

# **Resource Handbook**

1210 Stanbridge Street, Suite 600 Norristown, PA 19401 610-270-0375

**Revised February 2016** 

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# Advocacy/Ombudsman Programs:

# **Community Advocates of Montgomery County**

610-270-0375

#### www.hopeworxinc.org

1210 Stanbridge Street Suite 600 Norristown, PA 19401

A peer-driven advocacy team working together to help adults using mental health services resolve problems, learn self-advocacy and improve relationships. The team works with individuals, families and providers to resolve problems with mental health and justice issues.

# Montgomery County Community Support Program (CSP) 610-270-3685

Montgomery County's CSP brings together individuals that receive mental health services, their family members, providers and the Department of Behavioral Health in an equal partnership to promote recovery and excellence in the delivery of community-based mental health services.

## **Disability Rights Network of Pennsylvania**

800-692-7443 (TDD) 877-375-7139

www.drnpa.org

Harrisburg location:

1414 N. Cameron St., Suite C Harrisburg, PA 17103

DRN works to ensure that people with disabilities have equal and unhindered access to employment, transportation, public accommodations, and government services; to enforce their rights to vocational, habilitative, post-secondary educational, health, and other services; and to protect them from abuse and neglect. DRN identifies systemic issues which are important to people with disabilities and seeks change and reform through litigation, administrative advocacy, and public education.

# NAMI (National Alliance on Mental Illness ) Montgomery County

215-361-7784

www.nami-montcopa.org

100 West Main Street Suite #204 Lansdale, PA 19446

Organization dedicated to improving the lives of persons living with serious mental illness and their families through advocacy, research, support, and education.

## **Montgomery County Community Connections**

www.montcopa.org/communityconections

### (Navicates)

**Office Locations** 

### Norristown Office

Human Services Center 1st Floor 1430 DeKalb Street Norristown, PA 19401 Ph. 610-278-3522

#### Lansdale Office

421 West Main Street Lansdale, PA 19446 Ph. 610-278-1286

## Pottstown Office

364 King Street Pottstown, PA 19464 Ph. 610-970-2979

# Willow Grove Office

Courthouse Annex 102 N. York Road Willow Grove, PA 19090 Ph. 215-784-5482

## Norristown State Hospital Patient Advocates:

1001 Sterigere St., Bldg. 12 Norristown, PA 19401

Lisa Novick......610-313-5401

# Mental Health Association of Southeastern PA (MHASP)

#### 800-688-4226

#### www.mhasp.org

An organization to develop, maintain, and promote innovative education and advocacy programs and mental health services in the five Southeast region counties in a culturally competent manner, serving as a role model and technical assistance resource for state and national organizations and constituencies.

#### HopeWorx, Inc./Consumer Satisfaction Team

610-270-3685

www.hopeworxinc.org

1210 Stanbridge Street Suite #600 Norristown, PA 19401

Consumer Satisfaction Team (CST) is an affiliate of HopeWorx which provides the Montgomery County Office of Behavioral Health/Developmental Disabilities with consumer information about satisfaction with the mental health services that adults are receiving and makes recommendations for change.

#### Victim Services Center of Montgomery County

610-277-0932 888-521-0983

www.victimservicescenter.org

325 Swede Street 2<sup>nd</sup> Floor Norristown, PA 19401

Provides free and confidential comprehensive support services to crime victims, their families and significant others; prevention education and risk reduction programs, and training to the professionals who work with the victims of these crimes. All services are provided free of charge to those who request assistance. **The ARC Alliance** (Formerly know as the Montgomery County Association of Retarded Citizens)

610-265-4700 877-484-3272

www.marcpa.org

3075 Ridge Pike Eagleville, PA 19403

### **Disability Advocacy Rights Network**

800-692-7443 215-238-8070

#### www.drnpa.org

The Philadelphia Building 1315 Walnut St., Suite 500 Philadelphia, PA 19107

Helps disability advocacy groups make positive changes in their communities and across PA. A project of the DRN of PA.

# Criminal Justice Assistance:

# **Montgomery County Public Defenders Office**

610-278-3295

www.montcopa.org/index.aspx

Montgomery County Courthouse 2nd floor P.O. Box 311 Norristown, PA 19404-0311 610-278-3295

The office represents without charge each indigent person under arrest or charged with an indictable offense. If the defendant requests it or if the court orders it, the public defender counsels and defends the indigent person at every stage of the proceedings, and may prosecute any appeals.

# **Community Advocates of Montgomery County**

610-270-0375

www.hopeworxinc.org

1210 Stanbridge Street Suite #600 Norristown, PA 19401

Community Advocates provides forensic peer support, forensic advocacy, resources and technical assistance. A peer facilitated reentry class is held weekly at Montgomery County Correctional Facility.

Justice Related Services 6102796100 www.mces.org 50 Beech Drive Norristown, PA 19401

The program offers a wide array of case management services in the community, corrections, inpatient and outpatient settings.

# Education:

## **POWER Program**

215-461-1151

lschreib@mc3.edu or lbarbier@mc3.edu

340 DeKalb Pike Blue Bell, PA 19422

The POWER Program helps individuals in mental health recovery to successfully develop and reach their education and career goals through a two-credit college course that focuses on time management, basic computer skills, study skills, public speaking, college success skills, career assessment, resume writing and professionalism.

## H.O.P.E Academy

215-362-2887

www.hedwighouse.org

2506 N. Broad St., Suite 200 Colmar PA, 18915

H.O.P.E. Academy (Housing-Occupation-Personal-Education), a licensed program serving young adults ages 18 to 30. In this program, participants choose a specific goal in one of the life domains (living, learning, working, social). This goal then becomes the cornerstone of his or her recovery-focused service. Participants take part in classes, individual practitioner meetings, and community exploration related to his/her recovery goal (a commitment of 5 hours per week). Class sizes are limited to allow for focused work among participants.

# Montgomery County Community College

215-641-6300

#### www.mce.edu

340 DeKalb Pike Bluebell, PA 19422

## **Norristown Public Library**

#### mnl.mclinc.org

1001 Powell Street Norristown, PA 19401 610-278-5100

# **Emergency Services:**

# Montgomery County Adult Mobile Crisis Support/ Access Services

1-855-634-4673

#### www.accessservices.org

500 Office Center Drive, Suite 100 Fort Washington, PA 19034-3234

Crisis support is available 24 hours a day, 7 days a week to help you with immediate crisis situations and help you reduce and manage recurring crisis.

# Montgomery County Emergency Service (MCES)

610-279-6100

www.mces.org

50 Beech Drive Norristown, PA 19401

MCES provides round-the-clock intensive and comprehensive psychiatric services to all in need in Montgomery County.

#### **Crisis Residential Program**

610-631-2480

www.mces.org

50 Beech Dr., Norristown, PA 19403

The MCES Crisis Residential program (CRP) provides short-term, consumer-oriented treatment in a supportive, home-like environment to adults who are experiencing an acute psychiatric crisis and who can be treated safely and effectively in such a setting.

#### **Child Protective Services**

610-278-5800

www.mcocy.montcopa.org/mcocy

Montgomery County Office of Children & Youth 1430 DeKalb St. Norristown, PA 190401

# **Employment:**

## PA Department of Labor & Industry Montgomery County Offices:

## Careerlink

610-270-3429

www.pacareerlink.pa.gov

1855 New Hope St. Norristown, PA 19401

Hours of Operation: Monday to Thursday—8am-4:30pm Friday—8am-1pm

PA state agency that provides childcare, education, employment & job training.

# **Career Centers**

## **Central Behavioral Health**

610-279-9270 610-277-4600

484-941-0500

www.centralmhmr.org

1100 Powell St. Norristown, PA 19401

## **Creative Health**

www.creativehs.org/employment/

11 Robinson St. Pottstown, PA 19464

109 Jenkins Avenue # 1 Lansdale, PA 19446

www.hedwighouse.org

#### **Bureau of Disability Determination**

www.portal.state.pa.us/portal/server.pt/community/disability determination/10381

Harrisburg office 1171 S. Cameron St. Room 104 Harrisburg, PA 17104

#### Office of Vocational Rehabilitation (OVR) Norristown District Office

484-250-4340

1875 New Hope St. Norristown, PA 19401

Provides individualized services to assist people with disabilities to pursue, obtain, and maintain satisfactory employment. An OVR counselor can help individuals with disabilities select an employment goal and develop a comprehensive strategy to find the type of job that meets their needs. OVR placement services are provided at no cost to eligible individuals with disabilities.

#### 215-855-0780

610-787-1982

717-425-7900 1-855-805-7380

# Northwestern Human Services

www.nhsonline.org

400 North Broad St. Lansdale, PA 19446

**Hedwig House** 

# Workers' Compensation

610-251-2878

www.dli.pa.gov

## Pennsylvania Client Assistance Program

215-557-7112

www.equalemployment.org

1515 Market Street, Ste. #1300 Philadelphia, PA 19102

A service that provides assistance in work discrimination issues.

# **Financial Assistance:**

The Advocacy Alliance

# Cf2@theadvocacyalliance.org 846 Jefferson Ave. P.O. Box 1368 Scranton, PA 18501

# **Social Security Administration**

800-772-1213

570-342-7762 610-435-2700

www.ssa.gov

### **Regional Offices:** Norristown Office

800-772-1213

First Floor 1700 Markley Street Norristown PA 19401

# **Elkins Park Hearing Office**

8380 Old York Road Elkins Park, PA 19027 (serves Norristown, Pottstown and Jenkintown SSA offices)

# **Public Welfare Hotline**

www.irs.gov

# County Assistance Office (Welfare & Food Stamps)

610-270-3500

www.aa.compass.us.gov

# (TTY) 1-800-325-0778

800-692-7462

866-964-7369

### Mental Health Association of Southeastern PA Representative Payee Financial Services

215-751-1800 ext. 3910

#### www.mhasp.org

Provides budgeting, rent payee, money management assistance and instruction to consumers who need help handling their finances.

#### Plan of PA

610-687-4036

www.planofpa.org

Provides budgeting, bill paying, money management assistance and instruction to consumers who need help handling their finances. Information on setting up trusts for inheritances.

# Health Care/Insurance :

#### Montgomery County Office of Behavioral Health/Development Disabilities/Drug & Alcohol

610-278-3642

www.mhmrda.montcopa.org

# Magellan Behavioral Health of Pennsylvania, Inc.

www.magellanofpa.com

Member Services	
Provider Services	

# OMHSAS (Office of Mental Health and Substance Abuse Services)

www.dpw.state.pa.us/dpworganization/ officeofmentalhealthandsubstanceabuseservices/ Southeast Regional Office

610-313-5844

717-787-6443

Thomasina Bouknight, Community Program Manager

Consumer and Family Issues	717-787-6443
MEDICARE	800-633-4227
www.medicare.gov	
MEDICAID (PA Office)	800-692-7462
medicaid-help.org	(TTY)1-800-451-5886

PA State Insurance Commissioner's Office Department of Consumer Services

717-783-1400

# VNA-Community Services RX Support Program (Toll-free) 800-591-8234 877-747-7257

http://www.vnacs.org/

## **Abington Office**

215-572-7880

1421 Highland Avenue, Abington, PA 19001

### **Norristown Office**

610-272-3373

1109 DeKalb Street,

Norristown, PA 19401

Through the RX Support Program eligible Norristown residents have access to free and reduced cost medications from the Pharmacy Assistance Programs of drug manufacturers.

#### **Behavioral Health Connection**

866-588-0223 ext. 115 717-541-4219 ext. 115

525 South 29<sup>th</sup> St. Harrisburg, PA 17104

Behavioral Health Connection is a brand new program that assists ALL mental health consumers in accessing necessary treatment, especially prescription medication.

# Healthcare for uninsured:

# Norristown Regional Health Center (Free Clinic)

610-278-7787

1401 DeKalb Street Norristown Pa.19401

# The Clinic - Phoenixville (by appointment only)

610-935-1134

143 Church Street Phoenixville Pa. 19460

# Housing/Homeless Services:

# Montgomery County Housing Authority (Section 8)

610-275-5720

www.montcoha.org

104 W. Main St., Ste. 1 Norristown, PA 19401

Your Way Home

1-877-646-6306

## Coordinated Homeless Outreach Center (CHOC)

610-292-9244

www.rhd-choc.org

Norristown State Hospital 1001 Sterigere St., Bldg. 53 Norristown, PA 19401

Day Center for homeless individuals, includes Outreach staff from Central Behavioral Health Center and an overnight emergency shelter.

# Fair Housing Rights Center

215-625-0700

## (Toll-free) 866-576-1968

www.fairhousingrights.org

444 N. 3rd Street, Suite 110

Philadelphia, PA 19123

Organization working to ensure equal housing opportunities in Montgomery County, regardless of race, color, religion, gender, age, disability, familial status, or national origin, through public education on fair housing rights, complaint reception and resolution, advocacy, monitoring of discriminatory housing practices and trends, and informational assistance to home seekers looking for open and affordable housing in Montgomery County.

# Salvation Army Emergency Housing

137 King St. Pottstown, PA 19464 Hours of Operation: Mon to Fri 9am-3:30pm

Programs include: Rental assistance programs, emergency shelter of homeless families, food cupboard, community meals, rent and utility assistance, prescription assistance, transportation assistance, counseling, emergency lodging.

# Legal Help:

## Legal Aid of Southeastern PA Hotline

877-429-5994

## www.lasp.org

*Norristown Office......***610-275-5400** 625 Swede St. Norristown, PA 19401

**Pottstown Office......610-326-8280** 248 King St. Pottstown, PA 19464

A non-profit corporation committed to delivering high quality civil legal services to low income people, victims of domestic abuse and the elderly living in Bucks, Montgomery, Chester and Delaware Counties. Includes help in landlord-tenant problems.

# Montgomery County Public Defenders Office (Criminal Cases)

610-278-3295

www.montcopa.org/index.aspx

Montgomery County Courthouse 2nd floor P.O. Box 311 Norristown, PA 19404-0311 610-278-3295

#### Bar Association of Montgomery County Lawyer Referral Service

800-560-LAW1 (option 3)

www.montgomerybar.org/

100 West Airy Street, Norristown, PA 19404 Monday through Friday—9:00 AM - 4:00pm

# Rubin & Badame Attorneys at Law (Social Security Disability Claims)

http://www.rubinandbadamelaw.com/

425 Swede Street, Suite 902 One Montgomery Plaza, Suite 902 Norristown, PA 19401 610-382-5200

# Montgomery County Case Management / Recovery Coach Services:

Pottstown: Creative Health Case Management610-326-9250
11 Robinson Street Pottstown, PA 19464
Sellersville: Penn Foundation215-257-6551
www.pennfoundation.org
807 Lawn Avenue Sellersville, PA 18960
Lansdale: Northwestern Human Services215-855-0780
www.nhsonline.org
Abington: Case Management Office215-667-8022
3941 Commerce Drive Willow Grove, PA 19090
Norristown: Central Montgomery Behavioral Health Office610-277-9420
www.centralmhmr.org
1100 Powell St. Norristown, PA 19401
Lower Merion Case Management610-520-1510
7 E. Lancaster Ave Ardmore Pa. 19010

# Peer Services:

# Norristown Recovery & Education Center Half Way There

267-507-3510

### www.mhasp.org

538 DeKalb Street, Suite 100 Norristown, PA 19401 Hours of Operation: Wednesday - Sunday, 10:00 a.m.-6:00 p.m.

# Pottstown Peer Resource Center

267-507-3520

414 E. High Street Pottstown Pa.19464 Hours of Operation: Wednesday - Sunday, 9:00 p.m.-5:00 p.m.

# Community Support Program (CSP)

610-270-3685

Montgomery County's CSP brings together individuals that receive mental health services, their family members, providers and the Department of Behavioral Health in an equal partnership to promote recovery and excellence in the delivery of community-based mental health services.

# Pro-ACT

215-345-6644

#### www.proact.org

Pro-ACT works to reduce the stigma of addiction, ensure the availability of adequate treatment and recovery support services, and to influence public opinion and policy regarding the value of recovery.

## **Recovery International**

# 312-337-5661 (Toll-free) 866-221-0302

https://www.recoveryinternational.org/

The Recovery International helps people to manage feelings or impulses which impair the ability to live a normal life such as anxiety, depression, anger management, mental illness, etc.

# WRAP (Wellness Recovery Action Plan Training & Support Groups)

#### 484-6819432

WRAP is a self-management and recovery system that was developed by Mary Ellen Copeland and others who had been dealing with a variety of psychiatric symptoms over the years and who were working hard to feel better and get on with their lives. WRAP is designed to decrease and prevent intrusive or troubling feeling and behaviors. Increase personal empowerment, improve quality of life and assist people in achieving their own life goals and dreams.

#### Peer Support Talk Line / Access Services

800-793-2150 (Text) 267-225-7785

www.accessservices.org/services/

Speak with certified peer support specialists who are trained in active listening techniques, motivational interviewing, and recovery support on Monday – Sunday, 3:00 pm – 8:00pm.

If you are in crisis, please call Adult Mobile Crisis Support at

#### 1-855-634-HOPE (4673).

# **Spanish Speaking Services:**

# **ACLAMO Family Center**

610-277-2570

www.aclamo.org

512 West Marshall Street Norristown, PA 19401

515 Walnut Street Pottstown, PA 19464 610-970-2134

# Substance Use Services:

# **Eagleville Hospital**

610-539-6000 800-255-2019

http://www.eagleville.org/

# 100 Eagleville Rd, Eagleville, PA 19403

Eagleville Hospital is a specialty health care facility dedicated to supporting the recovery of those who suffer from substance abuse, mental illness, and co-occurring disorders, including patients who are traditionally underserved.

# Office of Behavioral Health (OBH) of Montgomery County

610-278-3642

http://www.montcopa.org/index.aspx?nid=150

Human Services Center 1430 DeKalb St. Norristown, PA 19401-0311

The Montgomery County Behavioral Health / Developmental Disabilities Department is an organization that strives to enrich the lives of people in a positive way, through a unique partnership with the community that ensures quality services.

A variety of services are available to individuals who have been determined eligible through assessment and evaluation.

# Transportation:

# SEPTA (Southeastern Pennsylvania Transportation Authority)

215-580-7800 (TDD)-215-586-7853

www.septa.org

# SEPTA Paratransit Program - Community Transportation (CCT) Connect

215-542-7433 215-580-7145

## TransNet (Suburban Transit Network)

215-542-7433

www.suburbantransit.org

The Suburban Transit Network works in conjunction with SEPTA and is the paratransit service provider for Montgomery County. It provides shared-rides and other specialized transportation services to Montgomery County residents and commuters by contacting with six local transportation companies in Willow Grove, King of Prussia, Lansdale, Norristown, Sanatoga, and Limerick.

# **CCT-Connect-Septa**

215-580-7800

www.septa.org/service/cct/