

SCREENING FOR NEEDS & INFORMATION ON RESOURCES

INTERFAITH RESPONSE TO THE ECONOMIC CRISIS

In response to the current economic crisis, this document has been created by the Presbyterian Samaritan Counseling Center. It is for staff and lay leaders in the Charlotte-Mecklenburg faith community to broadly assess the challenges that people are facing and direct them to appropriate resources.

*****Besides the resources listed in each category, you can call 211, a resource line maintained by the United Ways of North Carolina*****

The following categories of need are included in this document:

CAREER/VOCATIONAL NEEDS	p. 2
SOCIAL/MENTAL/EMOTIONAL/SPIRITUAL NEEDS	p. 5
PHYSICAL NEEDS	p. 8
LEGAL/FINANCIAL NEEDS	p. 10

Compiled by the Presbyterian Samaritan Counseling Center
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CAREER / VOCATIONAL NEEDS

SELF-UNDERSTANDING / CAREER DISCERNMENT:

DO YOU NEED TO BETTER UNDERSTAND YOUR SKILLS, INTERESTS OR PERSONALITY TO FIGURE OUT OCCUPATIONS YOU COULD DO WELL IN OR ENJOY?

ARE YOU HAVING TROUBLE MAKING CAREER DECISIONS?

Career Counseling available at Presbyterian Samaritan Counseling Center, 704-554-9900

BOOKS

What Color Is Your Parachute? By Richard Bolles
Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type, by Tieger & Barron
Let Your Life Speak: Listening for the Voice of Vocation, by Parker Palmer
Callings: Finding and Following an Authentic Life, by Gregg Levoy

WEB SITES

www.jobhuntersbible.com On-line supplement to What Color Is Your Parachute?
www.lifeworktransitions.com Exercises to discover your personal purpose.

KNOWLEDGE ABOUT JOBS:

DO YOU NEED INFORMATION ABOUT OCCUPATIONS?

www.bls.gov/oco/ Occupational Outlook Handbook: US Dept. of Labor's comprehensive information on occupations. Excellent starting point for researching new occupations.
www.plcmc.org Charlotte-Mecklenburg Public Library site with many links.
www.acinet.org Statistics, qualifications and projections on growing, high paying jobs.
www.jobstar.org/tools/salary Salaries, career guides, resume help, hidden job market.
www.rileyguide.com Job search tips, company information, where on web to post resumes, job banks.
www.uncw.edu/stuaff/career/majors/index.htm What can I do with a major in...?

HOW TO GET A JOB:

DO YOU NEED JOB SEEKING SKILLS SUCH AS HELP RESEARCHING ORGANIZATIONS, FINDING JOB OPENINGS, RESUME WRITING, OR INTERVIEWING SKILLS?

Job Seekers' Skills class at Central Piedmont Community College 704-330-6794.
Free to those without jobs. www.cpcc.edu
JobLink Career Centers www.joblinkcenter.org 704-566-2870. 5 sites in Mecklenburg
County. Numerous services including possible retraining opportunities.
www.workingcharlotte.com Charlotte magazine with a monthly distribution of 10,000
dedicated exclusively to featuring Charlotte's displaced professionals.
www.pronetcharlotte.com Services for job-searching professionals

CHURCH-BASED INITIATIVES

Myers Park Baptist Church, Economic Downturn Support Ministry 704-334-7232
Tuesdays 7:00 Cornwell Center (Resuming Fall '09)
St. Francis United Methodist Church, 4200 McKee Rd, 704-846-6177. 6:00 on alternate
Thursdays

BOOKS

101 Great Answers to the Toughest Interview Questions, by Ron Fry
Going to Plan B: How You Can Cope, Regroup, and Start Your Life on a New Path, by
Nancy Schlossberg & Susan Robinson
A Foot in the Door: Networking Your Way Into the Hidden Job Market, by Katharine
Hansen

MORE WEB SITES

www.monstor.com Resumes & letters, career advice, converting majors to careers, jobs
www.careerbuilder.com Ditto
www.indeed.com Enter job title and location, pulls in job listings across many sites
www.6figurejobs.com Sign up to access database of \$100K+ jobs
<http://www.usajobs.gov/> Federal government jobs
www.google.com General research
www.411locate.com Identify names associated with phone numbers
www.wikipedia.com Research companies, occupations
www.jobweb.com Help for recent college graduates
www.joblinkcenter.org Comprehensive local services
www.careeronestop.org US Dept of Labor site offering tools for job seekers

JOB SEEKERS' SUPPORT GROUPS

St. John's Episcopal Church, Carmel Rd., 704-366-3034, Tuesdays 7-9
Davidson United Methodist Church, 704-892-8277, Wednesdays 10-12
St. Matthew Catholic Church, 1st & 3rd Mondays 7-9 New Life Building, Room 132, Jim
Hamrlik, 704-543-7677, Ext 1040

SPECIAL NEEDS:

**DO YOU HAVE SPECIAL EMPLOYMENT NEEDS BECAUSE OF A
DISABILITY OR AN UNEMPLOYMENT CLAIM?
DO YOU BELIEVE YOU HAVE BEEN WRONGFULLY TERMINATED?**

NC DIVISION OF VOCATIONAL REHABILITATION 704-568-8804
5501 Executive Dr., Suite 101 www.dvr.dhhs.state.us/dvr/vrs/vrshome.htm

EMPLOYMENT SECURITY COMMISSION www.ncesc.com

Information on job fairs, employer websites, NC job bank, state government jobs.

GOODWILL INDUSTRIES 2122 Freedom Drive www.goodwillsp.org
Job Connections – offers employment assistance, Monday – Friday, 7:45 – 4:30 p.m.

SOCIAL/MENTAL/EMOTIONAL/SPIRITUAL NEEDS

EMOTIONAL:

HOW WOULD YOU RATE YOUR LEVEL OF DISTRESS?

On a scale of 0 – 10, with 10 being the ultimate level of distress, what number would you give to the following feelings:

Fear

Anger

Shame

Discouragement

Low self worth

DO YOU HAVE ANY OF THESE SYMPTOMS?

Persistent Sadness/Crying

Excessive Anxiety

Lack of Sleep/Constant Fatigue

Excessive Irritability/Anger

Increased drinking, illicit drug use, including misuse of medications

Difficulty paying attention or staying focused

Apathy - not caring about things that are usually important to you

Not being able to function as well at work, school or home

RESOURCES:

MeckLINK: 704-336-6404: Mecklenburg County Area Mental Health Call Center. Mental health professionals assess and refer to mental health, substance abuse and developmental disability services. No insurance necessary.

Mobile Crisis Team: 704-566-3410. Mental health professionals dispatch throughout Mecklenburg County to respond to mental health crises.

Carolinas Medical Center – Randolph: 800-444-2400. 24-hour hot line for consultations with mental health professionals.

Directory of mental health professionals through the Mental Health Association: 704-365-3454 or www.mhacentralcarolinas.org.

*****IMMINENT DANGER*****

**DO YOU HAVE THOUGHTS OF HURTING YOURSELF OR SOMEONE ELSE?
DO YOU HAVE THE CAPABILITY OF CARRYING THIS OUT? HOW?**

Emergency intervention may be necessary here if serious thoughts are expressed, especially if a plan and the means to carry it out are available.

FOR THE MOST SERIOUS STATEMENTS, CALL 911.

**FOR SLIGHTLY LESS SERIOUS STATEMENTS, GET THIS PERSON TO AN
EMERGENCY ROOM OR THE MENTAL HEALTH CENTER ON BILLINGSLEY.**

**FOR STATEMENTS THAT ARE CONCERNING BUT NOT AT A CRITICAL
POINT, GET THIS PERSON CONNECTED WITH A THERAPIST QUICKLY.**

These numbers may also be useful:

National Suicide Prevention Hotline: 800-273-TALK (8255),
www.suicidepreventionlifeline.org

National Hopeline Network: 800-SUICIDE (784-2433), www.hopeline.com

PHYSICAL / MEDICAL:

**HAVE YOUR EATING, SLEEPING, EXERCISING OR SOCIALIZING
PATTERNS CHANGED SIGNIFICANTLY?**

ARE YOU USING SUBSTANCES TO CHANGE HOW YOU FEEL?

See section on Physical Needs

SOCIAL:

HOW IS STRESS AFFECTING YOUR RELATIONSHIPS?

**DO YOU HAVE THE SUPPORT OF FAMILY AND/OR FRIENDS? WHAT
KIND? HOW ABLE ARE YOU TO USE THIS SUPPORT?**

OTHERS:

**ARE YOU CONCERNED ABOUT CHILDREN AND/OR ELDERLY PEOPLE IN
YOUR LIFE?**

THERAPY / SPIRITUAL ISSUES:

**ARE YOU UNSURE OF YOURSELF IN MANY AREAS OF LIFE?
DO YOU HAVE PATTERNS OF THINKING, ACTING OR FEELING THAT
HOLD YOU BACK?
DO YOU NEED SPIRITUAL SUPPORT, DIRECTION OR GUIDANCE?**

RESOURCES:

PRESBYTERIAN SAMARITAN COUNSELING CENTER 704-554-9900
5203 Sharon Rd. www.presbyteriansamaritan.org
Workshops for various mental/emotional/spiritual needs., such as: “Stress Reduction”,
“Pastoral Care & Leadership in the Wake of Traumatic Events”

METHODIST COUNSELING & CONSULTATION SERVICES 704-375-5354
1801 E. 5TH St. www.mccsvs.org

LUTHERAN COUNSELING & EDUCATION CENTER 704-529-1753
4108 Park Rd.

JEWISH FAMILY SERVICES
704-364-6594, Shalom Park, 5007 Providence Rd.

CATHOLIC SOCIAL SERVICES 704-370-3262, 1123 S. Church St.

UNITED FAMILY SERVICES 704-332-9034 601 E. 5th St.
www.unitedfamilyservices.org

PFEIFFER UNIVERSITY Community Therapy and Training Clinic
4805 Park Rd, Suite 250 704-945-7324

BOOKS

Learned Optimism, Martin Seligman
The Job Hunter’s Spiritual Companion, by William Carver, Inisfree Press, 1998
What Matters Most: Living a More Considered Life, by James Hollis

WEB SITES

www.mindhabs.com
www.authentic happiness.org
www.samhsa.org
www.supportworks.org

PHYSICAL NEEDS

MEDICAL:

**WHEN DID YOU LAST SEE YOUR DOCTOR?
DO YOU GET REGULAR EXERCISE THAT INCLUDES CARDIO BENEFIT?
ARE YOU HAVING ANY MEDICAL SYMPTOMS?**

Because of the strong relationship between stress and physical health, we urge you to *monitor your blood pressure, blood sugar and heart health* with your health care provider! Utilize the blood pressure screening events at local drug stores, etc.

**HAVE YOUR SLEEPING OR EATING HABITS CHANGED RECENTLY?
IF SO, HOW?**

Sleep impairment has a strong negative effect on mental and emotional resilience. Attend to sleep problems promptly.

ACCESS TO HEALTH CARE:

**DO YOU HAVE HEALTH INSURANCE? ARE YOU ELIGIBLE FOR
MEDICARE, MEDICAID, CHILDREN'S HEALTH INSURANCE PROGRAM?
DO YOU HAVE PRIVATE HEALTH INSURANCE?**

HEALTH CLINICS

Mecklenburg County Health Department, 249 Billingsley Rd.
704-336-4700 Main number; 704-336-6500 Appointments
Carolinas Medical Center Family Practice , 1000 Blythe Blvd, 704-446-1000

BASIC NEEDS:

IS IT DIFFICULT TO FEED/CLOTHE YOUR FAMILY?

FOOD BANKS

Loaves & Fishes 704-523-4333 (www.loavesandfishes.org) An emergency food pantry providing a week of groceries, by referral from agencies, clergy, or schools.

Friendship Trays 704-333-9229. For those unable to prepare their own meals.

Department of Social Services (see Legal/Financial needs)

EMERGENCY SUPPORT

Crisis Assistance Ministry 704-371-3000, 500-A Spratt Street
www.crisisassistanceministry.org . Some financial assistance, plus clothing, furniture and housewares. Referrals to food banks. Apply in person.

Department of Social Services, 301 Billingsley Road or 3205 Freedom Drive
Food & Nutrition Services: apply in person.

Matthews Help Center, 119 Ames Street, Matthews. 704-847-8383. Call for appointment. www.matthewshelpcenter.org

SUBSTANCE ABUSE:

ARE YOU DRINKING MORE OR USING DRUGS OR MEDICATIONS TO SOOTH YOUR STRESS?

The risk of substance abuse rises dramatically in times of stress.

ALCOHOL & DRUG SERVICES

Substance Abuse Prevention Services 704-375-3784

Anuvia Prevention and Recovery Center (Formerly Chemical Dependency Center) 704-376-7447

Alcoholics Anonymous/Al-Anon 704-332-4387 1427 South Blvd. www.charlotteaa.org

Mercy Detox Center, 2001 Vail Ave. 704-379-5248

LEGAL / FINANCIAL NEEDS

HOUSING:

**ARE YOU FACING FORECLOSURE OR EVICTION?
ARE YOU LIVING IN SUBSTANDARD OR CROWDED CONDITIONS OR ARE
YOU HOMELESS?**

Legal Services of Southern Piedmont (below)

Lawyers Referral Service of Mecklenburg County Bar Association (below)

EMPLOYMENT:

**DO YOU HAVE A POSSIBLE ILLEGAL TERMINATION CLAIM BASED ON
GENDER, RACE, AGE OR DISABILITY?**

**ARE YOU BEING PAID WHAT YOU WERE PROMISED AND AT LEAST
MINIMUM WAGE?**

DO YOU HAVE AN UNEMPLOYMENT CLAIM?

NC Employment Security Commission (below)

Equal Employment Opportunity Commission (below)

FAMILY LAW:

**DO YOU HAVE SEPARATION/DIVORCE, CUSTODY, CHILD SUPPORT,
GUARDIANSHIP OR DOMESTIC VIOLENCE NEEDS?**

**IS THERE ANYONE IN YOUR LIFE YOU ARE AFRAID OF, OR WHO HAS
HURT YOU?**

Legal Services of Southern Piedmont (below)

IMMIGRATION:

**DO YOU OR ANOTHER FAMILY MEMBER NEED HELP WITH YOUR
STATUS?**

Lawyer Referral Service (below)

FINANCIAL MANAGEMENT:

**DO YOU NEED HELP WITH BUDGETING SKILLS OR CREDIT
COUNSELING?**

United Family Services (below)

Presbyterian Samaritan Counseling Center (below)

PUBLIC ASSISTANCE:

ARE YOU ELIGIBLE FOR SOCIAL SECURITY, SSI OR PRIVATE DISABILITY, FOOD STAMPS, TEMPORARY ASSISTANCE FOR NEEDY FAMILIES, ETC ?

Department of Social Services (below)

CONSUMER PROTECTION:

DO YOU HAVE A DEBT YOU CAN'T PAY, IS SOMEONE TRYING TO COLLECT A DEBT YOU DON'T OWE, ARE YOU BEING HARRASSED BY CREDITORS,?

DO YOU OWE TAXES OR HAVE A TAX DISPUTE?

ARE YOU CONSIDERING BANKRUPTCY?

United Family Services (below)

CRIMINAL ISSUES:

ARE YOU FACING A DWI OR OTHER CHARGES?

Public Defender (below)

RESOURCES:

DEPARTMENT OF SOCIAL SERVICES 301 Billingsley Rd., 704-336-3150
Food stamps, Medicaid, Temporary Assistance for Needy Families
704-336-2273 Child Abuse/Neglect

PUBLIC DEFENDER 720 E. 4th St, Suite 308 704-686-0900

EQUAL EMPLOYMENT OPPORTUNITY COMMISSION
129 W. Trade St., 704-344-6682, Employment discrimination claims

LEGAL SERVICES OF SOUTHERN PIEDMONT
1431 Elizabeth Ave. www.lssp.org Intake 704-376-1600
Serving low-income persons with eviction/foreclosure defense, family law, expunging of records, denied assistance from DSS/EEOC

MECKLENBURG COUNTY BAR ASSOCIATION
LAWYER REFERRAL SERVICE 704-375-8624, x 115

NC EMPLOYMENT SECURITY COMMISSION 5601 Executive Center Drive,
704-566-2870 Unemployment insurance claims

UNITED FAMILY SERVICES 601 E. 5th St.
Consumer credit and housing counseling 704-332-9034
Domestic Violence Protective Order Information, 704-336-7666

PRESBYTERIAN SAMARITAN COUNSELING CENTER 704-554-9900
Financial Management Workshop: Addresses spiritual and practical sides of money,
budgeting and finances.

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