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**Mental Health &**

**Community Resource Guide**

**24/7 CRISIS HOTLINES**

***Armstrong/Indiana 24 Hour Crisis Intervention (The Open Door): 1-877-333-2470***

* The Crisis Department offers a 24/7 crisis hotline and mobile crisis services
* Youth Crisis Walk-in Weekend: Every Sunday from 2:00 - 4:00 p.m., youth can come in and speak with a crisis worker about whatever crisis they may be experiencing. Common topics include school issues, family, bullying, LGBTQI, drug/alcohol addiction, anxiety, and depression.
* Additional walk-in hours are:
	+ Monday – Friday; 8:00 a.m. - 6:00 p.m.
	+ Weekends/Holidays; 1:00 p.m. - 6:00 p.m.
	+ No appointment is necessary.

***National Suicide Prevention Lifeline: 1-800-273-TALK (8255)***

Online chat function: <https://suicidepreventionlifeline.org/chat/>

***Línea Nacional de Prevención del Suicidio: 1-888-628-9454***

***Crisis Text Line: Text PA to 741741***

***Disaster Distress Helpline: 1-800-985-5990***

***Domestic Violence Hotline: HAVIN (Helping All Victims In Need) – Armstrong County***: ***1-800-841-8881***

HAVIN hotline is staffed 24 hours a day, 7 days a week for crisis counseling and information and referral. Hotline is available to anyone who needs help in Domestic Violence, Sexual Assault & Stalking situations. Survivors and their families & friends and professionals who seek information about how they might better meet the needs of their clients who are victims are encouraged to utilize their hotline.

***LGBTQIA National Hotline: 1-888-843-4564***

***National Domestic Violence Hotline: 1-800-799-7233***

***Postpartum Depression - Talk to a Mom who's been there, 1-800-773-6667 (1-800-PPD-MOMS)***

***Sexual Assault Hotline & Rape Abuse Incest National Network (RAINN): Call 1-800-656-4673 to be connected to a service provider in your area***

***The Trevor Project Lifeline (LGBTQIA): 1-866-488-7386 or text "Start" to 678-678***

**Online chat function:** <https://www.thetrevorproject.org/get-help/>

***Trans Helpline: 877-565-8860***

***Veteran Crisis Line: 1-800-273-TALK (8255)***

Online chat function: <https://www.veteranscrisisline.net/get-help-now/chat/>

**PENNSYLVANIA HELPLINES**

***Autism Services: 1-866-539-7689***

***Benefits Helpline (Cash Assistance, SNAP, MA etc.): 1-800-692-7462***

***Children's Health Helpline: 1-800-986-KIDS***

***ChildLine (State Child Abuse Registry): 1-800-932-0313***

***Disability Services: 1-866-286-3636***

***PA 2-1-1:*** *Use their guided category search or keyword search on their website (*[*https://www.pa211.org/*](https://www.pa211.org/)*) to look up resources in PA 211’s database of service providers. Connect with the help you need, where you need it. If you need assistance, please dial 211 or text your zip code to 898-211 for free assistance from a resource specialist.*

***PA Consumer Service Center: 1-866-350-4355***

***Pennsylvania’s Support & Referral Helpline****connects Pennsylvanians with mental and emotional support and to local resources. Call**855-284-2494**(TTY:**724-631-5600**).*

**CHILDREN’S MENTAL HEALTH SERVICES**

*Finding mental health services for your child can often seem like an immense challenge. Beyond the obstacles of stigma and shame, barriers to obtaining help can include locating an available specialist and navigating the complexities of the mental health system. If you are interested in helping your child start their mental health journey, please review the steps below to help you get started:*

***START HERE*:** Parents/guardians can reach out to a local ***Base Service Unit (BSU)*** to schedule your child an intake appointment. The Base Service Unit within an agency provides clinical assessment, authorization, and can refer your child to the most appropriate mental health services within the Armstrong-Indiana Behavioral and Developmental Health Program (BDHP) system. Parents/guardians are able to call one of the following agencies to schedule an intake with their Base Service Unit:

***Community Guidance Center: 724-465-5576***

793 Old Rte 119 Hwy N, Indiana, PA 15701

***Family Counseling Center: 724-543-2941***

300 S Jefferson Way, Kittanning, PA 16201

***NEXT STEPS:*** Once your child has completed their intake, they will receive a recommendation for the most appropriate mental health service to meet their needs. Consumers are guaranteed freedom of choice in selecting providers of service and BSU staff will assist the consumer in contacting any service provider to schedule appointments for therapy services and/or case management services for your child. ***Below is an overview of the different types of mental health services available in Armstrong County:***

***Outpatient Services:***

* Psychiatric evaluation
* Medication management
* Individual, family, and group therapy
* School-based therapy (Provider is Family Counseling Center for Armstrong School District)
* Parent Child Interaction Therapy (Provider is Family Counseling Center in Armstrong County)

***Outpatient Providers:***

* Community Guidance Center: 724-465-5576
* Family Behavioral Resources: 724-465-0369
* Family Counseling Center: 724-543-2941
* Family Psychological Associates: 724-543-1888

***Case Management Services:***

* Voluntary program to assist in gaining access to psychiatric, medical, social, educational, and other needed or desired services for your child.
* Family Counseling Center provides Targeted Case Management (TCM) services, which includes a 24/7 on call service.

***Case Management Providers:***

* Community Guidance Center: 724-465-5576
* Family Counseling Center TCM: 724-545-6566 or 724-545-6302
* Family Psychological Associates: 724-543-1888

***Intensive Behavioral Health Services (IBHS):***

* IBHS is an array of therapeutic interventions and supports to a child, youth, or young adult in the home, school, or community setting.
* IBHS has three categories which include individual services, applied behavior analysis (ABA) services, and group services. To learn more about each type of IBHS service, please click on the link: <https://www.aibdhp.org/child-mh-services>
* To be eligible, you must have medical assistance (if there is funding available, a non-medical assistance client could receive services). If your child needs these services but does not qualify for medical assistance based on your income, please contact your medical provider who can help you secure these services if there is a need.

***IBHS Providers:***

* Achieving True Self: 1015 Pennsylvania Avenue, Irwin, PA 15642; 866-267-2036
* Children’s Behavioral Health 665 Philadelphia Street, Indiana, PA 15701; 724-801-8814
* Community Alternatives 2797 Leechburg Road, Lower Burrell, PA 15068; 724-850-7344
* Community Psychiatric Center: 814 East Pittsburgh Street, Greensburg, PA 15601; 724-850-7200
* Family Behavioral Resources 1380 Route 286 Highway East, Suite 534, Indiana, PA 15701; 724-463-3600
* Family Psychological Associates: 214 East Main Street, Worthington, PA 16221; 724-297-8079
* Holy Family Institute 8235 Ohio River Blvd., Pittsburgh, PA 15202; 412-766-4030
* Merakey Pennsylvania: 724-600-0120 x107
* Wesley Family Services: 314 S. Water Street, Kittanning, PA 16201; 724-545-7867

***Family Based Services:***

* This service is designed to help children with emotional and behavioral problems and reduce need for out of home placement.
* It consists of two mental health professionals who work with the entire family on an individual or group basis depending on the need.
* They also provide crisis stabilization and 24/7 on call service.
* To be eligible, you must have medical assistance (if there is funding available, a non-medical assistance client could receive Family Based).

***Family Based Providers***

* Community Guidance Center: (724) 465-5576
* Family Counseling Center: (724) 543-294
* Unity Family Services: (866) 771-4488

**CHILD CARE/RESPITE**

***To locate a child care provider, please click on the link below:***

<https://www.compass.state.pa.us/compass.web/ProviderSearch/Home#/SearchResults>

**CLOTHING**

***HAVIN’S (Helping All Victims in Need) 2nd Chance Shop***

HAVIN is Armstrong County’s Domestic Violence, Sexual Assault, and Child Advocacy Center.  HAVIN is a non-profit organization serving those impacted by domestic violence, sexual assault, and child abuse. All non-profits must raise funds to support their cause. All proceeds from HAVIN’s 2nd Chance shop located at 107 N. Jefferson Street Kittanning are utilized to positively impact the people they serve. The Shop is stocked year-round with household merchandise, clothing, furniture, and specialty holiday items. Please visit their website for contact information and store hours:

<https://www.havinpa.org/shop>

***Salvation Army – Kittanning Worship & Service Center: Visit their website to learn about more ways they can help:*** [*https://easternusa.salvationarmy.org/western-pennsylvania/kittanning/*](https://easternusa.salvationarmy.org/western-pennsylvania/kittanning/)

The Salvation Army in Kittanning offers a clothing store which is open on Wednesdays from 9-12 pm. Guests do not need an appointment and there are no eligibility/income requirements. Please call the Salvation Army directly for more information: 724-543-6622

***St. Vincent De Paul Thrift Store: 110 Market Street, Kittanning, PA 16201***

Please click on the link to learn more about their store hours and contact information: <https://www.downtownkittanning.com/member/st-vincent-depaul-thrift-store/>

***Catholic Charities of the Diocese of Greensburg***

Catholic Charities of the Diocese of Greensburg may have select baby clothing available for consumers. Depending on availability, they may also be able to assist consumers with clothing by providing a gift card. Please contact them directly inquire/for more information: [724-837-1840](https://www.google.com/search?q=catholic+charities+greensburg&rlz=1C1GCEU_enUS998US998&oq=catholic+cha&aqs=chrome.0.69i59j46i175i199i512j46i199i291i433i512j46i175i199i512j69i57j69i60l3.1725j0j7&sourceid=chrome&ie=UTF-8)

**DRUG & ALCOHOL**

***Armstrong-Indiana-Clarion Drug & Alcohol Commission (AICDAC):*** <https://aicdac.org/>

*\*\*During the school year, students who need support with drug and/or alcohol needs can be referred to Armstrong School District’s Student Assistance Program (SAP) Team. The SAP team will work with the student and family to refer the student to AICDAC for additional support. Please contact your child’s Guidance Counselor for more information and/or to make a referral.\*\**

* The Commission is responsible for assessing needs, planning, developing, and coordinating programming to meet the drug and alcohol service needs and then monitoring and reviewing the outcome of these interventions.
* The Commission targets five core drug and alcohol service areas: Prevention, Intervention, Treatment, Case Management, Recovery Support.
* Treatment services are provided through contracts with state-licensed inpatient and outpatient treatment provider facilities. Prevention, Intervention, Case Management, and Recovery Support services are provided by AICDAC staff.
* Services are available to all Armstrong, Indiana, and Clarion County residents regardless of their ability to pay.
* If your child is in need of drug and alcohol support, please contact:

***Armstrong County Office***

*354 Vine Street
Kittanning, PA 16201****Phone: 724-545-1614****Fax: 724-545-1193*

***Transitional Housing***

* After undergoing detox and a residential treatment program for a substance abuse disorder, many require continued assistance in their efforts to regain economic self-sufficiency and independence. Transitional housing, often referred to as sober living, is the next step in the process of transitioning from a residential treatment program back into society. Transitional housing is intended for individuals and families who are in recovery and require further assistance before living independently on their own. For many recovering addicts, homelessness is a major concern. Addiction, mental illness and other crisis are often to blame for financial instability that leads to homelessness. In some cases, a recovering addict may have a home to go to, but if there are other addicts living in the home, recovery can quickly be derailed and relapse is likely to occur. Transitional housing provides a safe, semi-controlled environment for individuals in recovery to continue working toward the ultimate goal of becoming independent once again.
* Click on the link below or call 1-800-661-1690 to locate transitional housing near you:

<https://transitionalhousing.com/pennsylvania>

 **FOOD**

***Armstrong School District (ASD) Area Sites for Summer Youth Cafe***

* Open to all youth ages 18 and under. No cost or sign-up required. Sites include:
	+ Belmont Complex
	+ Elderton Elementary
	+ Ford City Borough
	+ Rayburn Apartment Complex-Playground
	+ Kittanning Salvation Army
	+ Shannock Valley Elementary School
	+ Worthington Library
	+ Richard G. Snyder YMCA
* Call 2-1-1 OR Text “FOOD” TO 304-304 to find your local site
* Click [HERE](https://www.asd.k12.pa.us/apps/pages/index.jsp?uREC_ID=417146&type=d&pREC_ID=2045793) to view the Summer Youth Café flyer

***Armstrong County Community Action Agency:*** For over 20 years, Armstrong County Community Action Agency has been providing food for low income, working, and homeless persons residing in Armstrong County through their various programs including ***SNAP, CSFP, Food Bank, and Emergency Food***:

* ***Supplemental Nutrition Assistance Program (SNAP):*** This program provides nutrition benefits to supplement the food budget of families in need so they can purchase healthy food and move towards self-sufficiency. Households must meet certain income requirements in order to be eligible for SNAP benefits. SNAP income and resource limits are updated annually. ***Applications for this program can be made in person or by contacting the agency in order to apply by calling 724-548-5764.***
* ***Commodity Supplemental Food Program (CSFP):*** The CSFP, also known as the “Senior Box” Program exists to improve the health of low-income senior citizens by supplementing their diets with nutritious USDA food throughout Pennsylvania. Participants for the program must be over the age of 60, and whose household income is at or below 130 percent of the U.S. poverty level. Foods that are typically included in the senior box include: non-fat day/shelf-stable fluid milk, juice, oats, ready-to-eat cereal, rice, pasta, dry beans, peanut butter, canned meat, poultry, or fish, as well as canned fruits and vegetables. ***Applications for this program can be made in person or by contacting the agency at 724-548-5764.***
* ***Emergency Food:*** The Armstrong County Community Action Food Bank uses funds and donations to constantly stock both dry and refrigerated/frozen items for participants who are in emergent need of food. The program provides a participant with a box containing a variety of both dry and frozen food items. ***Participants must pick up the box at the agency’s office themselves, and are only eligible to do so once every six months.***
* ***Food Bank:*** Each month the agency’s food bank uses funds to order food from The Greater Pittsburgh Community Food Bank. Such food is then distributed to eligible participants that are signed up for the Food Bank. Volunteers at 17 distribution sites help make this possible. While transportation to pick up the boxes is not provided, participants are able to pick which food pantry is closest/most convenient for them. Armstrong County currently has 17 different distribution sites throughout the county including in the areas of: Apollo, Brady’s Bend, Elderton, Madison, Parker, Oak Ridge, NuMine, Leechburg, Sugarcreek, Adrian, Freeport, Worthington, and Rayburn. Additional sites include two food banks in Ford City, and two sites in Kittanning. ***Applications for this program can be made in person or by contacting the agency in order to apply by calling 724-548-5764.***

***SNAP (food stamps) Benefits***

* SNAP was designed to help individuals and families make ends meet by providing money to purchase groceries. Please visit the link below to determine if your household qualifies for SNAP benefits:

<https://www.dhs.pa.gov/Services/Assistance/Pages/SNAP-Income-Limits.aspx>

* If your household qualifies for SNAP benefits, here are some ways you can apply for benefits:
	+ ***Call*** the Armstrong County Assistance Office: 724-543-1651
	+ ***In-person:*** File an application at the Armstrong County Assistance Office: 1280 North Water Street, Kittanning, PA 16201-0898
	+ ***Online:*** Apply for or renew your SNAP benefits online by using [COMPASS](https://www.compass.state.pa.us/compass.web/Public/CMPHome)
	+ ***Armstrong County Community Action Agency:*** Applications for SNAP can be made in person or by contacting the agency for assistance at 724-548-5764
	+ ***Greater Pittsburgh Community Foodbank:*** [Fill out the SNAP Referral Form](https://pittsburghfoodbank.org/what-we-do/individuals-families/snap-and-life-stabilization-resources/snap/)on their website, give them a call at 1-833-822-SNAP (7627) or text SNAP to 412-435-4446

***Find a food pantry or program near you:***

* Greater Pittsburgh Community Food Bank: [Find Food Resources](https://findfood.pittsburghfoodbank.org/s/?_gl=1*1mlkkp2*_ga*OTQ4NjI4ODg3LjE2NTIyNjkyMzM.*_ga_8GM9BCSSR0*MTY1MjI2OTIzMi4xLjAuMTY1MjI2OTIzMi42MA..&_ga=2.100814466.220164231.1652269233-948628887.1652269233)
* Armstrong County Community Action: 724-548-5760
* Bethel Township Area Food Bank: 724-548-5760
* Armstrong Township: 724-463-7440

***Drive-up Food Distributions:***

* Greater Pittsburgh Community Food Bank: [Drive-up Distribution](https://pittsburghfoodbank.org/find-food/drive-up-distributions/)

***Salvation Army – Kittanning Worship & Service Center: Visit their website to learn about more ways they can help:*** [*https://easternusa.salvationarmy.org/western-pennsylvania/kittanning/*](https://easternusa.salvationarmy.org/western-pennsylvania/kittanning/)

* Monday –Thursday: Children’s Summer Feeding Program (call for scheduling at [724-543-6622](https://www.google.com/search?q=kittanning+salvation+army&rlz=1C1GCEU_enUS998US998&ei=NIiPYp7aFcu8ytMPgqO-mA8&gs_ssp=eJzj4tZP1zcsSSkyrkoqNmC0UjWosLAwNjY1TzEyMzQ0TTJJTLEyqEg0skwxM0q0ME-0MEuzTE30kszOLClJzMvLzEtXKE7MKUssyczPU0gsyq0EAJh7GPI&oq=kittaning+sal&gs_lcp=Cgdnd3Mtd2l6EAMYADIKCC4QxwEQrwEQDTIGCAAQHhAWMgYIABAeEBYyCQgAEB4QyQMQFjIGCAAQHhAWMgYIABAeEBYyBggAEB4QFjIGCAAQHhAWMgYIABAeEBYyBggAEB4QFjoHCAAQRxCwAzoOCC4QsQMQxwEQowIQkQI6CwguEMcBEK8BEJECOggILhCxAxCDAToFCAAQgAQ6BAgAEAM6EQguEIAEELEDEIMBEMcBEKMCOg4ILhCxAxCDARDHARCjAjoOCC4QgAQQsQMQxwEQ0QM6CgguEMcBEK8BEEM6BAgAEEM6BQgAEJECOhAILhCxAxCDARDHARCjAhBDOggILhCABBCxAzoFCC4QgAQ6CggAELEDEIMBEEM6BAguEEM6CggAELEDEMkDEEM6CwguEIAEEMcBEK8BOgcILhCxAxAKOgoILhDHARCvARAKOgQIABAKOgQILhAKOgIIJjoKCAAQHhAPEBYQCkoECEEYAEoECEYYAFDlB1iUGWDKIWgDcAF4AIABrAGIAfEKkgEDNS44mAEAoAEByAEIwAEB&sclient=gws-wiz))

***Farm to Table PA***

* Upcoming local food events: <https://farmtotablepa.com/events/>
* Local food providers: <https://farmtotablepa.com/provider-opportunities/>

***Feeding Pennsylvania Recipes & Videos***

Learning to create and make nutritious food can be challenging [Feeding PA](https://www.feedingpa.org/about/), in partnership with [Nourish PA](https://www.paeats.org/series/nourish-pa/), has created recipes and videos to help you cook at home. The videos range from how to cook vegetables to preparing an entire chicken. Feeding PA’s recipe library allows you to search their recipes by ingredient. To find the recipes and videos, click on the link below:

* <https://www.feedingpa.org/pa-healthy-pantry-initiative/>

***Women, Infants, and Children (WIC)***

* You can get started online by completing their pre-application: [https://www.pawic.com/OnlineApplication.aspx#](https://www.pawic.com/OnlineApplication.aspx)
* Your information is securely sent to the local WIC agency in your county and a WIC staff member will contact you to answer your questions and to schedule an appointment. Completing this pre-application does not guarantee your enrollment in the program, because your eligibility will be determined at your first WIC appointment. Please see the income guidelines on their website: <https://www.pawic.com/IncomeGuidelines.aspx>

 **HOUSING/HOMELESSNESS**

***Housing Authority of the County of Armstrong (HACA):*** HACAowns and operates 525 Public Housing (PH) units and 100 Section 8 New Construction units. The Section 8 Housing Choice Voucher Program consists of 264 vouchers, and includes the administration of the Family Self-Sufficiency, Homeownership, and Family Unification Programs. ***The HACA does not have any emergency housing.***

* ***Public Housing (PH***): The HACA owns and operates ten (10) PH complexes throughout the county, consisting of high-rise and townhouse apartments. The HACA receives federal funding subsidies and program participants pay rent based on their income.
* ***Section 8 – New Construction Program:*** The rental assistance for this program is “project-based”, meaning the assistance is committed by HUD for a particular property for a contractually determined period. The HACA owns and operates one (1) property under this program, known as Balcony Towers. Rents for this property are set at an agreed Contract Rent. Participants of this program pay rent based on their income, and the HACA receives a Housing Assistance Payment (HAP) from HUD for the difference between the Contract Rent and the participant’s rent. All applicants are processed and placed on a waiting list according to the date and time of application and preference eligibility.
* ***Section 8 (S8V) –*** ***Housing Choice Voucher Program (HCVP):*** The rental assistance for this program is “tenant-based”, meaning assistance follows the program participant.  Participants of this program locate housing of their choice in the private market and may retain the rental assistance if they move to another location.  Participants of this program pay rent based on their income.  The HACA pays the difference between the rent the landlord is requesting and the participant’s share of the rent by issuing a Housing Assistance Payment (HAP) directly to the landlord.  The HACA receives federal funding to cover the HAPs to the landlords. The HACA has been allocated two hundred sixty-four (264) Section 8 Vouchers by HUD. ***The HACA also administers the Family Self-Sufficiency, Homeownership, and Family Unification Programs in conjunction with the S8V Program.*** All applicants are processed and placed on a waiting list according to date and time of application and preference eligibility.
	+ ***Family Self-Sufficiency Program***: Participation in the Family Self-Sufficiency (FSS) Program is voluntary and offers a savings incentive to assist families in becoming self-sufficient by identifying and overcoming barriers to achieving economic independence. The FSS Program is open to participants of the Section 8 Voucher (S8V) Program who enter into a Contract of Participation with the HACA. Participants, working with Section 8 staff, will establish a Service Plan in which the FSS family will have five (5) years to complete specific goals and objectives outlined in their Service Plan.
	+ ***Homeownership Program:*** The Homeownership (HO) Program is open to participants of the Section 8 Voucher (S8V) Program who elect to use their voucher toward a mortgage payment instead of rent.  To be eligible, participants must be first-time home buyers, have an acceptable credit history, and meet minimum income and employment requirements, with some exceptions for families that qualify as disabled or elderly.

***Armstrong County Community Action Agency of PA***: The Armstrong County Community Action Agency Housing Department strives to assist those who are ***homeless*** or are ***in danger of becoming homeless***. ***To learn which housing program is most appropriate for you, please contact their office at 724-545-3659 for general housing department assistance or 724-504-2071 for the ERAP program.***

* ***Continuum of Care Permanent Supportive Housing Program (COC PSH)***: This program is for participants who are homeless by the federal definition of homelessness. Proof must be provided by a doctor confirming that the participant is permanently disabled. Participants are encouraged to seek employment and secure mainstream resources to aid them in improving their health. Rental assistance is on-going provided the participant maintains eligibility and complies with the rules of the program. A housing plan is developed with the case manager to assist the participant in meeting their goals.
* ***Continuum of Care Rapid Rehousing Programs (COC RRH)***: This program assists people who are homeless. Housing assistance is based on HUD’s Fair Market Rent amount which includes all utilities, therefore a rental must include utilities.  The number of bedrooms determines the fair market rent. A housing plan is developed with the case manager to assist the participant in meeting their goals. The goal of the program is for participants to become self-sufficient after COC RRH assistance.
* ***Emergency Food and Shelter Program (EFSP):*** This program provides emergency shelter to those who are facing an emergency housing situation.  Limited funds and time limits do apply.
* ***Emergency Rental Assistance Program (ERAP)*:** This program provides rental assistance and utility assistance for those impacted by the COVID-19 Pandemic. Income limits and time limits apply. Applications for this program can be made in person or online at: <https://www.compass.state.pa.us/Compass.Web/RAP/Application>
* ***Other programs may be available\*\****

***Armstrong Habitat for Humanity***

* Assistance with home ownership: <https://armstronghabitat.org/home-ownership/>
* A Brush with Kindness critical home repair program: <https://armstronghabitat.org/a-brush-with-kindness/>

***Catholic Charities of the Diocese of Greensburg***

Catholic Charities of the Diocese of Greensburg serves the Kittanning area and may be able to assist with rental assistance needs and other financial hardships. Please contact them directly to inquire/for more information: [724-837-1840](https://www.google.com/search?q=catholic+charities+greensburg&rlz=1C1GCEU_enUS998US998&oq=catholic+cha&aqs=chrome.0.69i59j46i175i199i512j46i199i291i433i512j46i175i199i512j69i57j69i60l3.1725j0j7&sourceid=chrome&ie=UTF-8)

 **LEGAL SERVICES**

***Laurel Legal Services***

* Laurel Legal Services provides free civil legal services to qualified, low-income clients residing in six Counties in Western Pennsylvania, including Armstrong County. Their Mission is to ensure quality legal representation and education to eligible individuals and to be a recognized community partner as a resource for justice
* For services, dial their toll-free number: 1-800-253-9558
* For more information, visit <https://laurellegalservices.org/>

***PA Health Law Project (PHLP):*** PHLP provides consultation on access to health care for PA residents with low-income, the elderly, and people with disabilities. PHLP provides free legal services and advocacy to all Pennsylvanians having trouble accessing publicly funded health care coverage or services. Please click on the link below to access their website/contact information: <https://www.phlp.org/en/>

***Pennsylvania Legal Services:*** Pennsylvania Legal Services does not provide legal services but can help to find information about available legal services, and where to find the office closest to you. Please click on the link below to access their website/contact information: <http://www.palegalservices.org/>

***Pennsylvania Legal Aid Network (PLAN):*** PLAN In. help make possible the delivery of free legal services to low-income Pennsylvanians by providing strategic leadership and coordination for ten independent, regional legal aid programs and six specialized legal resource programs that together comprise the Pennsylvania Legal Aid Network. Please click on the link below to access their website: <https://palegalaid.net/about>

**TRANSPORTATION**

***Town & Country Transit (TACT):*** Town & Country Transit (TACT) provides fixed route bus ride service to residents in the greater Kittanning and Ford City areas and shared ride service to all Armstrong County residents. We operate transportation services Monday through Friday from 6:30 a.m. until 7:25 p.m. and Saturdays from 8 a.m. until 4 p.m. TACT does not operate service on Sundays and holidays.

* ***Fixed Route Service:*** Click on the link to see the three bus routes TACT operates to various locations throughout Kittanning and Ford City areas: <https://www.tandctransit.com/>
* ***Shared Ride Service:*** TACT also provides a service called Shared Ride to all of the citizens in Armstrong County. Shared Ride is advance reservation, door-to-door service for senior citizens 65 years and older, and Persons with Disabilities (PwD) ages 18 - 64, and the general public. Use this link, <https://www.tandctransit.com/shared_ride.asp> to see what Shared Ride programs you qualify for through Town and Country Transit and to receive your free Senior Citizen Fixed Route pass.

***Barkers Bus/North Aire-Ride***

Pittsburgh North Aire-Ride is a division of Barker Brothers. It provides a shuttle transportation service to individuals as well as corporate commuters to the Pittsburgh International Airport. It also offers shared-ride transportation that is available with advance reservation for passengers. It offers services in Allegheny, Butler, Indiana, Venango, ***Armstrong***, Clarion, Jefferson, and Westmoreland in Pennsylvania. It employs trained drivers with drug and alcohol screening and state motor vehicle driving record checks, as well as safety trainings to drivers. Its drivers also carry two-way radio contact with the dispatcher. Pittsburgh North Aire-Ride also accommodates transportation for individuals and groups to various destinations under other licensing authorities. It is headquartered in Kittanning, PA. ***Please call for more information: 724-548-8536***

***Medical Assistance Transportation (MATP) Program:*** The Medical Assistance Transportation Program (MATP) is a transportation service available to Medical Assistance (MA) consumers throughout Pennsylvania. You can use MATP transportation to get to any health care service that is paid for by Medical Assistance. That includes appointments with your doctor, dentist, psychologist or psychiatrist, drug and alcohol treatment clinics, or any other MA provider. You can also use the MATP to go to the pharmacy for prescriptions, to the hospital for tests, or to get to medical equipment suppliers.

* ***Medical Transportation Services Provided****:* Depending on where you are going and what your needs are, and the costs involved, MATP will provide you with transportation in one of the following ways: *shared ride program, life-equipped vans, local bus services, 65+ shared ride program, or mileage reimbursement.*
* ***How to Apply for MATP:*** Individuals of all ages may qualify for the MATP program if the following requirements are met: Must be a resident of Armstrong County, must have a valid PA Medical Assistance/Insurance Card, must have eligible program codes verified through MATP.

***To apply for the Medical Assistance Transportation Program, please contact the program at the following phone numbers:***

***Office Numbers:*** 724-548-3408, Option # 2
                        800-468-7771

***Office Hours:*** Monday through Friday 8 am-4 pm

***Office Address:*** Armstrong County Community Action Agency
                      705 Butler Road
                      Kittanning, Pa. 16201

***Drivers Education:*** Armstrong County Community Action of PA provides a driver’s education course which includes:

* Safe and defensive driving habits
* Traffic laws and the rules of the road
* Sharing the road with other drivers, motorcyclists, bicyclists and pedestrians
* Handling adverse conditions and emergencies situations
* Drivers Education includes instruction in the Pennsylvania manual and instructions in driving an automobile
* ***Please call Armstrong County Community Action of PA for more information: 724-548-3408; Hours: Monday thru Friday 8:00 am - 4:00 pm***

***Ride United – Lyft Partnership:*** PA 2-1-1 has partnered with LYFT to provide rides to those lacking transportation to:

* Medical appointments (non-emergency, testing, etc; this also includes rides to Children’s Hospital of Pittsburgh
* Access to Food (grocery, food pantry, SNAP/WIC Application)
* Pre-employment (Interview, pre-employment screenings, etc.)
* ***To schedule a ride for one of these types of destinations, dial 2-1-1- on your phone and let them know you need a LYFT ride. Please click*** [***HERE***](https://pittsburghfoodbank.org/wp-content/uploads/2021/09/RIDE-UNITED-LYFT-Overview-.pdf) ***to learn more information.***
* ***Please note that the program cannot control availability of drivers –*** *there are some areas they have had difficulty scheduling rides for due to driver availability. In those cases, they may not be able to assist consumers.*

 **UTILITIES**

***Pennsylvania Public Utility Commission (PAPUC)***

The Public Utility Commission requires utilities to have programs and protections that help limited-income customers keep their utility service. These programs may help you to pay utility bills or lower the amount of electricity or natural gas you use. If you are in need of utility assistance, please start by reading the information on PAPUC’s webpage:

<https://pittsburghfoodbank.org/wp-content/uploads/2021/09/PA-PUC-Breakdown-of-utility-relief-programs-1.pdf>

*If you or someone you know is without utility service, or has received a utility shut-off notice, first call your local utility company for help! Most utility companies have Home Energy Assistance Programs available to assist customers in need. Your utility company will work with you and explain programs that may help you depending on your income or hardship situation. The local electric or natural gas company may call them by different names, but each company has the following programs:*

* Budget Billing
* Customer Assistance Programs (CAP)
* Customer Assistance Referral and Evaluation Program (CARES)
* Low-Income Usage Reduction Program (LIURP)
* Low-Income Home Energy Assistance Program (LIHEAP) consists of three components:
	+ Cash Benefits
	+ Crisis
	+ Weatherization
* Hardship Funds

***Armstrong County Community Action Agency of PA:*** The Armstrong Community Action Agency of PA can assist families with the following utility needs:

* *Standard Weatherization:* The agency can perform a number of measures on Armstrong County homes in order to reduce the client’s heat loss and save them money. They can weatherize the homes of owners and renters. Eligibility for the program is based entirely upon the income of the applicant. Learn more by clicking here: <https://www.armstrongcap.com/index.php/department-m/meatherization-m>
* *Crisis Weatherization:* The agency also works in conjunction with Armstrong’s local County Assistance Office on the emergency repair or replacement of heating units under the Low Income Heating Energy Assistance Program (LIHEAP). To learn more about eligibility requirements, click here: <https://www.armstrongcap.com/index.php/department-m/meatherization-m>
* *Armstrong County Community Action of PA can also be contacted for possible utility assistance:*

***Armstrong County Community Action Agency***

705 Butler Road, Kittanning, PA 16201

724-548-3408

Website: <https://www.armstrongcap.com/index.php/contact-us-m>

***Catholic Charities of the Diocese of Greensburg***

Catholic Charities of the Diocese of Greensburg serves the Kittanning area and may be able to assist with utility bills if there is a need. Please contact them directly to inquire/for more information: [724-837-1840](https://www.google.com/search?q=catholic+charities+greensburg&rlz=1C1GCEU_enUS998US998&oq=catholic+cha&aqs=chrome.0.69i59j46i175i199i512j46i199i291i433i512j46i175i199i512j69i57j69i60l3.1725j0j7&sourceid=chrome&ie=UTF-8)

***Low Income Home Energy Assistance (LIHEAP) Program:*** The Low Income Home Energy Assistance Program (LIHEAP) helps families living on low incomes pay their heating bills in the form of a cash grant. Households in immediate danger of being without heat can also qualify for crisis grants. The cash grant is a one-time payment sent directly to the utility company/fuel provider to be credited on your bill. These grants range from $500 to $1,500 based on household size, income, and fuel type. Remember: This is a grant and does not have to be repaid.

* Click on the link to view eligibility and income requirements: <https://www.dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx>
* How to Apply: <https://www.dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx>

***Dollar Energy Fund:*** Dollar Energy Fund accepts applications for grants from their Hardship Program on a first come, first serve basis during the set program dates and while funding is available. Follow the steps below to apply:

* *Step 1:* Contact your utility company. They will screen you for eligibility and refer you to a Community Based Organization (CBO) in your area that will assist you with the application process. Your utility company will also be able to tell you about other programs that may be available to help you.
* *Step 2:* Make an appointment with the CBO to which you were referred. Hours vary for each organization.
* *Step 3:* Bring all necessary information to your appointment at the CBO. You will need: names, birthdates, and proof of income for everyone in your household; a copy of your most recent utility bill, your utility account number, proof of all payments made in the last 90 days.
* *Step 4:* Complete the application with the CBO intake worker. Once the application is complete, the CBO will submit the application to Dollar Energy Fund. After submission, applications are usually processed within two business days.
* *Step 5:* If you are awarded a grant, the money will be applied directly to your utility account within four to six weeks. If the grant was not approved, you will receive written notification by mail or email the day after your application is processed.
* To learn more information or to find your local utility company, click on the link: <https://www.dollarenergy.org/need-help/application-process/>

***Emergency Internet Relief – Affordable Connectivity Program (ACP):*** The ACP replaced the Emergency Broadband Benefit on December 31, 2021. The ACP is a benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare, and more. The benefit provides a discount of up to $30 per month toward internet service for eligible households. Eligible households can also receive a one-time discount of up to $200 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than $10 and less than $50 toward the purchase price. Click the link to learn more: <https://www.fcc.gov/acp>

*Enrollment in the ACP is now open for households with at least one-member qualifying under any of the following criteria:*

* Has an income that is at or below 200% of the federal poverty guidelines;
* Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or Lifeline;
* Is approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision;
* Received a Federal Pell Grant during the current award year; or
* Meets the eligibility criteria for a participating provider’s existing low-income program.

***Emergency Rental Assistance Program (ERAP)***: This program provides rental assistance and utility assistance for those impacted by the COVID-19 Pandemic. Income limits and time limits apply. Applications for this program can be made online at: <https://www.compass.state.pa.us/Compass.Web/RAP/Application>

***Salvation Army – Kittanning Worship & Service Center: Visit their website to learn about more ways they can help:*** [*https://easternusa.salvationarmy.org/western-pennsylvania/kittanning/*](https://easternusa.salvationarmy.org/western-pennsylvania/kittanning/)

* The Salvation Army in Kittanning is sometimes able to assist families with their utility bills by paying directly to your utility company. Please call them directly to discuss your needs and to see if they can help: 724-543-6622

**ADDITIONAL LOCAL RESOURCES**

***Salvation Army – Kittanning Worship & Service Center: Visit their website to learn about more ways they can help:*** [*https://easternusa.salvationarmy.org/western-pennsylvania/kittanning/*](https://easternusa.salvationarmy.org/western-pennsylvania/kittanning/)

* Mondays: Kid’s Club; Harbor of Hope (Recovery in Ministry)
* Tuesdays: Toddler and Me; Men’s Fellowship; Adult Bible Study
* Wednesday: Women’s Ministries
* More Programs and Events (Summer 2022): Children’s Summer Feeding Program; Summer Readings in the Park; Summer Fun at Riverfront Park
* ***Back to School Bash: 8/19/22 from 4:30-6:30 p.m.***

***PA 2-1-1:*** If you need to connect with resources in your community, but don’t know where to look, PA 211 is a great place to start. From help with a utilities bill, to housing assistance, after-school programs for kids, and more, you can dial 211 or text your zip code to 898-211 to talk with a resource specialist for free. Their specialists will listen to your needs, and give you information on programs in your community that might be able to help.Visit their[search page](https://www.pa211.org/get-help) to explore programs available in your community by categories such as financial assistance, housing, and food. You can also visit their website: <https://www.pa211.org/211-overview/>

**RECREATION/THINGS TO DO IN KITTANNING**

***Armstrong County 4-H***

Armstrong County 4-H has a unique program offered to educate youth. In their 4-H programs, kids and teens complete hands-on projects in areas like animal science, food and nutrition, STEM, and civic engagement in a positive learning environment. They receive guidance from adult mentors and are encouraged to take on proactive leadership roles. In Armstrong County, they offer traditional enrollment in our county clubs, special interest spin clubs, summer camps, and school enrichment programs.

* Clubs: <https://extension.psu.edu/programs/4-h/counties/armstrong/clubs>
* Programs and Activities: <https://extension.psu.edu/programs/4-h/counties/armstrong/programs>
* Upcoming events: <https://extension.psu.edu/programs/4-h/counties/armstrong/events>

***Armstrong Community Theater***

* Armstrong Community Theater produces five shows per year. Click on the link to learn more:<https://www.armstrongcommunitytheater.org/>

***Discover the Armstrong Geotrail:*** <https://armstrongcounty.com/armstrong-geotrail/>

* A geotrail is a guided treasure hunt where participants follow a certain path to find the treasures at specific places of interest. Currently, there are over 400 geocaches in the 16201 Kittanning zip code, nearly 12,000 within 100 miles of 16201, and nearly 20,000 in Pennsylvania.

***Explore Armstrong County’s Trails:*** <https://armstrongcounty.com/trails/>

* Butler-Freeport Community Trail
* Roaring Run Recreation Area
* Baker Trail
* Cowanshannock Trail
* The Great Shamokin Path
* Kiski-Conemaugh Water Trail

***Go Camping***

* Bear Ridge Campground & RV Resort: 345 Mountain Trails Road, Templeton, PA 16259; 724-882-6521
* Brown’s Landing Campground & Marina: 300 Mile Long Hill Road, Kittanning, PA 16201; 724-747-1589
* Burnt Ridge Campground: 112 Collar Loop Road, Cowansville, PA 16218; 724-543-3253
* Creekbend Campground: 140 Creekbend Lane, New Bethlehem, PA 16242; 814-257-8337
* Milton Loop Campground: 114 Milton Loop Lane, Dayton, PA 16222; 814-257-0131
* Nautical Mile Campground & Marina: 530 Stone Avenue, Templeton, PA 16259; 724-868-2607
* River’s Edge Campground & Marina: 209 Rivers Edge Lane, Cowansville, PA 16218; 724-545-6855
* Silver Canoe Campground: 140 Silver Canoe Campground Lane, Rural Valley, PA 16249; 724-783-6000
* Wheel-In Campground: 113 Wheel In Campground, Shelocta, PA 15774; 724-354-3693

***Step Outside Kittanning:*** <https://stepoutside.org/kittanning-pa/>

* Find information around camping, hiking, archery, fishing, hunting, shooting sports, motorsports, water sports, and outdoor safety in and around the Kittanning area.

***Visit Armstrong County’s Lakes and Rivers:*** <https://armstrongcounty.com/lakes-rivers/>

* Mahoning Creek, Lake, & Dam
* Keystone Lake
* Crooked Creek Lake
* Allegheny River
* Kiskiminetas River

***Visit the Belmont Sports Complex: 724-548-1067***

* Learn to skate, play hockey, and/or go swimming: <https://www.belmontcomplex.net/>

***Visit Local Nature Centers***

* Outdoor Discovery Center at Crooked Creek: <https://www.armstrongcenter.org/locations/odc/>
* Harrison Hills Park in Natrona Heights, PA: <https://www.alleghenycounty.us/parks/harrison-hills/index.aspx>
* Seneca Rocks Audubon Society in Clarion, PA: <https://www.senecarocksaudubon.org/>
* White Woods Nature Center in Indiana, PA: friendsofwhiteswoods.org
* Boyce Park Nature Center in Pittsburgh, PA: <https://www.alleghenycounty.us/parks/boyce/nature-center.aspx>
* Frick Environmental Center in Pittsburgh, PA: <https://pittsburghparks.org/frick-environmental-center/>

***Visit a Local Park***

* Apollo-Owens Grove Park: Route 65 (across from Bush Ford), Apollo, PA 15613; 724-478-4201
* Brady’s Bend Community Park: Brady’s Bend Township, East Brady, PA 16028; 724-526-5569
* Dayton Grove: E. Grant St., Dayton, PA 16222; 814-257-9826
* Elderton/Plumcreek Community Park, Calhoun & Keeler St., Elderton, PA 15736; 724-354-3466
* Ford City Parks: Borough Offices for all activities: Ford City, PA 16226; 724-763-3081
* Ford View Park: 7th Ave., Ford City, PA 16226
* Freeport Riverside Park, Freeport, PA 16229; 724-295-2251
* Gilpin-Leechburg Park: Route 66, Leechburg, PA 15656; 724-845-7557
* John Whelan Park: High & N. Jefferson St., Kittanning, PA 16201; 724-543-2091
* Kittanning Community Park: St. Rt. 1033 (Johnson Ave.), Kittanning, PA 16201; 724-543-2091
* Kittanning Riverfront Park: S. Water St., Kittanning, PA 16201; 724-543-1538
* Kittanning Township Community Park: 13126 Route 422 E. Kittanning, PA 16201; 724-763-1460
* Philips Municipal Park: 321 Euclid Ave., Parker, PA 16049; 724-399-2971
* Shannock Valley Community Park: Route 85, Rural Valley, PA 16249; 724-783-7545
* Sugarcreek Community Park: Sugarcreek Township; Route 286 N., Cowansville, PA 16218; 724-545-2400
* Washington Township Memorial Park: Adrian-Sherrett Rd., Cowansville, PA 16218; 724-548-5075

***Riverside Drive-in Theater: 724-568-1250***

* See [www.riversidedrivein.com](http://www.riversidedrivein.com) to see what is now showing.

***Richard G. Snyder YMCA Campus:*** The local YMCA offers a variety of programs that support youth development, healthy living, and social responsibility. Click on the “Programs” tab at the top of the page to learn more about the YMCA’s various program offerings: <https://rgsymca.org/>

***Armstrong County Libraries:*** Armstrong County is made up of Apollo Memorial Library, Ford City Public Library, Kittanning Public Library, and Worthington-West Franklin Public Library. While they collaborate together to support the needs of the community, they operate as independent libraries and are not a county system. Please contact your local library for more information on what is required for a library card, donations, programs, and more as they differ for each one.

* Apollo Memorial Library: <https://www.armstronglibraries.org/apollo>
* Freeport Area Library Association: <https://www.armstronglibraries.org/copy-of-apollo-memorial-library>
* Ford City Public Library: <https://www.armstronglibraries.org/ford-city>
* Kittanning Public Library: <https://www.armstronglibraries.org/kittanning>
* Worthington West Franklin Community Library: <https://www.armstronglibraries.org/worthington>
* Leechburg Public Library: <https://www.armstronglibraries.org/leechburg-public-library>