

COMMUNITY RESOURCE BROCHURE

Hurley Medical Center
One Hurley Plaza Dr.
Flint, MI 48503

University of Michigan

HUM00065559

TIPS TO STAY SAFE AND AVOID FIGHTS

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Just Chill	✓ Relax, count to 10, and take a moment to think about things.
Never Carry	✓ Don't carry a weapon. If things are getting serious, get help or ask for advice.
You Control You	✓ You're in control of your own actions. Be your own person; don't let others tell you what to do
Think First	✓ Before you act, think about what could happen! Ask yourself, is this worth the consequences?
It's Not That Serious	✓ Is it worth getting in trouble, getting hurt, getting killed?
See Things From His Or Her Point Of View	✓ Think about what the other person is going through. If they have good reason to feel upset, talk to them about the situation. Don't be afraid to apologize if you've done something wrong.
Keep Walking	✓ Sometimes the best thing to do is just walk away. Find something else to do. It may help to get your mind off the situation.
Don't Be An Instigator	✓ If you encourage your friends to fight, you're just adding to the violence. How about telling your friend to let it go or suggesting you go hangout somewhere else.
Work It Out Without Fighting	✓ There are ways to solve problems with another person without fighting. Stay calm and try to talk it through.
Break The Cycle Of Violence	✓ How will your friends and family feel if you get hurt? Be the one to end the violence. Tell your friends and family not to get even.

Raise It Up! Youth Arts & Awareness

436 S. Saginaw St., Ste #310

Ph: (810) 394-3113

www.raiseitupyouth.org

Activities: For young people age 12-24 who are interested in the performing arts. Fees – free.

Flint Institute of Music

1025 E. Kearsley St., Flint

Ph: (810) 238-1350

www.thefim.org

Activities: Offers music and dance classes for infants to adults.

Library/Museum

Flint Public Library

1026 E. Kearsley St.

Flint, MI 48502

Ph: (810) 232-7111

Activities: Variety of reading programs, computer classes, lectures, videos for individuals of all ages.

Sloan Museum

1221 E. Kearsley St., Flint

Ph: (810) 237-3450

www.sloanmuseum.com

Activities: Permanent exhibits on the history of Flint and temporary exhibits on a variety of topics including holograms, dinosaurs, and many others.

Volunteer Opportunities

Big Brothers Big Sisters of Greater Flint 235-0617

410 E. 2nd St., Flint

Ph: (810) 235-0617

www.bbbsflint.org

Activities: Volunteers, 17 years of age and older, work one-to-one with a child, sharing experiences and time, to help the child grow into a confident, capable person.

Flint Urban Gardening and Land Use Corporation

3216 M. L. King Ave., Flint

Ph: (810) 785-5340

Activities: Volunteers help plan and nurture community gardens.

Red Cross Youth

<http://redcrossyouth.org/>

Start your own group or search for existing groups in your area.

EDUCATION, JOB TRAINING, EMPLOYMENT SERVICES

Genesee County Employment Services

711 N Saginaw St, Lower Level
Flint, MI 48503-1703

Ph: (810) 234-9880

Services: Job assistance.

Job Corps

2400 N. Saginaw St., Flint MI

Ph: (810) 232-9102

<http://flintgenesee.jobcorps.gov>

<http://www.jobcorps.gov/>

Ph: 1 800 733-5627

Free program that helps 16-24 years olds learn a career, earn a high school diploma or GED, and find a good job.

Michigan Works/ Career Alliance

711 N. Saginaw St., Suite 300

Ph: (810) 233-5974

http://www.co.genesee.mi.us/career_alliance.htm

Goodwill Industries of Mid-Michigan

501 S. Averill Ave, Flint, MI

Ph: (810) 762-9960

Services: job placement, career development

HOUSING RESOURCES

Genesee County Community Action Resource Department

Ph: (810) 232-2185

Services: Home maintenance.

One-Stop Housing Resource Center

605 N. Saginaw St., Suite 2

Ph: 810-600-4525

Services: priority given to the homeless and those living in shelters.

Covenant House

Ph:1-800-RUNAWAY

www.1800RUNAWAY.org

If you are a youth needing counseling or shelter referral, 24 hours a day, 7 days a week, 365 days a year.

Shelters:

Carriage Town Ministries

605 Garland St., Flint, MI

Ph: (810) 233-8787

Services: Emergency shelter for men, women, and children.

My Brother's Keeper (men only)

101 N. Grand Traverse, Flint,

Ph: (810) 234-1163

Services: Homeless shelter for men.

Shelter of Flint

924 Cedar St., Flint MI 48503

Ph: (810) 239- 5433

Services: serves homeless single women, single parents with children, as well as two parent households.

FOOD/ CLOTHING ASSISTANCE

Carriage Town Ministries

605 Garland St, Flint, MI

Ph: 810-233-8787

Services: Chapel, dinner and hot shower provided.

Inner City Christian Outreach

915 N. Saginaw St., Flint, MI

Ph: (810) 767-4064

Services: Sunday 6pm: hot meal following service with food and clothing being distributed after the meal.

One-Stop Housing Resource Center

605 N. Saginaw St., Suite 2

Ph: 810-600-4525

Services: referrals to community resources for food and clothing.

Greater Flint Outreach Center

1114 University Avenue

Flint, MI 48504

Ph: (810) 767-4064

Services: Distributes food pantry items and personal hygiene items (when available).

LEGAL AND FINANCIAL RESOURCES

Legal Services of Eastern Michigan (Flint)

436 S. Saginaw St., Flint MI

Ph: 1-800-322-4512

Ph: 810-234-2621

Services: Free legal assistance to low-income individuals. Legal Advice Clinic once per month.

Lakeshore Legal Aid

Ph: 888-783-8190

<http://www.lakeshorelegalaid.org/counsel-advocacy-law-line.php>

Services: Free legal advice to low-income people.

DHS-Department of Human Services

4809 Clio Rd., Flint

Ph: (810) 787-7101

630 S. Saginaw St., Flint

Ph: (810) 760-7300

Services: Food stamps, state disability, Cash assistance-apply for eligibility.

ACTIVITIES IN YOUR COMMUNITY

Recreation

YMCA of Greater Flint

411 E. Third St.

Flint, MI 48503

Ph: (810) 232-9622

Activities: Variety of health and fitness programs for individuals of all ages.

Longway Planetarium

1310 E. Kearsley, Flint, MI

48503

Ph: (810) 237-3400

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

Activities: Laser, star, and galaxy shows.

Boy Scouts of America, Tall Pine Council

507 W. Atherton Rd., Flint

Ph: (810) 235-2531

www.michiganscouting.org

Activities: Programs for young men (grades 1-12).

Girl Scouts of America, Fair Winds Council

111 E. Court St., Suite B, Flint

Ph: (810) 230-0244

www.gssem.org

Activities: Programs for young women ages 5-17.

TeenQuest

519 S. Saginaw St. Suite 200

Ph: (810) 600-1413

www.flintandgeneseese.org/learn/teenquest/

Activities: For students ages 14-18 and in grades 9-12. Prepares students with a variety of skills, including those that lead to employment. **Fees-free.**

Arts/Theatre

The Flint Cultural Center

1310 E. Kearsley St.

Flint, MI. 48503

Ph: (810) 237-7330

Activities: Education and entertainment through live performances, unique exhibits, classes, and more.

Flint Youth Theatre

1220 E. Kearsley St.

Flint, MI 48503

Ph: (810) 237-1530

www.flintyouththeatre.org

Activities: Classes taught year-round from creative drama to advanced acting by professional theatre artists.

VIOLENCE PREVENTION SERVICES AND RESOURCES

Genesee County Community Mental Health

420 W. Fifth Ave, Flint, MI.

Ph: (810) 257-3740

Services: Various groups offered including anger and stress management.

Sacred Heart Rehabilitation Center

2091 Professional Dr. Ste. I-1

Flint, MI 48532

Ph: (810) 732-1652

Services: counseling and prevention services.

Catholic Charities

901 Chippewa St., Flint, MI.

Ph: (810) 232-9950

Services: Counseling and prevention programs provided on an individual and group basis.

YWCA of Greater Flint

310 E. 3rd St., Flint, MI 48502

Ph: (810) 238-7621 ext. 351

Crisis Ph: (810) 238-7233

Services: Domestic violence safe house for women and children.

WOW Outreach

6202 Dupont, Flint 48505

Ph: (810) 789 7700

Services: Committed to empowering, educating, and strengthening family systems.

National Domestic Violence Hotline

Ph: 1-800-799-7233

Text TELLNOW to 85944

A 24-hour hotline for any type of domestic abuse, including dating abuse.

The National Teen Dating Abuse Helpline

Ph: 1-866-331-9474

text "loveis" to 22522

24-hour helpline for teens, parents, friends and family, peer advocates. All communication is confidential and anonymous.

U.S. National Sexual Assault Hotline

Ph: 1-800-656-4673

24 hour-Free, safe, confidential service.

Boys Town National Hotline Ph: 1-800 448-3000 (**serves girls too**)

24 hours a day. Parents, teens and families can find help on abuse, anger, depression, school issues, bullying etc.

MENTAL HEALTH and SUBSTANCE ABUSE SERVICES

SUICIDE PREVENTION

LOCAL HOTLINE (810) 257-3740

MOBILE CRISIS (810) 235-3288

**National Suicide Prevention Hotline
(800) 273-8255**

Find a counselor who you can talk to about your feelings or problems.

Mental Health America Information Center

Ph: 1-800-969-6642

Will put you in touch with a local Mental Health Association, who will help you find community mental health services.

Genesee County Community Mental Health

Ph: (877) 346-3648

Ph: (810) 257-3740

www.gencmh.org

Can provide substance treatment intake assessments and provide referrals for the most appropriate treatment based on your needs and insurance.

**24 hr crisis hotline:
810-257-3740**

Catholic Charities of Shiawassee and Genesee Counties

Ph: (810) 232-9950

Narcotic Anonymous

Ph: (800) 230-4085

www.michigan-na.org/flint

Support group for those wanting to stop using drugs and or are affected by the drug use of another person.
FREE

Alateen

Ph: (810) -234-1460

<http://www.afgdistrict5.org/alateen.htm>

Alateen is Al-Anon's recovery program for young people (mostly teenagers up to age 19 years) for those living with problem drinking, or are affected by the problem drinking of another person.
FREE

National Drug and Alcohol Treatment Hotline

Ph: 1-800-662-4357

Speak to someone about alcohol, drug or family problems, information on alcohol and drug abuse, and local treatment options.

OVERDOSE RESOURCES

What is an overdose?

An overdose is when a person takes more alcohol, drugs, or medications than their body can handle. This can lead to death.

What are symptoms of an overdose?

- Blacking out
- Difficulty breathing
- Skin turns blue or pale
- Heart beating too fast or too slow
- Heart attack

What affects my risk of overdose?

- Using drugs, alcohol, or prescription medications after not using them for a while
- Taking a lot of drugs, alcohol or prescription medications
- Mixing alcohol, drugs or meds
- Having an illness or disease that affects the heart or lungs

What should I do if I see someone overdose?

- **Call 911 or take the person to ER**
- Roll the person on their side to prevent choking if they vomit.
- Shake them, try to wake them up.

What else do I need to know?

- Many people don't want to call 911 when they see an overdose because of fear of legal problems, but know that you could be saving someone's life
- You don't have to tell the 911 dispatcher your name if you don't want to
- You also don't have to tell the 911 dispatcher that anyone was using drugs, but do tell the paramedics when they come so they can help the person better

Other Resources

National Poison Control Center:
1-800-222-1222 (24 hrs/day)
Hotline to talk to experts about overdose, particularly due to medications

Harm Reduction Coalition:
www.harmreduction.org

MENTORSHIP PROGRAMS

Find a safe adult who you can spend time with.

Big Brothers-Big Sisters of Greater Flint

410 E. 2nd St.
Flint, MI. 48503
Ph: (810) 235-0617
Services: Helps adolescents reach their potential through professionally supported one-to-one relationships.

Kagle Leadership Initiative

Kettering University
1700 University Ave.
Flint, MI 48504
Ph: (810) 762-9500
Services: Year-round one-on-one mentoring program focusing on leadership, tutoring, community advocacy, and learning about self.

Motherly Intercession/Reading and Counting to Success

3444 W. Lennon Rd
Flint, MI. 48507
Ph: (810) 424-9909
Services: Mentors meet individuals who are in grades K-12 two days a week for homework assistance and tutoring in reading and math.

Boys and Girls Club of Greater Flint

3701 N. Averill Ave
Flint, MI 48506
Ph: (810) 249-3413
Services: After school and summer programs including educational support, recreation, arts, health and life skills.

- It is important to find out if you are infected with HIV and STDs so that you know if you need to avoid activities that could infect someone else.
- It is also important to find out if you are infected with HIV or STDs so that you can receive good medical care. Some STDs can be cured with medication, and others can be treated to keep symptoms from bothering you. New treatments for HIV can help keep you healthy.

Whom should I tell if I am HIV-Positive?

- If you test positive, you need to know that this infection is not passed to another person through casual contact.
- Michigan law requires that you must notify any new sexual partner prior to having sex with them. Past sexual and needle-sharing partners are to be notified so that they can also be counseled and offered testing. If requested, your local health department will provide you assistance in notifying partners.

Where can I get tested?

Genesee County Health Department

630 S. Saginaw St. Flint, MI
Ph: (810) 257-3440
Ph:(810) 600-2404
Self payment, Medicaid, Medicare, State Financed Insurance, & Military Insurance

Wellness AIDS Services

311 E. Court St. Flint, MI
Ph: (810) 232-0888
-Syringe Treatment Exchange Program (STEP): Education about needle use and universal precautions, needle exchange every Wednesday from 6-7pm.
-HIV testing-no appointment necessary
-FREE, but donations accepted

Planned Parenthood (Flint)

G-3371 Beecher Rd., Flint, MI
Ph: (810) 238-3631
Self payment and Medicaid

Where can I get more information?

You can also call the **Michigan AIDS Hotline at 1-800-342-AIDS (1-800-342-2437)** to talk with an HIV specialist. They can give you quick, private answers at any time, day or night.

HEALTHCARE, PREGNANCY, CHILDCARE and PARENTING SERVICES

Healthcare:

Genesee Health Plan

2179 S. Linden Rd.
Flint, MI. 48532
Ph: (810) 232-7740
Services: Provides limited services for doctor visits, prescriptions, lab testing, and x-rays.

Burton Health Center

G-3373 S. Saginaw St.
Flint, MI 48503
Ph: (810) 742-2255
Services: Free health-related services including family planning, immunizations, and WIC.

Hamilton Community Health Network

2900 N. Saginaw St.
Flint, MI. 48503
Ph: (810) 789-9141
Services: Physical exams, wellness/health screenings, lab services, and x-rays.

Hamilton Community Health Network-Dental North Clinic

5399 N. Saginaw St.
Flint, MI 48505
Ph: (810) 406-4246
Services: General dentistry, preventative, extractions, root canals, and pediatrics.

Genesee County Health Department

630 S. Saginaw St.
Flint, MI. 48502
Ph: (810) 257-3612
Services: Array of health services providing support to adults and children including maternal/infant care, ob-gyn care, health sexuality, and tobacco reduction programs.

Pregnancy :

Planned Parenthood (Flint)

3371 Beecher Rd., Flint, MI
Ph: (810) 238-3631
Payment: Self payment and Medicaid.

Pregnancy Counseling Center

G-5154 Miller Rd, Suite H
Flint, MI 48507
Ph: (810) 767-1262

Women's Health Center of Flint

G-3422 Flushing Road, Flint, MI
Ph: (810) 230-1300

Women's Healthcare Associates
1230 S. Linden Rd.,
Suite 3 Bldg 2
Flint, MI 48532
Ph: (810) 733-7791

Genesee County Free Clinic
2437 Welch Blvd
Flint, MI 48504
Ph: 810-235-4211
Call for an appt. 9-10:30 Tuesday

Hamilton Community Health Network
2900 N. Saginaw St.
Flint, MI. 48503
Ph: 810-789-9141
M-F 8:30am-5:30pm

Genesee Health Plan
2179 S. Linden Rd.
Flint, MI. 48532
Ph: 232-7740 ext. 204 for an appointment.
www.geneseehealthplan.org/gene-see-health-plan.htm/

Burton Health Center
3373 S. Saginaw St., Flint,
MI 48503
Ph: 810-742-2255
Open MWF 8-4pm, Tues: 1-4pm,
Thurs 12-7pm (hours for walk-in services)

Childcare Resources:

Head Start
719 Harrison St.,
Flint, MI 48502
Ph: (810) 235-5613
Services: Preschool and family program for low income families. Education, Health, Social Services, Parent Involvement, Nutrition, and Behavioral Health Services.

Parenting Resources:

Family Service Agency of Mid-Michigan
1422 West Court Street, Flint MI 48503.
Ph: 810-767-4014
Website: www.fsamich.org
Services: Family mediation, domestic violence counseling & programs, in-home care services and foster grandparent & senior companion programs, child behavior problem counseling, parenting skills training
Payment: Fees based on income evaluation, Psychological testing, A full range of school-based mental health programs, Grief and Loss support groups for children and adolescents, Parenting.

HIV AND STD PREVENTION

What are STDs and HIV/AIDS?

- STDs stands for Sexually Transmitted Diseases. Common STDs include herpes, syphilis, HPV, genital warts, Gonorrhea, and Chlamydia.
- HIV is the human immunodeficiency virus and causes AIDS.
- A person can have the virus for months or years before any signs of illness appear.
- HIV weakens the body's ability to fight off infections. Therefore, people with AIDS develop serious infections and cancers.

How do people get STDs and HIV?

- HIV and STDs are spread through unsafe sexual contact with an infected person.
- HIV also spreads through contact with blood of infected people, such as sharing used needles and syringes.
- For HIV, contact can also come from breast milk, and it can be passed from woman to baby during pregnancy, childbirth, and when breastfeeding.

How can I keep myself from getting a STD or HIV?

The best way to avoid getting STDs and HIV is to avoid activities that would allow the virus to be passed to you. By following these suggestions, you will lower your risk of getting STDs and HIV:

- The only way to avoid sexual exposure to STDs and HIV is to have sex with an uninfected partner or to abstain.
- If you are not certain that your sex partner is uninfected, you should use a latex condom correctly every time you have sex.

HIV can also be spread by sharing injection equipment. To lower your risk of getting HIV, do not share needles or syringes.

Why get tested for STDs or HIV?

You cannot generally tell by looking at someone whether he or she has a HIV or STD infection. A person can be infected with HIV or an STD and not know it. The only way to be confident that you are not infected is to get an HIV test.