental Health Center at 250 Dewey Ave. (across the street from Spartanburg Regional Emergency Room) on the following Tuesday or Thursday between 8a-10a.
- Bring your records from SCDF, including any psychiatric medications that you were taking while at SCDF.
- Upon arrival, ask to see Eric F. in order to coordinate your services, including connecting you with a previously assigned case worker or getting you an appointment with a nurse or doctor.

Spartanburg Mental Health Center: 864-585-0366

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### Grace Place Dinner & Shopping

4th Friday Of Every Month 6:30 p.m.

**Phone Number:** (864) 320-1071

### God's Pantry Inc.

**Services:** Clients are eligible to receive free emergency food assistance on a biweekly basis. Clients over 58 years of age or with special needs/circumstances are eligible to receive assistance on a weekly basis.

**Locations:** *God's Pantry Warehouse:* 307 McCarter Road , P.O. Box 786 Fountain Inn, SC 29644. Phone: 864-963-4441 Hours of Operation: M-Th, 8:00am-2:00pm

*God's Pantry 1* (Messiah Lutheran Church): 1100 Log Shoals Road, Mauldin, SC 29662 Hours: M, Tues & Th, 8:45am-11:45am  
*God's Pantry 2* (Lutheran Church of Our Saviour) 2600 Wade Hampton Blvd Greenville, SC 29615. Tues & Th 12:30pm-2:30pm

*God's Pantry 3* (First Presbyterian Church) 510 E. Curtis Street, Simpsonville, SC 29681. Hours: Tues 10am-12pm & 4p-5p 2nd & 4th Th 6pm-8pm

*God's Pantry 4* (Sharon United Methodist Church) 1421 Reidville Sharon Rd Greer, SC 29651. Hours: Mon 4pm-6pm

*God's Pantry 5* (Mount Cowell Fellowship Hall) 222 Carver Street, Joanna, SC 29351 Hours: 4th Sat. 10am-1pm

*God's Pantry 6* (Enoree Fork Baptist Church), 100 Enoree Road, Greer, SC 29650 Hours: Thurs. 10am-12pm  
*God's Pantry 8* (Salt N Light Ministries), 307 McCarter Rd (Front) Fountain Inn, SC 29644 Hours: Thurs. 6pm-8pm  
*God's Pantry 9* (Poplar Springs Baptist Church), 6466 Poplar Springs Rd., Ware Shoals, SC 29692 Hours: 1st Tues. 5pm-6:30pm  
*God's Pantry 10* (Old Pilgrim Missionary Bapt) 3540 Woodruff Rd, Simpsonville, SC 29681. W 5pm-6:30pm Th 9:00am-12pm  
*God's Pantry 11* (Welcome Baptist), 2730 Anderson Rd., Greenville, SC 29611. Hours: 3rd Sat 1:30pm-3:30pm  
*God's Pantry 12* (Rebirth Missionary Baptist), 2481 Racing Road, Greer, SC 29650. Hours: 2<sup>nd</sup> Thursday 1pm-4pm  
*God's Pantry 14* (Vineyard Church), 20 Chestnut Street, Startex, SC 29377. Hours: Wednesday 9am-11am

### Greater Spartanburg Ministries

**Services:** Food relief and evangelism. Agency provides: clothing, food, thrift store. First come, first served with picture ID and social security card.  
**Address:** 680 Asheville Hwy., Spartanburg, SC 29303  
**Hours of Operation:** MTuTh 9:30am-11:30am for food, M-Sa 9:00am-5:00pm Thrift Store.

**Phone Number:** (864) 585-9371

**Fax Number:** (864) 585-9373

**Web:** [greaterspartanburgministries.org](http://greaterspartanburgministries.org)



## Emergency Assistance

### ***Bethlehem Center***

**Services:** Agency provides: adult Bible studies, crafts and sewing, after school program with tutoring/homework center, Certified Nursing Assistant classes by MedTech (fee for classes), day care, food pantry (food assistance outreach), Narcotics Anonymous meetings, senior activities, summer camp, thrift stores, youth development programs and prevention for youth at-risk

**Address:** 397 Highland Ave., Spartanburg, SC 29306 P.O. Box 3501, Spartanburg, SC 29304

**Hours of Operation:** 9:00 a.m.-5:00 p.m. Monday through Friday; Food Assistance: 9:00 a.m.-12:00 p.m., Monday, Tuesday, and Thursday; After School Program: 2:30 – 6:00 p.m., Monday through Friday

**Phone Number:** (864) 582-7158

**Fax Number:** (864) 582-0695

**Web Site:** <http://www.bethlehemctr.org/about.php>

### ***First Baptist Church: The Helping Center***

**Service:** Provides all those in need with food and clothing. Also helps in a limited way with rent, power bills, water bills and medications. Provides clothing food Utilities/Rent-\$30 to 50 if they have funds.

**Exceptions/Criteria:** For those seeking help with rent, utility bills, or medication, they can only help the first 12 to 15 clients on Monday only. A line

may begin to form outside as early as 8:00 am. Contributions will be a limited amount.

**Address:** 174 North Dean Street, Spartanburg, SC 29302

**Hours of Operation:** Helping Center- 9:00 a.m.-12:00 p.m. Monday, Wednesday, and Friday; financial assistance Mondays only; food and clothing Monday, Wednesday, and Friday

**Phone Number:** (864) 596-4109

**Fax Number:** (864) 699-4325

**Web Site:** <http://www.fbs.org/contact>

### ***First Baptist Spartanburg- Refuge***

**Services:** 7:30- 8:30 Showers (for anyone - male or female), 8:30-9:30 Worship, 9:30-10:00 Breakfast (must be present in worship to receive breakfast). If showering, will receive a shower pack, clean clothes, towel and wash cloth. Walk in, no fee.

**Address:** 250 E. Main St. Spartanburg, SC 29306

**Phone:** 864-583-7245

**Website:** fbs.org; email: mpact@fbs.org

### ***Grace Place***

**Services:** \$50 Free "GRACE" Shopping every month while supplies last

**Service Area:** Greenville and Spartanburg Counties

**Address:** 407 Ridgewood Drive, Greer SC 29651

**Hours of Operation:** Grace Place Store Shopping Mon & Wed 10:00 a.m.-12:00 p.m. Tues 6:00 p.m.-8:00 p.m. 2nd Sat 10:00 a.m.-12:00 p.m.

## Resources



Abraham Maslow, famous psychologist during the 1960s/70s, developed a theory on human needs and motivation. His theory states that a person must fulfill the most basic needs and desires in life before being able to move on to greater

needs, as depicted in the pyramid to the left. This bottom-up approach can instruct one on which needs to be fulfilled/worked on first in order to eventually reach self-actualization. Self-actualization is a stage in which a person is able to realize and work on reaching his or her full potential, seek personal growth, find meaning in his or her life, and experience joy. Every person is capable and has the desire to move up the hierarchy toward a level of self-actualization. Unfortunately, progress is often disrupted by failure to meet lower level needs. This resource list is meant to help connect you to resources in the community to help better your life, from a bottom-up approach, based on Maslow's hierarchy. This means finding ways to fulfill your most basic needs first in order to move on to living a fuller life on the outside. Resources are ordered according to which need they will fulfill. \*Note that needs are not necessarily listed in order of importance

### **Spartanburg Area Resources**

**South Carolina 211:** your one-stop resource for finding assistance in your local community. SC 211 keeps a database of a wide variety of service providers including support groups, community clinics, counselors, shelters, food pantries, programs for seniors, and many more agencies in South Carolina. Call 2-1-1 anytime, 24 hours a day, 365 days a year to link to vital services in your community. You can also call 2-1-1 toll free at 1-866-892-9211. We offer this service for free, and in multiple languages.

**Children's Shelters*****Ark Youth Shelter and Home***

**Service:** Set up to help at-risk young men. Home environment with strong Biblical principles. Offers meals, shelter and religious counseling.

**Exception/ Criteria:** must be 10-16 years old. Interview process must be completed before being accepted into Overcomers program.

**Address:** 9261 Fairforest Rd., Spartanburg, SC 29301

**Hours of Operation:** 24/7

**Phone Number:** (864) 576-6174 or 1-800-894-3609

**Fax Number:** (864) 576-6174

**Web Site:** <http://www.arkyouthshelter.org/index.htm>

***Hope Center for Children***

**Service:** home visitation when a child is able to live at home; an emergency shelter for when children are removed from their home due to abuse and neglect; long term residential care for girls in foster care; and support of transition back to family life when a child is adopted or re-unified with kin.

**Address:** P.O. Box 2663, Spartanburg, SC 29304

**Hours of Operation:** 8:30 a.m. – 5:00 p.m., Monday through Friday

**Phone Number:** (864) 583-7688

**Fax Number:** (864) 597-1287

**Web Site:** <http://www.childshelterupstate.org/>

**PHYSIOLOGICAL NEEDS****Shelters (General)*****Miracle Hill Rescue Mission***

**Service:** shelter for homeless men and women; provides three meals a day, clothing, Christian counseling, referral for housing, referral for substance abuse, and a work-start program. Once a month, offers a free medical clinic providing vision, dental, and medical exams for clients and the surrounding community. Walk-in and referral.

**Address:** 189 N. Forest St., Spartanburg, SC 29301

**Hours of Operation:** 8:30 a.m. - 5:00 p.m. Monday – Friday (check-in beginning at 9:00)

**Phone Number:** (864) 583-1628

**Fax Number:** (864) 583-9139

**Web Site:** <http://www.ecfa.org/>

***The Haven***

**Services:** Homeless Shelter for Families- Intact spouses with or without children; single mothers or fathers with children; and grandparents/legal guardians with children. No violent background. Support services, intensive case management.

**Address:** 82 South Church Street, Spartanburg, SC 29306; P.O. Box 2914, Spartanburg, SC 29304

**Hours of Operation:** business office: 8:30 a.m. – 5:00 p.m. Client intake hours 4 p.m.; Open 24 hours in case of emergency

**Phone Number:** (864) 582-6737

**Fax Number:** (864) 573-7141

***SPIHN (Spartanburg Interfaith Hospitality Network)***

**Services:** Compassionate, loving support with shelter, meals, and counseling services throughout a faith-based network to the homeless families of Spartanburg County. Case management. Families housed in local churches during evenings. Must be homeless with at least 1 child. Only takes up to four families at a time.

**Address:** 899 South Pine St. Spartanburg, SC 29302

**Hours of Operation:** 8:30 a.m. - 5:00 p.m., Monday through Friday

**Phone Number:** (864) 597-0699

**Fax Number:** (864) 597-0698

**Web Site:** <http://spihn.bellstrike.com/>

***Butterfly Foundation***

**Services:** provides permanent and temporary housing for homeless individuals and families with disabilities, case management, emergency housing repair for home owners, benefit bank services; culinary job training for homeless or unemployed or underemployed, intensive twelve week program, 40 hour internship

**Service Area:** Housing Assistance Program: Anderson, Greenville, Spartanburg; culinary job training program, Spartanburg only

**Address:** 185 South Liberty Street, Spartanburg, SC 29306

**Hours of Operation:** 9:00 a.m. - 5:00 p.m., Monday through Friday

**Phone Number:** (864) 582-4146

**Contact:** Director, Queenie Canizater

**Fax Number:** (864) 583-1619

**Web Site:** <http://www.butterfly-sc.com/>

***Divinity Care Facility, Inc.***

**Service:** A Homeless Shelter and Rehab Facility for Men. Provides shelter, meals, referrals, transportation and limited clothing.

**Address:** 446 Arch Street, Spartanburg, SC 29301

**Phone Number:** (864) 948-9700

**Contact:** Rev. Richard Johnson, Director

***Homes for Life***

**Services:** An outreach of Miracle Hill. Provides shelter, educational guidance, employment assistance, counseling, basic life skills training; young men, ages 18-21.

**Address:** 4180 Copper Line, Spartanburg, SC 29301

**Phone:** (864) 325-4066 or (864) 576-1719

**Fax:** (864) 576-1719

**Web Site:** <http://www.miraclehill.org/>