Breaking the Cycle


Statistics on recidivism, the act of repeated or habitual relapse, are frightening with national averages hovering around 60%.

In the U.S., in 2003, 600,000 individuals — roughly 3,600 a day — left state and federal prisons to return to their communities. 

In 2009, 729,295 inmates were released, for an average of 1,998 per day. With prison populations growing by nearly 2% annually, the social challenges posed by reentry constitute grave concern for public safety.

Data suggests that second to drug addiction-related re-offenses, the key reason for a probationer or parolee to re-offend is the lack of employment. Without an income, ex-offenders can’t afford housing, to support families or meet other conditions of supervised release — which sets them up to go back to jail.

“Both the public and private sectors have an important role to play in the reentry process,” said Robert Kim Combs — who served as executive director of Arkansas Time After Time (ATAT) from 2009 through 2012, and continues to advocate for the reform of laws that pose unintended but devastating consequences to a successful transition. “We need to put these folks to work.”

Combs, who also serves as a volunteer advocate with the Central Arkansas ReEntry (CARE) Coalition, is an ex-offender himself and well versed in the multilevel complexity of the re-entry process.

ATAT focuses advocacy on one specific type of offender. “We are advocates for those on the sex offender registry,” Combs explained.

The laws and policies which regulate their conduct, even after probation is complete, are doing grave harm to their spouses, children, parents and extended family members. Employers and landlords shun them.

Classmates bully them. Neighbors ostracize them and some-times, because of social stigma, vigilantism and violence result.

Nearly all leading experts in the field of post release sex-offender management agree that debilitating containment policies do nothing to promote community well-being or ensure anyone’s safety.

After more than two decades of working and supporting adults and youths during their incarceration, I was excited to learn more about Restorative Justice (RJ).

In the context of what I was witnessing, RJ offered greater value as a more meaningful substitute for the impersonal and ineffective criminal justice system we currently endure.

Our overworked judges, crowded courtrooms, anonymous public defense lawyers who see their impoverished clients only a few moments before proceedings, the pressure to plea, even when innocent, all suggest the current procedures of our criminal justice system are tired and worn.

(Alexander) Combs, Manager of Help YourSelf, left, chats with Robert Kim Combs, Publisher & General Manager of Help YourSelf, when Combs hosted the weekly talk-radio show, “It Could Be You” which continues to air Wednesdays at 2pm on KABF 88.3 “Voice of the People” Little Rock.

Central Baptist Church of North Little Rock

(501) 771-1125

6103 Carnegie, North Little Rock, AR, 72120, open Wednesdays, 3:30pm – 5:30pm, enter thru basement at 400 North Hills Blvd -- NOT at the main church on Carnegie.

First Presbyterian Church

(501) 372-1804

800 Scott Street, Little Rock, AR 72201, open Thursdays 12:00pm – 1:00pm.

Goodwill Industries, Main Office

(501) 372-5100

1110 West 7th Street, Little Rock, AR 72203, open by appt. for registered clients ONLY, job interview clothing for men & women, must have interview scheduled to receive clothes, referral required, one outfit for job interview, one when hired.

Goodwill Thrift, Benton

(501) 776-1189

1716 Military Road, Benton, AR 72015, open Monday thru Saturday, 9:00am – 8:00pm,

Sunday, 10:00 – 6:00pm

Restorative Justice

My Reflections and Understanding of Restorative Justice

By Dee Ann Newell, M.A.

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Sunday, 10:00 – 6:00pm

Arkansas Department of Career Education

(501) 296-1600

526 West Capitol Avenue, Little Rock, AR 72201, providing educational support and rehabilitation services for individuals with disabilities.

Arkansas Rehabilitation

(501) 686-2800

Field Office, 601 West Capitol Avenue, Little Rock, AR 72203, prepares people with disabilities to enter the work force thru education, social and accessibility support. Hearing aids and prostheses provided.

 Disabled & Disability Resources

AEDD

(501) 666-0246

105 East Roosevelt Road, Little Rock, AR 72206, provides services to children and adults with developmental disabilities and/or delays, administration office and adult skills training center in Little Rock, children's learning center preschool in North Little Rock.

Arc of Arkansas

(501) 375-7770

2004 South Main Street, Little Rock, AR 72206, provides quality, affordable, accessible, integrated housing and support, advocacy, education and leadership to people with disabilities and their families in acquiring skills and strengths to make informed decisions about their own lives, helping them integrate into the mainstream of community life with effective and flexible solutions.

Clothing

My Kids

By Christine Beems

I first became aware of The Change Companies (TCC) several years ago, doing research into the rehab programs being used in the federal prison system, and I have followed their work with an admiring eye ever since.

You never change things by fighting the existing reality. To change something... Build a new model that makes the existing model obsolete.

Buckminster Fuller
In Loving Memory

Dennis Beavers
1946 - 2014

Dennis Ray Beavers, born 6 August, 1946 in Camden, Arkansas, united with his Cosmic Coach on 20 February 2014.

Dennis was a long-time social worker who for the past 40 years worked tirelessly with the most vulnerable, marginalized, and invisible people in the community. During his early years, he worked with at-risk youth and families. His recent work focused on the forgotten and destitute in Central Arkansas. In 2009 he began the SOAR Network to get churches, businesses, and individuals to connect and coordinate their knowledge, skills, and resources in helping Arkansans in need.

Scruffy and irreverent, Dennis was a Vietnam veteran and a life-long community servant. Dennis knew no stranger and did not hesitate to provide the coat right off his back. He never turned anyone away -- no matter what their circumstances, even those who everyone else gave up on. When people were in need, he was there, joining with them, finding aid for the crises, and helping them discover their own strengths, their own courage.

Deeply respectful of the people Dennis worked with, he gave his life to others with passion and truth. The homeless community has suffered an immense loss. Dennis was a person who was a true blessing in the lives of so many.

Dennis is most warmly remembered for his warm heart, his great compassion, and his relentless search for justice for all. He will be greatly missed.

Commemorative Services Held Under the Broadway Bridge.

Opening - Drew Davis
Mission/History - Drew Buffington
Music - Brady Beavers
Testimony - Community Members
Message - Russ Breshears
Music - Carye Beavers (Amazing Grace)
Closing - Aaron Reddin
W
hen I first got off the bus in Little Rock in October of 2008, I was struggling, lost, alone and homeless.

I found temporary shelter under the Broadway Bridge but fear of life on the street in a strange city was debilitating.

I had one person on my side, an “angel” Ms. Tabitha Mitchell of the Federal Probation Office. She went out-of-her way to give me encouragement and support. Through her I was able to find my way to a local homeless shelter where I was welcomed and given the space to begin rebuilding my life.

I applied for hundreds of jobs and after 6-months I finally began my new career as a dishwasher at an upscale West Little Rock bistro.

My previous career for 25 years had been as a museum professional and adjunct history professor but my inappropriate actions meant my professional career in academia was unlikely to resume.

I was proud to be a dishwasher and enjoyed the hard hot work and the camaraderie of the back-of-house staff in a fine dining restaurant. I ate well and took pride in keeping the dishes clean and flowing. After a few months I went to work for a local classic automobile restorer as a mechanic’s helper where I had an opportunity to work around exceptional professionals and amazing cars.

A few months later I got a job in a call center conducting telephone surveys (I’ve called you up at dinner time). During the years it took me to get back on my feet I was able to buy a used car, get an apartment and return to a normal workingman’s life.

One day my daughter, traveling from Missouri to her new home in Texas, stopped by and said, “Dad, you were successful professionally, then you got in trouble, then you were homeless and now you are doing OK. What are you doing to give back?’”

Her comment forced me to examine my situation. I had become successful again because of the amazing compassion I found in Little Rock and Pulaski County. Everywhere I turned individuals, groups, government agencies and churches were reaching out to help. I found meals, food, shelter, clothing, employment assistance and a second chance at every turn.

I could have chosen to remember those who turned me away or heaped scorn on me but I realized that if I instead focused on those who worked diligently to support me and those who were struggling as I had, I had a much brighter future.

I needed to follow my daughters admonition to “give back” and so I asked myself what would have been “useful” to me when I was struggling and alone.

In 2009 I began developing the Little Rock and Pulaski County Compassion Resources Directory. The first edition was a short list of homeless resources. Then I added Ex-Offender (Reentry) resources. Once I had access to the Internet I was able to send the Word document out to those who asked for it in a digital format.

Over the years I realized that for the directory to have any value it required regular updating. I found that good-works organizations and programs are “fluid” that hours of operation, addresses and contact information often changed.

New shelters, food pantries and clothing closets popped-up and old ones closed, so I began issuing semiannual directories in 2010.

Also over the years the directory has expanded at the request of its users to include sections on Undocumented Persons, Elder-Care resources and Youth Services. In this latest issue I added Disabled & Disability and LGBTQIA resources.

Now with hundreds of service providers listed and new requests for the directory coming nearly everyday, I have made the leap back to my original intent: to give users information to the street.

For years service providers have been asking me to send them the new, updated version. The directory has been accessible on numerous websites and I have become involved in local “Specific Services” directories that are uniquely valuable on their own, but I still get notes like the one I received this morning:

“This is an awesome resource and I use it daily! Appreciate all the work that goes into keeping this updated and know that it is the best resource in the area. Thanks for all the info and I will be sharing it with others.”

–Ruth Fissel, LCSW, PCMH Clinical Social Worker, Internal Medicine

So in this premier edition of Help Yourself, please let me know what we can do to improve the usefulness of the Community Resources Directory. Let me know what you think and take the time to support the brave advertisers who took a chance on a dream and invested in Help Yourself. Their community spirit and openheartedness is just another example of what I found in Pulaski County when I arrived 5 years ago. True compassion.

–ROBERT Kim COMBS
Publisher & General Manager
rkicm@hotmail.com

Goodwill Thrift stores do NOT provide free clothing without a referral from the main office.

Goodwill Thrift, Bryant
(501) 653-2209, 5914 Highway 5-N, Bryant, AR 72022, open Monday thru Saturday, 9:00am – 8:00pm, Sunday, 10:00 – 6:00pm.

Goodwill Thrift, Rodney Parham
(501) 224-6224, 9700 North Rodney Parham Road, Suite F, Little Rock, AR 72227, Open Monday thru Saturday, 9:00am – 8:00pm, Sunday, 10:00 – 6:00pm.

Goodwill Thrift, South University
(501) 568-5333, 2904 South University Avenue, Little Rock, AR, 72204, Open Monday thru Thursday, 9:00am – 8:00pm, Sunday, 10:00 – 6:00pm.

Goodwill Thrift, Markham
(501) 221-1018, 109 Markham Park Drive, Little Rock, AR 72111, open Monday thru Saturday, 9:00am – 8:00pm, Sunday, 10:00 – 6:00pm.

Goodwill Thrift, Cantrell
(501) 280-0863, 7001 Cantrell Road, Little Rock, AR 72211, open Monday thru Saturday, 9:00am – 8:00pm, Sunday, 10:00 – 6:00pm.

Goodwill Thrift, NLR
(501) 835-5286, 6929 John F. Kennedy Blvd. Suite 112, North Little Rock, AR 72116, open Monday thru Saturday, 9:00am – 8:00pm, Sunday, 10:00 – 6:00pm.

Greater Second Baptist Care Center
(501) 569-9988, 5615 Geyer Springs Road, Little Rock, AR 72209, open 3rd Thursday each month 10:00am – 12:noon or by appointment.

Helping Hand of Greater Little Rock
(501) 372-4388, 2601 Marshall Street, Little Rock, AR 72202, open Monday thru Thursday, 9:00am – 12:30pm, providing inexpensive thrift store clothing.

Jericho Way Homeless Day Center
(501) 916-9899, 3000 Confederate, Little Rock, AR 72216, open Monday thru Friday, 8:00am – 4:00pm, homeless day center, clothing closet.

Mosaic Church of Central Arkansas
(501) 562-3336, 6420 Colonel Glenn Road Suite #1, Little Rock, AR 72204, open Tuesday at 2:00pm, serving the 72204 zip code, will be moving sometime during 2014, call for details.

Promiseland Ministries
(501) 570-0048, Community Development Corp., 4520 S. University Avenue, Little Rock, AR, 72204.

Ministry of Compassion
River City Ministry (501) 376-6694, 1021 E. Washington Avenue, North Little Rock, AR 72204, clothing bus open 1st & 3rd Wednesdays of the month, 9:00am – 11:00am.

Saint Francis House
(501) 664-5036, 2701 South Elm Street, Little Rock, AR 72214, open Monday thru Friday 8:30am – 11:30am and 1:30pm – 3:30pm. Must provide photo ID.

Stew Pot
(501) 372-3804, First Presbyterian Church, 800 Scott Street, Little Rock, AR 72204, open Tuesdays and Thursday 11:30am – 4:00pm and the 1st Saturday of each month 9:00am – 12:00pm, application & ID required.

Sylvan Hills Church of Christ
(501) 385-4414, 9233 Highway 107, North Little Rock, AR 72120, open by appointment.

The Van
(501) 955-3444, P.O. Box #29063, Little Rock, AR 72225, mobile homeless services, locating and serving the unsheltered on the fringes of Little Rock,
provides: clothing, food, meals, sundries and materials to enhance basic living conditions.

Watershed
(501) 378-0176, 7301 Springer Blvd., Little Rock, AR 72205, open Monday thru Friday, 8:00am – 5:00pm, free clothing for infants to adults, household items when available, ID required.

Disabled & Disability Resources

Arkansas Disability Coalition
(501) 614-7020, 1501 N. University Avenue, Suite #268, Little Rock, AR 72207, statewide organization assists families and individuals with all types of disabilities by providing information, support, resources and training. Family-2-Family health information center.

Arkansas Library for the Blind & Physically Handicapped
(501) 682-1355, 900 West Capitol Avenue, Suite #100, Little Rock, AR 72201, provides recorded and braille books on free loan.

Arkansas Rehabilitation Services
(501) 686-2800, 601 West Capitol Avenue, Little Rock, AR 72201, preparation for entering work force thru education, social, and accessibility support.

Arkansas Rehabilitation ICAN Program
(501) 666-8886, 525 West Capitol Avenue, Little Rock, AR 72201, ICAN AT4ALL offers a statewide assistive technology program designed to make technology available and accessible for those who need special devices (modified knife & fork) or technology (computerized speech) to assist with learning, working, communicating and living independently.

Arkansas Relay
(501) 221-1285, (501) 246-8237 (videophone), (501) 221-3379 (TTY), 900 South Shackleford Road Suite #300, Little Rock, AR 72211, free TEXT Telephone service for the deaf.

Arkansas School for the Blind and Visually Impaired
(501) 296-8310, 2600 West Markham, Little Rock, AR 72203, serves ages Birth thru 11 with education, extensive medical services and therapy through on-site licensed hospital, free vision clinic for severely low vision thru age 21. Family support and community education programs are also provided.

Arkansas School for the Deaf
(501) 324-9506, 2400 West Markham, Little Rock, AR 72205, sign-language classes for community and families, family education, family support, community education and early intervention programs. Children ages 3 thru high school graduation enrolled in the school are provided with audiological, developmental, speech & language services, occupational, physical and psycho-educational therapy.

Arkansas Spinal Cord Commission
(501) 296-1978, (800) 459-1537, 1501 N. University Avenue Suite #470, Little Rock, AR 72207, open Monday thru Friday, 8:00am – 4:30pm, works to identify and meet the needs of people with spinal cord disabilities.

Camp Aldersgate
(501) 225-1144, 2000 Aldersgate Rd., Little Rock, AR 72205, provides summer camp with traditional camping opportunities for disabled, sick, and/or-at-risk children. Full medical services on-site. Weekend respite programs available throughout the year. Senior adult program is also offered, see: Elder Care.

Central Arkansas Development Council
(501) 767-8246, Weatherization Assistance Program, P.O. Box #580, Benton, AR 72018, complete application for review to be wait-listed for assistance.

Disability Rights Center
(501) 296-1775, (800) 482-1174, 1100 North University Avenue Suite #201, Little Rock, AR 72207, assists people with disabilities thru education, empowerment and protection of their legal rights.

Division of Services for the Blind (DHS)
(501) 682-5463, 700 Main Street, Little Rock, AR 72203, provides support and services to blind and visually impaired Arkansans.

Easter Seals of Arkansas
(501) 227-3600, 3920 Woodland Heights Road, Little Rock, AR 72212, provides services to ensure that all people with disabilities or special needs have equal opportunities to live, learn, work and play in their communities.

Francis Allen School for Exceptional Children
(501) 664-2961, 824 North Tyler Street, Little Rock, AR 72205, provides day services and education for special needs children from birth to age 5.

Goodwill Industries, Main Office
(501) 372-5100, 1110 West 7th Street, Little Rock, AR 72116, provides job readiness, skills training, education assistance and support for those with physical and developmental disabilities.

LINKS Paratransit (CAT)
(501) 375-9607, 901 Maple St., North Little Rock, AR 72114, provides year around sports training and competitions for children and adults with intellectual disabilities.

Special Olympics Arkansas
(501) 771-0222, 2115 Main Street, North Little Rock, AR 72114, Provides year around sports training and competitions for children and adults with intellectual disabilities.

Tele-communication Access Program (TAP)
(501) 686-6693, P.O. Box #3871, Little Rock, AR 72203, providing free specialized telephone equipment for eligible disabled Arkansans.

United Way, Heart of Arkansas
(501) 376-4567, 515 Pershing Blvd., North Little Rock, AR 72114, advances the common good by providing support to organizations that specialize in meeting the specific health and human services needs of their community.

National Alliance on Mental Illness
(501) 661-1548, (800) 844-0381, 1012 Autumn Road, Suite #3, Little Rock, AR 72211, provides support, education and advocacy to persons with mental illness and their families.

Pride Industries
(501) 374-8087, 700 West University Ave. #B-125, Little Rock, AR 72201, hires individuals with severe physical, mental, and developmental disabilities.

St. Luke's Respite Care Center
(501) 753-4281, 1106 JFK Blvd, North Little Rock, AR 72116, provides a safe and interactive care center for disabled adults while enabling caregivers to have a short break from care-giving.

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We believe in good. Random acts of kindness, compassion and positive action, changing the world one smile at a time.

We contribute to the well being of our local community by producing a directory of resources that empower people with the information necessary to lift themselves out of turmoil and tragedy, bridge the gap to recovery, and quicken their personal transition from hardship to success.

We get the word out to the thousands who need help while at the same time promoting the good works being done by many wonderful community organizations.

“HELP YOURSELF: Community Resources Directory” is a highly specialized information sharing publication aimed to three objectives:

1) Deliver accurate information in an easy access format about a wide variety of “help your self” programs to deserving people and empower the network of good-works resource providers.

2) Address core issues of community well-being: overcoming homelessness, coping with addiction, reentering free society after incarceration, surviving domestic abuse and violence, enhancing parenting skills, preparing for and securing gainful employment, etc.

3) Role model ‘good business practices’ which equitably compensate and equip all workers with skill-set training to produce a high-quality publication that serves as an effective advocacy tool for every individual and/or organization aligned to these objectives.

HELP YOURSELF PUBLISHING
"Changing the world one smile at a time."

www.HelPYourSELFPublishing.wordpress.com

Dee Ann Newell, M.A., Executive Director of Arkansas Voices and Senior Fellow, Soros Foundation, speaking at the White House convening of the American Bar Foundation, Aug. 20, 2013, on research on children of prisoners.

Humility is not thinking less of yourself, it’s thinking of yourself less.
– C. S. Lewis

WAGE testing, career readiness certificate prep and testing. Enrollment by appointment.

Promise Christian Academy
(503) 570-0048, 4520 South University, Little Rock, AR 72204, preschool before and after-school programs for children. Transportation is provided from local elementary schools. Summer camp program for children from kindergarten thru high school. DHS vouchers accepted. Call for fees and daily rates.

Single Parent Scholarship Fund of Pulaski County
(501) 302-7773, 200 River Market Avenue Suite #100, Little Rock, AR 72201, scholarships and support for single parents in Arkansas.

S.T.E.P. Ministries
(501) 758-4054, P.O. Box #100, Little Rock, AR 72201, comprehensive homeless center for veterans ONLY, providing a broad range of education and special programs.

Watershed GED Program

University of Arkansas, Little Rock (UALR)
(501) 569-3127, 2801 S. University Avenue, Little Rock, AR 72204, free tuition for Arkansas residents over the age of 60 with waiver of all tuition and general student fees on a space-available basis, however fees for admissions, facilities, technology, health, athletic, business technology and others may apply. Students qualifying for waiver must register on the last day of regular registration or during the late registration period.

Veterans Day Treatment Center
(501) 244-1900, 1000 Main Street, Little Rock, AR 72201, comprehensive homeless center for veterans ONLY, providing a broad range of education and special programs.

Restorative Justice (cont.)

Within the correctional systems we have erected, I have seen a dehumanizing process that is well-articulated, removing all decision-making, a most human trait, stealing a person’s sense of identity, leaving only their criminality, breaking family ties and parent-child relationships, often leaving the individual to survive the incarceration with coping skills which are not the prosocial coping mechanisms they will need to redeem them-selves once free.

In 2009, when I worked with Howard Zehr who is often called the “grandfather of Restorative Justice” on the book, What Will Happen to Me? I learned more about RJ and its potential to replace the punitive system of incarceration and punishment. The guiding principles of RJ do not include intent to punish or to seek retribution as a deterrent to crime. RJ instead offers a community-based intervention, sometimes with the help of the courts, which addresses accountability, harm to the victim(s), and a responsive action or series of actions agreed to by the victim and the offender as an act of restoration for the harm done. This approach includes important elements no longer visible in our criminal justice system: the engagement of the offender in reflection on the harm done and the specific impact on the victim. The process involves the victim and the needs of the victim for resolution, and a community that supports the consensus of both offender and victim as an act of restitution.

As a developmental psychologist, I am especially appreciative of the focus on the real and not the abstract, how the offender could possibly make amends in a manner meaningful to the victim? RJ offers hope, spiritual renewal without straying into making the individual endure other harsh consequences while insuring the victim’s needs are met.

What RJ is not is forgiveness, although there are many examples via victim-offender mediation, a specific Restorative Justice process, where the individual forges a meaningful connection and forgiveness occurs. Having searched a lifetime to understand forgiveness, the goal of RJ is something beyond forgiveness. It is a new perspective on crime and a new goal for our approach to harm.

“Restorative justice is a bold and thought-provoking innovation that has engaged the energies and excited the hopes of criminal justice reformers throughout the world over the last several decades. And yet, while it has achieved outstanding results in thousands of programs, it has remained a marginal development because it has failed to articulate a theory and set of practice applicable to serious crimes and adult offenders. Unless it can do so, it may very well remain on the sidelines, ‘doomed to irrelevance and marginality.’”

In this paragraph, which opens the last chapter of a recent book, Crime, Punishment and Restorative Justice: From the Margins to the Mainstream, Ross London – a former judge, prosecutor and public defender turned professor – accurately summarizes the state of the field. Fortunately, he argues, it need not and should not remain in this state.

What Restorative Justice offers are not so much new justice practices but a different view of crime and a new goal for justice: crime is seen as a source of harm that must be repaired. Moreover, the essential harm of crime is the loss of trust, on both interpersonal and social levels. What victims and communities need is to have their trust restored. The essential obligation of offenders is to show that they are trustworthy. The purpose of justice should be to encourage this process.
The overriding goal of justice, then, ought to be the restoration of trust. The attempt to achieve this on both personal and social levels, he argues, can provide a unifying umbrella for our response to crime. Rather than replacing other, more traditional goals, it would become the overriding consideration in sentencing, providing rationales for and limits to the application of goals such as incapacitation and punishment.

Punishment alone, he argues, is “an extraordinarily poor way of restoring trust, either in an offender or in society.” However, it has an important restorative role for individuals and society if it is limited, accepted as deserved, and part of a larger strategy aimed at the restoration of trust and relationships.

Criminal justice is, by and large, a ritual of exclusion, “a form of symbolic degradation that strips the offender of his membership in the moral community....” But justice also has the potential to become a ritual of inclusion and restoration.

Let me emphasize two major points. First, loss of trust is the fundamental harm of crime, and restoration of trust is a basic need. In my experience, this rings true in the lives of victims, offenders and communities.

Second, by identifying restoration of trust as the overarching goal of justice, we might be able to provide a realistic and comprehensive theory of sentencing, for all levels of crime. With restoration of trust as the primary goal, we might be able to reform and incorporate the other widely-embraced and more usual goals of justice.

“The restoration of trust approach integrates conventional sentencing theories under the new goal of repairing the harm of crime that applies to all cases,” not just so-called “minor” crimes and cooperative offenders. In this way, restorative justice might move from the margins to the mainstream and realize the potential that it offers.


### Elder Care

Arkansas Adult Protective Services 
(800) 482-8049 24 hour abuse hotline: “Aging is a natural process, abuse is not.” Mistrust may be intentional (conscious intent to inflict suffering) or by neglect (because of inadequate knowledge, infirmity, or laziness on the part of the responsible person). “Help us help you end abuse now.”

Arkansas Aging and Adult Services (501) 682-2444, P.O. Box #1437, Slot S-530, Little Rock, AR 72203, promotes the health, safety, and independence of older Arkansans and adults with physical disabilities.

Arkansas Relay 
(501) 221-1285, (501) 246-8227 (videophone), (501) 221-3279 (TTY), 900 South Shackleford Road Suite #300, Little Rock, AR 72211, providing free TEXT phone service for the deaf.

Alzheimer’s Arkansas 
(501) 224-0023, 201 Markham Center Drive, Little Rock, AR 72205, provides information and support so that those affected by Alzheimer’s disease and related dementia are able to live with dignity and comfort.

Care Link 
(501) 372-5300, (800) 482-6359, P.O. Box #5988, 700 Riverfront Drive, North Little Rock, AR 72119, provides resources to the elderly in 6 Central Arkansas counties including transportation, meals, home care assistance, counseling, resource information, and many other forms of assistance.

University of Arkansas, Little Rock (UALR) 
(501) 569-3127, 2801 S. University Avenue, Little Rock, AR 72204, free tuition for Arkansas residents over the age of 60, waiver of general student fees on a space-available basis, fees for admissions, facilities, technology, health, athletic, business technology, etc. may apply, register on the last day of regular registration or during the late registration period.

### Employment Assistance

### Arkansas Department of Career Education 
(501) 682-2500, 3 Capitol Mall Little Rock, AR 72201, provides education and employment support for Arkansans with diagnosed disabilities.

### Arkansas Department of Workforce Services 
(501) 682-0228, 5001 S. University Avenue, Little Rock, AR 72209, Monday thru Friday, 8:00am – 4:00pm, unemployment office, FAX, phone, computer for job search related use.

### Good Shepherd Retirement Center 
(501) 224-7200, 2701 Aldersgate Road, Little Rock, AR 72205, providing economical options in living: HUD sub-sidized housing, upscale suites, long term residential care.

### Meals on Wheels 
(501) 372-5300, P.O. Box #5988, North Little Rock, AR 72119, hot or frozen meals, home delivery for eligible Arkansans with diagnosed disabilities.

### Southern Baptist Disaster Relief 
(501) 376-4791, 10 Remington Drive, Little Rock, AR 72204, provides resources to the elderly in 6 Central Arkansas counties including transportation, meals, home care assistance, counseling, resource information, and many other forms of assistance.

### Command Labor 
(501) 372-7000, 600 North Olive Street, North Little Rock, AR 72114, day labor coordinator. Fill-out forms in advance then arrive early in the morning and wait to find daily work.

### Goodwill Industries, Main Office 
(501) 372-5100, 1110 West 7th Street, Little Rock, AR 72201, free GED and adult education classes, computer and internet access for job searches, resume and cover letter writing assistance, career planning, interview prep, access to area job listings, community resources and referrals to outside agencies, specializing in job readiness training for those with barriers to employment such as past incarceration or disability.

### Goodwill Career Center, Bryant 
(501) 653-2209, 5934 Highway 5-N, Bryant, AR 72022

### Goodwill Career Center, 7th Street 
(501) 372-5100, 1110 West 7th Street, Little Rock, AR 72201

### Goodwill Career Center, Markham 
(501) 221-1772, 609 Markham Park Drive, Little Rock, 72211

### Goodwill Adult-Ed Center, North Little Rock 
(501) 835-5286, 629 John F. Kennedy Blvd. Suite 112, North Little Rock, AR 72116

### Hope Works of Greater Little Rock 
(501) 650-2787, 620 Curtis Sykes Drive, North Little Rock, AR 72114, Christ-centered adult education, career, personal development and employment assistance. Must be at least 18 years of age.

### Labor Finders 
(501) 562-6111, 1400 S. University Avenue, Little Rock, AR 72204, day labor coordinators. Fill out forms in advance then arrive at 6:00am and wait to find daily work.

### Labor Ready 
(501) 562-6111, 1400 S. University Avenue, Little Rock, AR 72204, day labor coordinators. Fill out forms in advance then arrive early in the morning and wait to find daily work.

### Lewis-Burnett Employment Finders 
(501) 379-1532, Willie L. Hinton Neighborhood Resource Center, 2805 West 12th Street Suite #205, Little Rock, AR 72204, free GED prep, specialized employment assistance for ex-offenders. Pre-employment training alternate Wednesdays 10:00am, call for dates. Need Assessment, One-On-One Evaluations, Dress for Success, Basic Computer Training, Entrepreneur Class, Community Service programs, resume writing.
EX-Offender Reentry Programs

Arkansas C.U.R.E. (501) 519-0084, message number), Little Rock based state chapter of international grassroots organization dedicated to reducing crime through reform of the criminal justice system.

Arkansas Department of Career Education (501) 833-1490, 1401 Main Street, North Little Rock, AR 72114, provides education and employment support for Arkansans with felony backgrounds and diagnosed disabilities.

Arkansas Department of Workforce Services (501) 682-0228, 5401 S. University Avenue, Little Rock, AR 72209, offers assistance for reentering citizens with issues such as record expungement, restitutions, planning, job readiness training, housing and transportation.

Goodwill Industries, Reentry Services (501) 372-5100, 1110 West 7th Street, Little Rock, AR 72201, offers assistance for reentering citizens with issues such as record expungement, restitutions, planning, job readiness training, housing and transportation.

The T.E.O. program: 16-week, paid training program for reentering citizens without violent or sexual charges on their background.


Pre-employment training alternate Wednesdays 10:00am, call for dates. Needs Assessment, One-On-One Evaluations, Dress for Success, Basic Computer Training, Entrepreneur Class, Community Service programs, resume writing.

Veteran’s Day Treatment Center (501) 244-1900, 1000 Main Street, Little Rock, AR 72203, operates veterans’ re-entry case-managment following release from prison. For veterans only.

Quality Living Center I (501) 663-3410, 3925 Asher Avenue, Little Rock, AR 72204, operates for men and women with substance abuse issues.

Quality Living Center II (501) 663-3409, 2900 South Cedar Street, Little Rock, AR 72204, women only.

Recovery Centers of Arkansas (501) 372-6621, 1201 River Road, North Little Rock, AR 72114, long term treatment for men and women.


Mission Global Ministries (501) 945-0339, 3729 East Broadway, North Little Rock, AR 72114, home for men and women with substance abuse issues.

Saint Francis House (501) 664-5036, 2701 South Elm Street, Little Rock, AR 72209, home for men only with substance abuse issues.

New Hope Living Center (501) 376-2457, 1522 Scott Street, Little Rock, AR 72202, operates home for men only with substance abuse issues.

Arkansas C.U.R.E. (501) 519-0084, message number), Little Rock based state chapter of international grassroots organization dedicated to reducing crime through reform of the criminal justice system.

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Pre-employment training alternate Wednesdays 10:00am, call for dates. Needs Assessment, One-On-One Evaluations, Dress for Success, Basic Computer Training, Entrepreneur Class, Community Service programs, resume writing.

Veteran’s Day Treatment Center (501) 244-1900, 1000 Main Street, Little Rock, AR 72203, operates veterans’ re-entry case-managment following release from prison. For veterans only. Approved transitional housing facilities in the Little Rock and Pulaski County for men and women leaving prison.

Chance Sobriety (501) 851-8484, 3227 Gabriel Lane, North Little Rock, AR 72118, long term treatment with work program. Client must be able to work or have a job. Program will transport client to and from work as needed. Sex offenders welcome. Call for fees.

City of Faith (501) 615-1090, 1401 South Garfield, Little Rock, AR 72204, transitional housing facility for men and women released from Federal prison.

Gyst House (501) 568-1682 8101 Frenchmans Lane, Little Rock, AR 72209, transitional home for men and women with substance abuse issues.

Hidden Creek Opportunity Center (501) 221-1025, 10905 West Markham, Little Rock, AR 72221, faith-based residential program for men and women, limited to non-violent non-sex offenders, licensed by the Arkansas Department of Community Corrections.

Hoover Treatment Center (501) 663-4774, 3604 West 12th Street, Little Rock, AR 72204, transitional home for men and women with substance abuse issues.

Mission Global Ministries (501) 945-0339, 3729 East Broadway, North Little Rock, AR 72114, home for men and women with substance abuse issues.

Saint Francis House (501) 664-5036, 2701 South Elm Street, Little Rock, AR 72209, operates home for men only with substance abuse issues.

New Hope Living Center (501) 376-2457, 1522 Scott Street, Little Rock, AR 72202, operates home for men only with substance abuse issues.

Quality Living Center I (501) 663-3410, 3925 Asher Avenue, Little Rock, AR 72204, operates for men and women with substance abuse issues.

Quality Living Center II (501) 663-3409, 2900 South Cedar Street, Little Rock, AR 72204, women only.

Recovery Centers of Arkansas (501) 372-6621, 1201 River Road, North Little Rock, AR 72114, long term treatment for men and women.


Mission Global Ministries (501) 945-0339, 3729 East Broadway, North Little Rock, AR 72114, home for men and women with substance abuse issues.

Saint Francis House (501) 664-5036, 2701 South Elm Street, Little Rock, AR 72209, operates home for men only with substance abuse issues.

New Hope Living Center (501) 376-2457, 1522 Scott Street, Little Rock, AR 72202, operates home for men only with substance abuse issues.

Quality Living Center I (501) 663-3410, 3925 Asher Avenue, Little Rock, AR 72204, operates for men and women with substance abuse issues.

Quality Living Center II (501) 663-3409, 2900 South Cedar Street, Little Rock, AR 72204, operates for men and women with substance abuse issues.
Landers Road, NOT at the church. Serving North Little Rock residents only. Photo ID Required.

Christ Temple Outreach Center
(501) 376-1644, 1923 S. Arch Street, Little Rock, AR 72206, open Tuesdays & Thursdays 10:00am – 1:00pm

Church at Rock Creek
(501) 221-1051, 11500 West Schaeer Street, North Little Rock, AR 72114, open Tuesday thru Friday, call between 8:00am & 11:30am to schedule an afternoon appointment. Services available for each person and family at intervals of 5 weeks, one service per household. Serving Little Rock residents ONLY.

East Gate Fishing Center
(501) 812-0776, 1900 Pine Street, North Little Rock, AR 72114, open Wednesdays 9:00 – 11:30am.

First Baptist Church
(501) 758-1525, 2015 Main Street, North Little Rock, AR 72114, open Tuesdays 11:00am – 1:00pm. Primarily serving the North Little Rock area.

First Christian Church Food Pantry
(501) 225-5566, 1500 N. Mississippi Street, Little Rock, AR 72207, open Fridays, 10:30am – 12:00noon. Photo ID Required.

First Pentecostal Church Food Pantry
(501) 758-3090, 1401 Calvary Road, North Little Rock, AR 72116, open Fridays 1:00pm – 5:00pm. Photo ID required.

First United Methodist Church
(501) 835-2201, 1501 John F. Kennedy Blvd., North Little Rock, AR 72116, open Tuesdays 9:30am – 11:00am. Serves North Little Rock and Sherwood residents ONLY! Photo ID and one other form of ID required. Vouchers only, for Kroger and Goodwill.

Gardner Memorial Methodist Food Pantry
(501) 374-9520, 1723 Schaer Street, North Little Rock, AR 72114, open Mondays & Thursdays 10:00am – 3:00pm. Photo ID Required. Serves residents of North Little Rock ONLY.

Geyer Springs United Methodist Church
(501) 565-3175, 5500 Geyer Springs Road, Little Rock, AR 72209, open 1st & 3rd Thursdays 9:00am – 12:00noon. Serves residents of the 72209, 72206 & 72210 Zip Code area ONLY. Photo ID required.

Greater South Temple
(501) 375-2886, 2623 S. Arch Street, Little Rock, AR 72206, open 3rd Thursday of each month 4:00pm – 5:00pm. Photo ID required.

Ironon Baptist Church
(501) 888-2693, 4478 Ironon Cutoff, Little Rock, AR 72120, open Fridays 10:30am – 12:00noon. Photo ID Required, serving families in Sherwood and Jacksonville.

Kiehl Avenue, Sherwood, AR 72120, open Fridays 10:30am – 12:00noon. Photo ID Required, serving families in Sherwood and Jacksonville.

Lakeside Drive Baptist Church
(501) 565-5536, 21 Lakeside Drive, Little Rock, AR 72204, open 2nd and 4th Tuesdays of each month 10:00am – 2:00pm. Serving the 72204 Zip Code ONLY.

Life Unlimited Christian Fellowship
(501) 568-3600, 7001 Colonel Glenn, Little Rock, AR 72204, open Wednesdays 9:00am – 11:30am. ID and Social Security cards required for all family members. Use limited to three times per year and one emergency.

Little Rock Church
(501) 455-0900, 10701 W. Baseline Road, Little Rock, AR 72209, open every other Monday 5:00pm – 6:30pm.

Little Rock Compassion Center
(501) 296-9114, 1618 West Roosevelt, Little Rock, AR 72204, open Tuesdays & Thursdays 9:00am – 11:00am In case of emergency contact the number above.

Mosaic Church of Central Arkansas
(501) 562-2336, 620 Colonel Glenn Road Suite #1, Little Rock, AR 72204, open Tuesdays & Thursdays 9:00am – 11:00am. In case of emergency contact the number above.

Mount Zion Baptist Church
(501) 374-5832, 908 Cross Street, Little Rock, AR 72202, open Wednesdays 11:00am – 2:00pm & Saturdays 10:00am – 12:00noon.

New Hope Baptist Community Outreach
(501) 309-9645, 1851 Howard Street, Little Rock, AR 72202, open Wednesdays 4:00pm – 6:00pm, call ahead to confirm date and time.

Oak Forest United Methodist Church
(501) 663-9407, 2415 Fair Park Blvd., Little Rock, AR 72204, open 1st and 3rd Fridays 2:00pm – 4:00pm, serving 72204 Zip Code only.

Park Hill Christian Church
(501) 753-1109, 4400 John F. Kennedy Blvd., North Little Rock, AR 72116, open Tuesdays 10:00am – 12:00noon. Serving North Little Rock residents.

Promiseland Ministries
(501) 570-0048, 4520 S. University, Little Rock, AR 72204, open Wednesdays from 5:30pm – 7:00pm. Must complete application, photo ID Required.

Pulaski Heights United Methodist Church
(501) 664-3600, 4823 Woodlawn Drive, Little Rock, AR 72205, delivers food to those within the 72204 Zip Code ONLY.

Quapaw Quarter United Methodist Church
(501) 375-1109, 4400 John F. Kennedy Blvd., North Little Rock, AR 72204, delivers food to those within the Little Rock City limits who have been referred from DHS and school counselors.

River City Ministry
(501) 376-6694, Homeless Day Resource Center, 1021 East Washington, North Little Rock, AR 72114, open Tuesdays & Thursdays 9:00am – 10:30am. Serves Pulaski County residents only. Must provide photo ID.

Saint Francis House
(501) 664-5036, 2901 S. Elm Street, Little Rock, AR 72209, open Monday thru Friday 8:30am – 11:30am & 1:00pm – 3:00pm. Must provide photo ID, Social Security card.

Salvation Army
(501) 768-7297, 1505 West 18th Street, North Little Rock, AR 72114, open Mondays, Wednesdays & Fridays, 9:30am – 12:00noon and 1:00pm – 3:00pm. Bring proof of income, proof of expenses and lease or rental agreement.

Saint John Missionary Baptist Church
(501) 537-8668, 2501 S. Main Street, Little Rock, AR 72206, open 2nd & 4th Thursdays of each month, 9:00am – 3:00pm. Must complete application, photo ID required. During winter weather months open only once a month.

Second Baptist Church (South West Location)
(501) 658-3247, 6111 West 83rd Street, Little Rock, AR 72209, open Tuesdays, Wednesdays & Thursdays 10:00am – 12:00pm. Must complete application, photo ID and utility bill, or current vehicle registration required.

Second Baptist Church
(501) 223-2323, 1709 John Barrow Road, Little Rock, AR 72204, open Tuesdays, Wednesdays & Thursdays 10:00am – 12:00pm. Must complete application, photo ID and utility bill, or current vehicle registration required.

Sylvan Hills Community Church
(501) 835-1612, 8019 Hwy #107, Sherwood, AR 72120, Open Tuesdays 10:00am – 12:00noon.

Temple Baptist Church – Manna from Heaven Food Pantry
(501) 565-4966, 10710 Interstate #30, Little Rock, AR 72209, open every other Monday 6:00pm. Must register each visit.

United Methodist Church
(501) 225-2323, 1709 John Barrow Road, Little Rock, AR 72204, open Wednesdays 10:00am – 12:00noon. Must complete application, photo ID and utility bill, or current vehicle registration required.

Weaver United Methodist Church
(501) 537-8668, 2501 S. Main Street, Little Rock, AR 72206, open Wednesdays 10:00am – 12:00noon. Must complete application, photo ID and utility bill, or current vehicle registration required.

World Outreach
(501) 296-9114, 1618 West Roosevelt, Little Rock, AR 72204, open Wednesdays 10:00am – 12:00noon. Must complete application, photo ID and utility bill, or current vehicle registration required.

Yard Sale
(501) 296-9114, 1618 West Roosevelt, Little Rock, AR 72204, open Wednesdays 10:00am – 12:00noon. Must complete application, photo ID and utility bill, or current vehicle registration required.

Zion Baptist Church
(501) 374-5832, 908 Cross Street, Little Rock, AR 72202, open Wednesdays 11:00am – 2:00pm & Saturdays 10:00am – 12:00noon.
Debut Edition 2014

Help Yoursel...!!

I Love My Kids (cont.)

Christine Beems, Editor in Chief
Help YourSelf

So, when TCC founder Don Kuhl posted a request to his (March 12, 2014)... Mindful Midweek blog for personal stories that might give others a lift, I just felt I had to respond. Imagine my amazement and pleasure when my essay was selected for top honors in Don's impromptu contest, which earned me a $500 cash prize -and- the several bushel of warm-fuzzies that come from knowing you have somehow done something that others appreciate as 'good'. With hopes that you, too, may enjoy some small benefit from my winning story and by way of introduction to my personal agenda, read on below...

One thing has always gotten me back in the saddle. It started 20 years ago when my beloved husband, father of our four children, had open heart surgery and became disabled. Our eldest child was eight and I was traumatized, but it was up to me to hold our family together... so I did...

Life was very hard for the next 10 years when suddenly things got worse. Out of the blue, my spouse abandoned us. Suddenly, eight and I was traumatized and became disabled. Our eldest child was eight and I was traumatized... but it was up to me to hold our family together... so I did... My spouse abandoned us. Suddenly, eight and I was traumatized and became disabled. Our eldest child was eight and I was traumatized... but it was up to me to hold our family together... so I did...

So together we played a game. Called “What If-ing” it goes like this:

1. Imagine that today is ‘the day after’ every problem in the whole world has been solved.
2. Pretend that everything you’ve ever hoped for and dreamed of is now a reality.
3. Ask yourself: “What do I want to do next...” and then listen -- to yourself and each other -- as you share what comes from your heart.

And still today, even playing alone, gives me clarity and peace.

Health Care

Arkansas Children’s Hospital
(501) 364-1202, General Pediatric & After Hours Clinic, 1 Children’s Way, Little Rock, AR 72202, open Monday thru Friday, 5:00pm – 8:45pm, Saturday & Sunday 9:00am – 7:45pm.

Arkansas Health Care Access Foundation
(501) 221-3033, P.O. Box 56248, Little Rock, AR 72215, open Monday thru Friday 8:30am – 12:00pm & 1:00pm – 4:00pm. For low income, medically uninsured Arkansans. Go to your County Health Department to begin the application. Process takes 5 – 7 working days.

College Station Clinic
(501) 490-2440, 4206 Frazier Pike, College Station, AR 72053, open Mondays thru Friday 8:00am – 6:00pm, Saturday 8:00 – 12:30pm, appointments recommended, proof of income, Social Security card required. Minimum co-pay of $15 depending on income.

Esperanza “Hope” Neighborhood Clinic (Spanish)
(501) 362-1114, 6111 West 83rd Street, Little Rock 72209, primary care clinic, open Thursdays 5:15pm – 8:00pm, closed the 5th Thursday of any month, primarily serving clients in the 72209 Zip code area. Entrance around the back of 2nd Baptist Church. By appointment ONLY. $5.00 co-pay. Spanish interpreters available.

Harmony Health Clinic
(501) 375-4400, 201 East Roosevelt Road, Little Rock, AR 72206, open Monday thru Friday 9:00am – 1:00pm to pick-up and return application packet. Appointments required to see doctors. NO WALK-INS.

John L. McLellan Veterans Hospital
(501) 257-1000, 4300 West 7th Street, Little Rock, AR 72205, medical care and treatment for veterans ONLY. Clinica El Samaritano
(501) 326-0198, 7002 Baseline Road, Little Rock, AR 72209, open 1st and 3rd Tuesdays 5:30pm.

Maumelle Medical Center
(501) 803-9990, 501 Millwood Circle Suite E, Maumelle, AR 72113, open Monday thru Friday 7:30am – 4:30pm.

Network of Wellness
(501) 221-7238, 801 Scott Street, Little Rock, AR 72201, open Monday thru Friday 8:00am – 5:00pm, specializing in adult psychiatry. Insurance required, Medicare and Medicaid accepted.

Open Hands Clinic
(501) 244-2121, 1225 Martin Luther King Jr. Drive, Little Rock, AR 72202, open Monday thru Friday 8:30am – 5:00pm. Appointments preferred, proof of income & ID required, must be homeless, in shelter, or in transitional housing.

Commodities

City of Alexander Court Room
15605 Alexander Road, Alexander, AR

Jacksonville Care Channel
201 North Elm Street, Jacksonville, AR

New Dora Baptist Church
317 Jamison Avenue, North Little Rock, AR

Oak Grove Fire Station
18122 MacArthur Drive, North Little Rock, AR

Second Presbyterian Church
13022 Highway 365 South, Wrightsville, AR

Woodson Community Center
508 Highway 365, Woodson, AR

Wrightsville City Hall
323 Cross Street, Little Rock

- www.helpyourselfpublishing.wordpress.com -
Pulaski County Central Health Unit
(501) 280-3300, 3925 West 8th Street, Little Rock, AR 72204, open Monday thru Friday 8:00am – 4:30pm, appointments preferred, proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV / AIDS testing and referrals. No physicals.

Jacksonville Health Unit
(501) 982-7477, 3000 N. 1st Street, Jacksonville, AR 72076, open Monday thru Friday, 8:00am – 4:30pm, appointments required, proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV / AIDS testing and referrals. No physicals.

North Little Rock City Health Department
(501) 791-8551, 2800 North Willow Street, North Little Rock, AR 72116, open Monday thru Friday 8:00am – 4:30pm, appointments required, proof of income and ID required. Low cost health screenings, minimum $5.00 fee. Birth control, STD, HIV / AIDS testing immunizations, and referrals. No physicals.

Pulaski S.T.D. Clinic
(501) 280-3300, 3925 West 8th Street, Little Rock, AR 72204, open Monday thru Friday 8:00am – 4:30pm, appointments required, proof of income and ID required. Free or low cost STD, HIV / AIDS testing and referrals. $5 records maintenance fee without Medicaid.

River City Ministry
(501) 376-6694, 1021 East Washington, North Little Rock, AR 72214, open by appointment only, call for eligibility, serving adults with no insurance, no Medicare or VA benefits and income below 200% of poverty level. 5.00 cash payment required at each visit.

Shepherds Hope
(501) 644-9523, 2404 South Tyler Street, Little Rock, AR 72204, open by appointment only on Tuesdays 5:30pm – 8:30pm, serving the 72204 and 72209 zip codes. Extractions only. Proof of residency required. Call Tuesdays at 2:00pm for a same day appointment.

U.A.M.S. Dental Hygiene Student Clinic
(501) 686-5733, 4301 West Markham, Little Rock, AR 72205, open by appointment, provides x-rays and teeth cleaning for $25.00 per visit, offers inexpensive routine dental care done by dental students, including diagnostic examination and pit & fissure sealant.

Arkansas Donated Dental Services
(501) 221-0280, (800) 932-8247, P.O. Box #56248
Little Rock, AR 72215, open Monday thru Friday 8:30am – 12:00 noon & 1:00pm – 4:00pm. For elderly, disabled, low income. Call for appointment.

College Station Clinic
(501) 490-2440, 4206 Frazier Pike, College Station, AR 72053, open Monday thru Friday 8:00am – 5:00pm, also 1st & 3rd Saturdays 8:00-2:00pm, appointments recommended, proof of income, social security card and second picture ID required. Minimum co-pay of $25.00 depending on income.

Harmony Health Clinic
(501) 375-4800, 201 East Roosevelt Road, Little Rock, AR 72206, open Monday thru Friday 9:00am - 1:00pm to pick-up and return application packet. Appointments required to see dentist. NO WALK-INS.

River City Ministry
(501) 376-6694, 1021 East Washington, North Little Rock, AR 72214, open by appointment only, call on Thursdays at 10:00am to schedule screening and be put on wait list. 5.00 cash payment required per visit. Pulaski County residents only.

Saint Vincent Clinic
(501) 231-6182, 4250 West Markham, Little Rock, AR 72205, open Monday thru Friday 8:00am – 5:00pm, appointments required, proof of income and ID required. Low cost health screenings, minimum $5.00 fee. Birth control, STD, HIV / AIDS testing immunizations, and referrals. No physicals.

Westside Free Medical Clinic
(501) 664-0340, Ext. 356 English, Ext. 335 Spanish, 2000 Aldersgate Road, Little Rock, AR 72205, open evenings by appointment only, call and leave voice mail with name and phone number. NOTE Bus service is NOT readily available.
women, non-pregnant women can stay up to 3-weeks, pregnant women can stay up to 1-month after the child is born, no drug problems or mental illness.

**Center for Women in Transition**
(501) 372-5522, P.O. Box #3461, Little Rock, AR 72203, offers programs and services that assist women in leading lives of self worth, self reliance and self discipline, helps incarcerated and formerly incarcerated women successfully transition back into society.

**Centers for Youth & Families, Youth Emergency Shelter**
(501) 666-7233, 6425 West 12th Street, Little Rock, AR 72204, shelter for homeless and runaway youth, ages 9 to 18, wheelchair accessible, children may stay up to 45 days. Must be DHS clients.

**Dorcas House**
(501) 371-4002, 833 South Park Street, Little Rock, AR 72202, offering 9-month recovery programs for women and children from domestic abuse situations and/or with substance abuse or addiction issues, 50 beds available for women and children through age 17 on a space available basis, children are NOT permitted to remain with women in addiction recovery program. Wheelchair accessible.

**Empowerment Village**
(501) 663-7223 Ext. #210, 3604, West 12th Street, Little Rock, AR 72204, providing support services for Arkansans with special needs, limited income, homeless or disability issues.

**Family Promises of Pulaski County**
(501) 372-0733, 222 East 8th Street, Little Rock, AR 72202, provides shelter, food, transportation and case management for homeless families with children under age 18 by partnering with churches of all faiths throughout Pulaski County.

**Firm Foundation Ministries**
(502) 945-7412, 2200 East Broadway, North Little Rock, AR 72114, provides men’s homeless shelter and half way house, day labor and job placements for residents ONLY.

**Freewill Baptist Family Ministries**
(501) 663-3129, 3600 West 12th Street, Little Rock, AR 72204, open 24 hours, provides emergency shelter for DHS involved children ages 6 to 17, serves males, females and sibling groups, must have IQ above 70 and be able to attend school.

**Gaines House**
(501) 376-4015, 1702 Gaines Street, Little Rock, AR 72206, provides transitional home for women with disabilities. Call for cost and other information.

**Hand Up Housing of Arkansas**
(501) 658-1449, 620 Curtis Sykes Dr., North Little Rock, AR 72114, open for registration 2:00pm Tuesdays, provides transitional housing for homeless men & women in a “graduated, Christ-centered, case managed” self-sufficiency program.

**The Hope House of Recovery**
(501) 566-4673, P.O. Box #190433, Little Rock, AR 72219, call to schedule appointment, transitional living for at-risk women, must be drug- and alcohol-free, medically stable, working with a recovery mentor, attend 3 recovery meetings weekly and over the age of 18. No children or men are allowed on the property. Must adhere to all rules of the house and pay rent of $200 a week or $360 a month. No time limit on length of stay, 2 facilities in Little Rock and 1 in Benton. Apply online. (see: online Web Directory).

**Hoover Treatment Center**
(501) 663-1474, 1760, West 12th Street, Little Rock, AR 72204, provides post treatment, long-term and inpatient care for all drug and alcohol addictions including amphetamines, meth and cocaine. NO DETOX. Work program offered. Call for fees and enrollment requirements.

**Little Rock Compassion Center (Men’s)**
(501) 566-0114, 3268 West Roosevelt Road, Little Rock, AR 72204, provides men’s homeless shelter, must have ID and be over 18. No weapons. Must be sober. No medical services available.

**Little Rock Compassion Center**
(501) 663-2972, 4210 Asher Avenue, Little Rock, AR 72204, open daily at 3:00pm, provides shelter for homeless women, must have ID and be over 18.

**Little Rock Housing Authority**
(501) 340-4282, 100 Arch Street, Little Rock, AR 72204, assistance with housing, must meet HUD and Public Housing Authority income and citizenship requirements. Those convicted of a violent or drug related misdemeanor are NOT eligible for 3 years after conviction and those with a violent or drug related felony are not eligible for 7 years after conviction. No sex offenders.

**Cumberland Towers**
(501) 340-4724, 311 East 8th Street, Little Rock, AR 72202, must be over 50 years of age with no dependents.

**Fred W. Paris Towers**
(501) 340-4752, 1800 South Broadway, Little Rock, AR 72206, must be over 50 years of age with no dependents.

**Jesse Powell Towers**
(501) 340-4766, 1010 Wolfe Street, Little Rock, AR 72202, must be over 18 years of age with no dependents.

**Sunset Terrace**
(501) 340-4730, 2800 Battery Street, Little Rock, AR 72206, for families.

**Mission Global Ministries**
(501) 945-0339, 3719 East Broadway, North Little Rock, AR 72114, providing a detox center, must be over 18, proof of Pulaski County residency and ID required, telephone screening 24 hours a day.

**Mid-Arkansas Substance Abuse**
(501) 686-9393, 4601 West 7th Street, Little Rock, AR 72205, providing a detox center, must be over 18, proof of Pulaski County residency and ID required, telephone screening 24 hours a day.

**Neahemiah House**
(501) 374-1108, 2921 Confederate Blvd, Little Rock, AR 72216, shelter for working men who are homeless, free 4 days per month, also free when weather is below freezing, otherwise $6 per day includes breakfast and dinner, must vacate building by 6:00am daily. Once in at night may NOT leave and reenter.

**Asbury Park**
(501) 225-1931, 8500 Michael Court, Little Rock, AR 72204

**Auxora Arms**
(501) 562-8593, 101 Auxora Road, Little Rock, AR 72209

**Brook Valley**
(501) 227-5894, 1100 Brookside Drive, Little Rock, AR 72209

**Buffington Towers**
(501) 372-6434, 224 East 7th Street, Little Rock, AR 72202

**Eastview Terrace**
(501) 372-6606, 1200 Geyer Street, Little Rock, AR 72202

**Fair Oaks**
(501) 227-5466, 9600 West 36th Street, Little Rock, AR 72204

**Terrace Green**
(501) 565-3090, 8223 Scott Hamilton Drive, Little Rock, AR 72209

(continued on page 14)
Are you....
eager to earn a good income...?
punctual & polite...?
willing to learn new skills...?

Do you....
enjoy working with people...?
have a great outlook on life...?
like being your own boss...?

"Learn to Earn"

Learn to Earn is a 4-week hands-on workshop in advertising sales training. There is no charge or fee to participate. All materials are provided. Participants are responsible for ancillary costs including transportation at own expense.

Participants must have a proactive 'eager to learn, willing to follow instructions, glad to be coached', cooperative and outgoing disposition; Must attend all required training programs, do mandatory homework assignments, and are subject to professional attire, conduct and grooming standards.

For more information, contact:
Christine Beems
501-745-4153
christine@gozarks.com

"Learn to Earn" is a collaborative effort of Help Yourself Publishing and gozarks.com, a media & marketing management business established February 17, 2000. All who successfully complete the 4-week "Learn to Earn" program are offered the opportunity to work as a contracted sales agent but are under no obligation to do so.
Rethink Reform Restore

Arkansas Act 1190 of 2013 mandates the implementation of restorative justice practices in Arkansas corrective systems, specifically to "create a holistic and seamless approach for reentry into society for persons in the custody of the Department of Correction." This holistic and seamless approach starts with changes to policy and law.

Reform policy to Restore those convicted of crimes to our shared community with sufficient tools, support, resource and training to build a good life.

In Arkansas, prisons cost taxpayers $22,969.45 per each human being incarcerated per year... slightly more than the cost of 1-year at the University of Arkansas at Little Rock, including tuition, fees, books & supplies and room & board.

Rethink laws that criminalize non-violent no-victim behaviors.

The United States of America, "Land of the Free," has less than 5% of world population and 25% of the world’s prisoners.

More African-Americans are under correctional control today – in prison or jail, on probation or parole – than were enslaved in 1850, a decade before the Civil War began.

~Michelle Alexander, "The New Jim Crow"

In 1974 fewer than 350,000 Americans were being held in prisons and jails in the US. That year the National Advisory Commission on Criminal Justice Standards and Goals recommended that "no new institutions for adults should be built and that existing institutions for juveniles should be closed." What has happened to us? ~ Hon. Wendell Griffen, Pulaski County Circuit Judge, 6th Judicial District, 5th Division

We must seek out alternatives to incarceration; community service, victim restoration service, addiction or mental health treatment, or house arrest may all be viable options for many offenders. ~ Robert Kim Combs, Publisher, Help YourSelf

A TALE OF TWO SCHOOLS

Carlos has a heated argument with his parents before leaving for school, so he's running late. Let's see the difference that restorative policies and practices can make.

RESTORATIVE PRACTICES-BASED EDUCATION SYSTEM

Teachers and administrators welcome him and his fellow students as they enter. Carlos and the other students wait to speak with Carlos to learn more, and set up a meeting with his school counselor.

ZERO-TOLERANCE EDUCATION SYSTEM

Carlos arrives at school. He is greeted by metal detectors and a police search. His teacher scolds him in front of the class. Carlos backs away, and is given a detention.

Carlos gets into a minor altercation in the cafeteria. Later that afternoon...

A school police officer detains and arrests both students.

Carlos is held in a juvenile detention facility all afternoon, missing school. He now has an arrest record and is facing consequences.

Tale of Two Schools graphic reprinted by permission, National Education Association (NEA)
Looking for a job? Did you know Goodwill provides...

**STEPS TO EMPLOYMENT?**
Take the first steps to success.

**Immigrants & Undocumented Persons**

**Arkansas Coalition Against Domestic Violence**
(501) 907-5612, (800) 269-4668, 1401 West Capitol Suite #270, Little Rock, AR 72201, works to eliminate domestic violence and promote healthy families.


**ARKids**
(888) 474-8275, Lunes a Viernes (Monday thru Friday) 8:00am - 4:30pm servicio médico para niños / medical insurance for children.

**Catholic Immigration Services, Little Rock**
(501) 664-0340 Ext. #314, 2500 North Tyler Street, Little Rock, AR 72207, open by appointment, provides low-cost counseling and support to those eligible for immigration benefits who cannot afford private assistance, offers assistance to victims of trafficking and violence to obtain immigration status, offers education programs for community leaders, law enforcement officers, emergency responders and other groups regarding the rights of and benefits available to immigrants who are the victims of violent crime. Services include counseling for immigration-related needs, preparation of immigration applications and forms, networking and referral to community resources, immigration workshops and seminars at community events, legislative advocacy on behalf of immigrants, counseling for immigrant victims of domestic violence and trafficking.

**Clínica El Samaritano**
(501) 565-6155, El Faro Baptist Church, 7002 Baseline Road, Little Rock 72209, open Monday thru Friday 8:00am - 5:00pm, serves zip code 72209.

**El Zocalo Immigration Resource Center**
(501) 301-4652, P.O. Box #250953, Little Rock, AR 72209, works to connect immigrant individuals and families in need with services and support, provides education and advocacy to the community, networks assistance with accessing resources.

**Esperanza “Hope” Neighborhood Clinic**

**Human Trafficking Statewide Crisis Hotline (PATH)**
(877) 432-5368, Número para víctimas de trata de blancas.

**Latino Clinic Arkansas Children’s Hospital**
(501) 364-4000, 1 Children’s Way, Little Rock 72202, Tratamiento para niños con condiciones médicas complejas que pertenecen a familias que hablan español. También tiene una oficina legal para personas de bajos ingresos. Personal bilingue. Requieren una referencia de un médico. Los viernes por la tarde. Treatment for children with complex medical conditions whose families speak Spanish. Also has low-income legal office. Bilingual staff. Must have a physician referral.

**Legal Aid of Arkansas**
(501) 376-3423, (800) 952-9243, Ayuda en prepara impuestos (incluso I-TIN), consejo y ayuda legal gratuita para personas de bajos recursos en las areas de consumidor, educación, empleo, derecho familiar, salud, vivienda, derechos individuales, recursos en idiomas distintos al inglés, beneficios públicos, veteranos / militares y sucesiones testadas e intestadas. Para impuestos (ver Web Directory)

Número Nacional de Crisis Para Prevención del Suicidio
(888) 628-9454 en Español

**National Suicide Crisis Hotline**
(800) 273-8255 en English

**Premier Staffing**
(501) 223-2367, 10901 Financial Centre Parkway, Little Rock, AR 72211, es una agencia de contratación que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, técnicos y profesionales, y personal para trabajo industrial y de fábrica. El primer paso es registrarse en el sitio web (ver Web Directory) y una vez registrado comunicarse al teléfono 501-223-8367.

**Safe Places**
(501) 531-4673, 2607 Lehigh Drive (877) 432-5368, Little Rock, AR 72204, Ofrecemos ayudas a víctimas y consejera individual y en grupo para sobrevivientes de abuso doméstico, violencia sexual, y manejo de la ira. Para adultos y niños. L-V 8:30am-5:00pm. Open Monday thru Friday 8:30am - 5:00pm, serves as advocate, offers 1-on-1 and group counseling for domestic abuse, sexual assault, anger management, for children and adults.

**Westside Free Medical Clinic**
(501) 664-0340 Ext. 356 English, Ext. 335 Spanish, 2000 Aldersgate Road, Little Rock, AR 72205,
evening clinic, call for appointment and leave voice mail. Bus service not readily available.

**Legal Services**

American Civil Liberties Union (ACLU)
(501) 374-2660, 904 West 2nd and Street, Suite #1, Little Rock, AR 72203, provides legal representation in selected cases involving a violation of Civil Liberties, promotes, defends and expands civil liberties in Arkansas, including free speech, religious freedom, racial and ethnic justice, due process, privacy, LGBTI (Lesbian, Gay, Bisexual, Transgender, Inter-sexual) rights, and reproductive freedom.

Center for Arkansas Legal Services
(501) 376-3423, (800) 950-5837, Little Rock, AR 72203, free legal assistance to low income people in civil non-criminal cases. Call help line Monday thru Friday, 9:00 – 11:00am & 1:00 – 3:00pm. Find legal documents for self-representation on website. (see: Web Directory)

Disability Rights Center
(501) 596-1775, (800) 482-1174, 1200 N. University Avenue Suite #201, Little Rock, AR 72207, advocacy group supporting the rights of the disabled, online information on free legal services in Arkansas. (see: Web Directory)

U.A.L.R. William H. Bowen School of Law
(501) 324-9443, Legal Clinic, 1201 McMath Avenue, Little Rock, AR 72202, offering clinics on litigation, mediation, consumer protection, and taxes, available at the beginning of each semester (January and August), special mediation clinic for special education students and their families.

**LGBTQIA**

Lesbian, gay, bisexual, transgender, questioning, intersex and asexual people with non-mainstream sexual orientation or gender identity.

Arkansas Coalition Against Domestic Violence

Arkansas Initiative for Marriage Equality
P.O. Box #13963, Little Rock, AR 72201, an equal rights initiative to amend the state constitution to allow same-sex marriage.

Center for Artistic Revolution (CAR)
(501) 244-9690, P.O. Box #2300, North Little Rock, AR 72114, provides program work and advocacy for the Pulaski County LGBTQI community.

Central Arkansas Pride (CAP)
(501) 213-6543, P.O. Box #7242, Little Rock, AR 72202, raises awareness of diversity through celebration and education, recognizes positive contributions of the LGBT community in Arkansas, teaches tolerance and acceptance to eliminate prejudice and bias, honors individual uniqueness.

Diverse Youth for Social Change (DYSC)
(501) 224-9690, 800 South Scott Street, Little Rock, AR 72202, meets every Friday night, 6:00pm, for youth ages 13-22.

Gender Equality Arkansas (GEAR)
(501) 224-9690, 800 South Scott Street, Little Rock, AR 72202, provides resources and information for transgender people and their partners.

Living Affected, Corp.
(877) 907-4488, 401 North Maple Suite A, North Little Rock, AR 72114, support for people with HIV & AIDS.

Lucie’s Place
(855) 582-4377, hotline open 24/7, works with homeless LGBT young adults in the Central Arkansas area, assists with free counseling, food, toiletries, bus passes, phone minutes, cell phones.

Lucile Marie Hamilton Youth Drop-In Center
P.O. Box #230, North Little Rock, AR 72114, offers programs and advocacy for the Pulaski County LGBTQI community.

Parents & Friends of LGBTQIA People
(501) 291-2507, 800 South Scott Street, Little Rock, AR 72202, support group meets monthly, 1st Friday.

The Trevor Project
(866) 488-7386, national organization providing crisis intervention and suicide prevention services to LGBT and questioning youth ages 13-24.

**Meals**

All meals served under the Broadway Bridge may have to relocate due to upcoming construction. Please call individual organizations for current information.

**Broadway Bridge Project**
(501) 766-8271, P.O. Box #95047, North Little Rock, AR 72130, serves dinner under the Broadway Bridge on the Little Rock side Monday, Tuesday, Thursday and Friday, 6:00pm – 7:00pm.

Canaan Missionary Baptist Church
(501) 374-0485, 7300 South State Street, Little Rock, AR 72206, serving the homeless and hungry, 4th Thursday each month, 12:30pm – 1:00pm, under the parking deck on 8th & Main.

**Feeding the Hungry**
1111 West Markham, Little Rock, AR 72201, serving breakfast Monday thru Friday at 7:00 am, 52 weeks a year, holidays included.

Food Not Bombs “Penelope Poppers”
Condoms and vegetarian meals, Sundays 5:00pm under the Broadway Bridge on Little Rock side.

From His Throne Ministries
(501) 944-1209, 1534 Johnson Street, Jacksonville, AR 72076, serves lunch under the Broadway Bridge on Little Rock side Sundays at 10:30am.

In Your Hands Ministries, Inc.
(501) 945-1214, 3905 Highway #161 North, North Little Rock, AR 72117, serves 2nd and Sunday monthly, breakfast 8:00am – 9:00am, lunch 12:00pm - 1:00pm, free clothes.

Jericho Way Homeless Day Center
(501) 916-9839, 3000 Confederate, Little Rock, AR 72216, homeless day center, open Monday thru Friday 8:00am - 4:00pm, breakfast served at 8:00am, lunch served at 11:30am.

Levy Baptist Church
(501) 753-7347, 3501 Pike Avenue, North Little Rock, AR 72118, sack lunches served Monday thru Friday 9:00am – 5:00pm.

Metro Worship Center
(501) 951-3333, 2914 South Cumberland Street, Little Rock, AR 72206, lunch and clothes closet 3rd and 5th Saturday each month, church bus picks-up at Community Church, beneath the Washington Bridge, at the downtown public library and at the Little Rock bus depot at 10:00am.

New Life Ministries
(501) 730-3904, 210 Kathy Lane, Scott, AR 72142, serves dinner under the Broadway Bridge on Little Rock side Sundays, 5:00pm.

Quapaw Quarter United Methodist Church
(501) 375-1600, Stone Soup Hot Meals, 1601 South Louisiana Street, Little Rock, AR 72206, serves on Sundays only, breakfast at 9:00am, dinner at 3:00pm.

River City Ministry
(501) 376-6694, 1021 East Washington Avenue, North Little Rock, AR 72244, Monday thru Friday, following the 11:30am Bible Study, food & fellowship Sundays at 2:00pm.

Saint Mark Baptist Church
(501) 663-3955, 5722 West 12th Street, Little Rock, AR 72204, serving 4th Saturday each month 10:00am – 1:00pm.

Salvation Army
(501) 374-9296, 1111 West Markham Street, Little Rock, AR 72201, Breakfast served daily, 7:00am – 7:30am. Dinner served daily at 5:30pm.

Stew Pot
(501) 372-1804, First Presbyterian Church, 800 Scott Street Little Rock, AR 72201, lunch served Monday thru Friday, 12:00 – 1:00pm. Not handi-capped accessible.

The Van
(501) 955-3444, P.O. Box #250061, Little Rock, AR 72225, mobile homeless services, locating and serving the unsheltered of Little Rock, provides clothing, food, meals, sundries and materials to enhance living conditions.

- www.helpyourselfpublishing.wordpress.com -
**Mental Health**

**Arnahas House**
(501) 663-3136, 2423 South Tyler, 72204, inpatient hospital, most insurance accepted.

**Bridgway Hospital**
(501) 771-1500, 21 Bridgway Road, North Little Rock, AR 72113, private inpatient hospital, most insurance accepted. Payment required.

**Centers for Youth and Families**
(501) 666-4949, 5905 Forest Place, Little Rock, AR 72207, outpatient clinic for youth age 20 and under.

**Family Services Agency**
(501) 372-4242, 628 West Broadway, Suite #300, North Little Rock, AR 72114, mental health counseling for depression, grief, domestic violence, and marital problems, call for sliding-scale fees.

**Jericho Way Homeless Day Center**
(501) 916-9859, 3000 Confederate, Little Rock, AR 72216, homeless day center, case managed referrals, Wednesdays 9:00am County Mental Health screening.

**Little Rock Community Mental Health Center**
(501) 686-9300, 4400 Shuffield Drive, Little Rock, AR 72205, mental health counseling, sliding scale fee, financial interview and triage done in person same day or next, Medicare, Medicaid and insurance accepted. Call Monday thru Friday, 8:00am – 5:00pm.

**Network of Wellness**
(501) 221-7238, 801 Scott Street, Little Rock, AR 72201, open Monday thru Friday 8:00am – 5:00pm, specializing in adult psychiatry, insurance required. Medicare and Medicaid accepted.

**Professional Counseling Associates**

**U.A.M.S. Walker Family Clinic**
(501) 526-8200, 4301 West Markham, Little Rock, AR 72205, open Monday thru Friday, 7:30 – 5:00pm, appointments required, proof of income and ID required, co-pay required.

**Substance Abuse Recovery**

**AA World Service Office**
(212) 870-3400, provides contact information, place, date and times, for AA meetings worldwide.

**Arkansas AA Central Service Office**
(501) 664-7303, (501) 664-6042, 7509 Cantrell Road, Little Rock, AR 72207, provides contact information, place, date and times for AA meetings in Arkansas.

**Cocaine Anonymous**
(501) 374-1334, non-medical, non-psychiatric fellowship focused on the personal recovery and continued sobriety of individuals with drug addiction issues.

**Narcotics Anonymous**
(501) 377-8683, (866) 757-2579, C/o Central Arkansas ASC, PO Box 165205, Little Rock, AR 72216, fellowship society of men and women who are recovering from addiction and meet regularly to help each other stay clean. Must desire to stop using, keep an open mind and apply proven principles to daily life.

**Inpatient Treatment**

**Arkansas Cares**
(501) 661-0720, 2002 S. Fillmore, Little Rock, AR 72204, inpatient and long term treatment for pregnant women or women with children under the age of 21. Call for fees & restrictions.

**Baptist Medical Center**
(501) 202-2893, 9601 Interstate #630, Little Rock, AR 72205, inpatient detox and dual diagnosis treatment, all drugs and alcohol, NO METHADONE, Medicaid, Medicare, or private insurance needed. DETOX patients MUST be referred by ER based on symptoms, psychosis or liver disease. Private insurance for substance abuse or cash payment of $5,500 required.

**BridgeWay Hospital**
(501) 771-1500, 21 Bridgway Road, North Little Rock, AR 72113, Inpatient detox and dual diagnosis treatment, all drugs and alcohol addictions including methadone, Medicaid and private insurance for substance abuse ONLY, otherwise classified as indigent.

**Chance Sobriety**
(501) 851-884, 1217 Gabriel Lane, North Little Rock, AR 72118, long term treatment with work program, must be able to work or have a job, transportation to and from work provided as needed. Call for fees.

**Compassion Center**
(501) 206-0124, 3618 West Roosevelt Road, Little Rock, AR 72204, long term treatment for men and women, interview required to enter program, no fee if working or on disability (75% of income is saved for client), chores done in shelter in exchange for food if unemployed.

**Dorcas House**
(501) 374-0222, A Division of Union Rescue Mission, 823 South Park Street, Little Rock, AR 72202, long term treatment for women, interview and $75 deposit required to enter 9 month program, deposit refunded at program completion.

**Gyst House**
(501) 568-1682, 8101 Frenchmans Lane, Little Rock, AR 72209, coed long term post-detox, must be able to work, accepts parolees and court ordered clients, $250 entry fee.

**Hoofer Treatment Center**
(501) 663-4774, 3604 West 12th Street, Little Rock, AR 72204, inpatient and long term post-detox treatment and work program for all drugs and alcohol addictions including amphetamines, meth, and cocaine, call for details and fees.

**The Hope House of Recovery**
(501) 565-4573, P.O. Box 190431, Little Rock, AR 72219, chemical-free transitional living for women, must be drug and alcohol free, medically stable, working with a recovery mentor, attend 3 recovery meetings weekly and over the age of 18. No children or men allowed on the property. Must adhere to house rules, pay rent of $100 a week or $360 a month. No limit on length of stay, facilities in Little Rock and Benton. Application on website (see: Web Directory) or call for details.

**Mid-Arkansas Substance Abuse**
(501) 686-9380, Sobering Center Emergency (501) 686-9784, 4601 West 7th Street, Little Rock, AR 72205, provides initial inpatient detox.

**Nehemiah House**
(501) 376-8440, A Division of Union Rescue Mission, 3000 Confederate Blvd, Little Rock, AR 72216, Long term treatment for men. Must complete interview with facility before entering 9-month program. Fee: $75 deposit which is returned if client completes program.

**Quality Living Center**
(501) 663-3490, 3925 Asher Avenue, Little Rock, AR 72204, long term coed treatment facility, call for fee.

**Recovery Centers of Arkansas, Riverbend**
(501) 372-4631, 1201 River Road, North Little Rock, AR 72114, long-term post-detox treatment for men and women, must complete interview to enroll, walk in Tuesdays or Thursdays 7:30am – 4:00pm, call for fees, indigent beds available, must call and request indigent bed at beginning of the month.

**Sober Living**
(501) 562-0507, 4201 John Borrow Road, Little Rock, AR 72216, transitional housing, drug and alcohol services. Call for fees.
United Methodist Children’s Home  
(501) 662-0720, Arkansas Care, 2002 S. Fillmore Street, Little Rock, AR 72204, serves women ONLY with substance abuse issues who are pregnant or with children up to age 12.

Veteran’s Substance Abuse Treatment  
(501) 257-1000, 2200 Fort Root Drive, North Little Rock, AR 72118, Veterans ONLY, apply through Veteran’s ER, co-ed facility.

Long Term & Outpatient Treatment

Catar Clinic  
(501) 664-7833, 1401 South University, Little Rock, AR 72205, outpatient methadone treatment.

Mid-Arkansas Substance Abuse  
(501) 686-9393, 4601 West 7th Street, Little Rock, AR 72205, detox center for Pulaski, Lonoke, Prairie, and Saline Counties, 3 to 7-day detox for alcohol and opiates, 72 hr observation for meth, amphetamines or cocaine, 21-day treatment by court order. NO METHADONE. Phone screening prior to admission. No walk ins. $25 assessment fee. Other fees may apply depending on client’s ability to pay. Must have ID and proof of income. Clients with history of DT’s or other medical problems when detoxing are referred to ER as this facility has no medical capabilities. Will not accept clients who are suicidal. Clients with diagnosed mental or physical illness must have medications. Recovery Centers of Arkansas, Williamsburg  
(501) 372-4611, 6301 Father Tribou, Little Rock, AR 72205, outpatient treatment for men and women. Must detox and complete interview before entering program. Walk in Tuesdays or Thursdays 7:30am – 4:00pm, call for fees, indigent beds available, must call and request indigent bed at beginning of the month.

Recovery Centers of Arkansas, Steeplechase  
(501) 614-4907, 6225 Father Tribou, Little Rock, AR 72205, provides private chemical-free apartments for individuals who have successfully completed treatment.

U.A.M.S. Psychiatric Research Institute  
(501) 526-8410, 4301 West Markham, Little Rock, AR 72205, provides limited transportation for the elderly.

Central Arkansas Transit (C.A.T.)  
(501) 375-1163, 310 East Capitol Street, Little Rock, AR 72202, Little Rock City Bus System, open 7:00am – 6:00pm daily. One ride $1.35, all day pass $3.75, all month pass (31 days) $36.

Jericho Way Homeless Day Center  
(501) 916-9859, 300 Confederate, Little Rock, AR 72216, homeless day center, transportation services Monday thru Friday 8:00am – 4:00pm, transportation to and from shelters, for medical visits and for employment.

LINKS Paratransit (CAT)  
(501) 375-9607, 901 Maple Street, North Little Rock, AR 72114, handicapped accessible, $2.70 one way, $5.40 round trip. Must apply for access, approval takes up to 21 days.

S.O.A.R. Network  
(501) 255-0529, 1827 South Woodrow, Little Rock, AR 72204, shuttle service for job interviews, doctor’s appointments, DHS or SSI interviews. Must be approved or referred by an agency in the SOAR Network. Call for more information.

Veteran’s Day Treatment Center  
(501) 257-4499, 3000 Main Street, Little Rock, AR 72203, shuttle service for veterans to-and-from the VA Day Treatment Center and VA Medical facilities by appointment ONLY.

Watershed  
(501) 378-0076, 3701 SpringERV Blvd., Little Rock, AR 72206, open by appointment Monday thru Friday 8:00am – 5:00pm, provides bus passes ‘as available’, call before coming to schedule interview appointment.

Veterans Programs

ARVets  
(501) 246-5342, 4704 West Commercial Drive Suite B, North Little Rock, AR 72116, Veterans ONLY, provides limited transportation for the elderly.

Central Arkansas Veterans Treatment (C.A.T.)  
(501) 375-1163, 310 East Capitol Street, Little Rock, AR 72202, Little Rock City Bus System, open 7:00am – 6:00pm daily. One ride $1.35, all day pass $3.75, all month pass (31 days) $36.

Jericho Way Homeless Day Center  
(501) 916-9859, 300 Confederate, Little Rock, AR 72216, homeless day center, transportation services Monday thru Friday 8:00am – 4:00pm, transportation to and from shelters, for medical visits and for employment.

John L. McClellan Veterans Hospital  
(501) 244-1900, 1000 Main Street, Little Rock, AR 72203, provides limited transportation for the elderly.

Saint Francis House  
(501) 664-5036, 2701 South Elm Street, Little Rock, AR 72215, veteran’s residential treatment facility, enroll thru the Veteran’s Day Treatment Center.

Towbin Health Care & VA Medical Center  
(501) 257-1000, 2200 Fort Roots Drive, North Little Rock, AR 72114, medical care, treatment and domicile, veterans ONLY.

National Call Center for Homeless Veterans  
(877) 424-3383

Veteran’s Day Treatment Center  
(501) 244-1900, 1000 Main Street, Little Rock, AR 72203, homeless resource center providing laundry & shower facilities, shuttle service, breakfast & lunch, case management and a broad range of special programs including therapeutic groups and clinical services, veterans ONLY. NOT A SHELTER!

Youth Services

Arkansas Advocates for Children & Families  
(501) 371-9678, 1400 West Markham, Suite #306, Little Rock, AR 72201, For more than 35 years, AACF has provided leadership, research and advocacy to promote wide-ranging reforms that have improved the lives of Arkansas children, and we have never been afraid to lead the way when the need arose.

Arkansas Child Abuse Prevention Hotline  
(800) 482-5964, (501) 682-8772, P.O. Box 1437 Slot 5-569, 700 Main Street, Little Rock, AR 72203-1437, helps parents develop skills and identify resources to safeguard children and their emotional, physical, and developmental needs.

Arkansas Children’s Hospital  
(501) 364-1202, 1 Children’s Way, Little Rock, AR 72202, children’s after-hours clinic: Monday thru Friday 5:00pm – 8:45pm, Saturday & Sunday 9:00am – 7:45pm.

Arkansas Coalition Against Domestic Violence  
(501) 907-6612, (800) 269-4668, 1402 West Capitol, Suite #170, Little Rock, AR 72201, works to eliminate domestic violence and promote healthy families.


If you are in danger call 911!

Arkansas National Guard Youth Challenge  
(501) 212-5565, Camp Robinson #16414, North Little Rock, AR 72199, a preventive (rather than remedial) responsible citizenship and life-skills program for at-risk youth 16 to 18 years of age who are drug- and felony-free, with focus on academic excellence (earn GED/High School Diploma), community service, personal health & hygiene, job training, leadership skills and physical fitness. 22-week residential program followed by a full year of mentoring.
Big Brothers Big Sisters of Central Arkansas
(501) 374-6661, 322 West Pershing Blvd., North Little Rock, AR 72114, provides children facing adversity with strong and enduring professionally supported one-to-one relationships aimed to change their lives for the better, forever.

Break the Silence – Speak Out America
(501) 804-0747, P.O. Box #347, Little Rock, AR 72223, dedicated to preventing child sexual abuse.

Catholic Adoption Services
(501) 664-0340 Ext. #347 or #334, 2415 North Tyler Street Little Rock, AR 72207, offers direct or #334, 2415 North Tyler Street, Little Rock, AR 72204, Outpatient Services
(501) 666-4949, 5905 Forest Place, Little Rock, AR 72207, offering emergency shelter and independent living programs, outpatient counseling, school-based therapy, case management, day treatment, therapeutic foster care and residential services for children to age 20, also provides parenting classes, support groups and resources including a fitness center with swimming pool, meeting rooms and group activities.

Child Support Enforcement Office
(501) 371-5400, 322 South Main Street, Suite #100, Little Rock, AR 72203, establishes and enforces court orders involving non-custodial parental child support.

Cru Inner City
(501) 219-0219, 3220 South Schiller Street, Little Rock, AR 72202, provides resources to inner city church and ministry partners including Homeless Care Kits, Boxes of Love (food boxes at Thanksgiving & Christmas), Power Packs (back-to-school backpacks with school supplies).

National Center for Missing Exploited Children
(800) 843-5678

Promise House Maternity Care
(501) 330-9766, 6 Position Court, Little Rock, AR 72204, provides a loving safe home for pregnant teen and preteen girls including pre-natal, ObGyn and newborn care, life-skill training & continuing academic education.

Human Trafficking Statewide Crisis Hotline (PATH)
(877) 432-5368, Número para víctimas de trata de blancas

Latino Clinic Arkansas Children’s Hospital
(501) 364-4000, 3 Children’s Way, Little Rock 72202, Tratamiento para niños con condiciones médicas complejas que pertenecen a familias que hablan español. También tiene una oficina legal para personas de bajos ingresos. Personal bilingüe. Requieren una referencia de un médico. Los viernes por la tarde. Treatment for children with complex medical conditions whose families speak Spanish including low-income legal office with bilingual staff, physician referral required, call Fridays after noon.

Legal Aid of Arkansas / Ayuda Legal de Arkansas
(501) 376-9243, Ayuda en prepara impuestos (incluso I-TIN), consejo y ayuda legal gratuita para personas de bajos recursos en las áreas de consumidor, educación, empleo, derecho familiar, salud, vivienda, derechos individuales, recursos en idiomas distintos al inglés, beneficios públicos, veteranos / militares y sucesiones testadas e intestadas. Para impuestos (ver: Web Directory)

Nacional Suicide Crisis Hotline
(800) 273-8255 in English
Premier Staffing Dotación de Personal Premier
(501) 223-8367, 10901 Financial Centre Parkway, Little Rock, AR 72211, es una agencia de contratación que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, técnicos y profesionales, y personal para trabajo industrial y de fábrica. El primer paso es registrarse en el sitio web (ver: Web Directory) y una vez registrado comunicarse al teléfono 501-223-8367.

Safe Places
(501) 351-6773, (877) 432-5368, 2607 Lehigh Drive, Little Rock, AR 72204, Ofrecemos ayudantes a víctimas y consejería individual y en grupo para sobrevivientes de abuso doméstica, violencia sexual, y manejo de la ira. Para adultos y niños. L-V 8:30am -- 5:00pm, 1-1-on1 and group counseling for domestic abuse, sexual assault, and anger management for children and adults. Monday thru Friday 8:30am -- 5:00pm.

Westside Free Medical Clinic
(501) 664-0340, Ext. 356 English, Ext. 335 Spanish, 2000 Aldersgate Road, Little Rock, AR 72205, evening clinic, call for appointment and leave a voice mail, appointments required, bus service not readily available.
**Legal Services**

**American Civil Liberties Union (ACLU)**
(501) 374-2660, 904 West 2nd Street, Suite #1, Little Rock, AR 72201, provides legal representation in selected cases involving civil liberties, promotes, defends and expands free speech, religious freedom, racial and ethnic justice, due process, privacy, LGBTI rights, and reproductive freedom in Arkansas.

**Center for Arkansas Legal Services**
(501) 376-3423, (800) 950-5817, 1300 West 6th Street, Little Rock, AR 72201, provides free legal assistance to low income people in civil, non-criminal cases. Help line Monday thru Friday 9:00am – 11:00am & 1:00pm – 3:00pm, legal documents for self-representation on website. (see: Web Directory)

**Disability Rights Center**
(501) 296-1775, (800) 482-1174, 1100 North University Avenue Suite #201, Little Rock, AR 72207, provides advocates and supports the rights of the disabled. Information on free legal services in Arkansas (see: Web directory)

**U.A.L.R. William H. Bowen School of Law**
(501) 324-9441, Legal Clinic, 1201 McMath Avenue, Little Rock, AR 72202, Litigation, Mediation, Consumer Protection, and Tax Clinics. Usually available on January or August (at the beginning of each semester). Special mediation clinic for special education students and their families.

**Miscellaneous**

**Arkansas Community Dispute Resolution Centers, Inc.**
(501) 379-1501, 3805 West 12th Street, Suite #201, Little Rock, Arkansas 72204, providing family/child support/visitation mediation services, neighbor dispute resolution services, landlord/tenant disputes, consumer disputes, business disputes, facilitation services, conflict resolution training services for individuals, neighbors, families, consumers, churches, schools, businesses, groups/organizations, police and government entities.

**Alert Centers**

**Central High Alert Center**
(501) 376-7151, 2101 South Main Street, 1st floor, Little Rock, AR 72206, Empowering low income families thru credit counseling, home ownership counseling, income tax preparation, financial literacy and counseling.

**American Red Cross, Arkansas**
(501) 748-3000, (800) 733-2067, 401 South Monroe, Little Rock, AR 72205, emergency assistance information, CPR & first aid health and safety training, family-emergency military notification.

**Cell-phone Charging**
University Libraries, University of Arkansas, Little Rock student union, All Public Libraries, City of Little Rock Alert Centers. At present the City of Little Rock operates 11 Neighborhood Alert Centers throughout Little Rock, neighborhood Alert Centers provide easy access to city services with such as code enforcement officers, community oriented police officers and neighborhood facilitators.

**Central High Alert Center**
(501) 376-7151, Valerie Conway, 1108 South Park, Little Rock, AR 72204, contact Kathleen Countryman

**Upper Baseline Alert Center**
(501) 565-6669, Baseline Elementary, Little Rock, AR 72209, contact Shawn Smith

**Valley Drive Alert Center**
(501) 562-0042, 5621 Valley Drive, Little Rock, AR 72209, contact Valeria Tate

**Wakefield Alert Center**
(501) 565-7119, 7444 Doyle Springs Road, Little Rock, AR 72209, contact Iglorida Conley

**West Central Alert Center**
(501) 565-4807, 4200 John Barrow, Little Rock, AR 72206, contact Willie Carpenter

**Wille Hinton Alert Center**
(501) 379-1515, 3805 West 12th Street, Little Rock AR 72204, contact Dwight Pridgeon.

**Computer Access**
S.O.A.R. Network

**Food Stamps, SNAP**
(501) 682-9200, 1105 Dr. Martin Luther King Jr. Drive, Little Rock, AR 72203, several locations in Pulaski County, call with your zip code for location near you, may take several weeks for eligible persons to get assistance. Felons with drug convictions are NOT eligible.

**Internal Revenue Service (I.R.S.)**
(800) 829-1040, 700 West Capitol, Room 1412, Little Rock, AR 72201, open Monday thru Friday 8:30am – 4:30pm, visit in person, free tax preparation, various sites in Pulaski County.

**Mail Service**
Little Rock Downtown Post Office
(501) 375-5155, 600 East Capitol Avenue, Little Rock, AR 72202, have your incoming mail addressed to: Your Name, (C/O) General Delivery, 600 East Capitol Avenue, Little Rock AR 72202.

**Pet Needs**
Quapaw Quarter United Methodist Church
(501) 375-1600, Pet Food Ministry, 160 South Louisiana Street, Little Rock, AR 72206, Cat and dog food is distributed between 11:00 – 3:00pm on the third Tuesday of each month, except August.

**Octapharma Plasma Center**
(501) 812-0440, 5121 Warden Road, North Little Rock, AR 72116, earn up-to $55 per week, current proof of residency, ID and Social Security card required, must pass social and health screening, Monday thru Friday 7:00am – 7:00pm. Saturday and Sunday 7:00am – 7:00pm.

**Talecirs Plasma Resource Center**
(501) 565-6275, 627 Colonel Glenn Road, Little Rock, AR 72204, earn up to $60 per week, proof of residency, ID and Social Security card required, must pass social and health screening, open Tuesday, Wednesday and Thursday 8:00am – 6:00pm, Friday & Saturday 8:00am – 3:00pm.

**Social Security**
(800) 772-1213 for general information and services, call 7:00am – 7:00pm, provides Social Security cards and social security benefits (see: Web Directory)

**Little Rock Social Security Office**
(866) 593-0933, 700 West Capitol, Room #1201, Little Rock, AR 72201, Open Monday, Tuesday, Thursday and Friday 9:00am – 3:00pm, Wednesdays 9:00am – 12:00on, closed federal holidays.

**Sherwood Social Security Office**
(877) 512-3854, 3608 East Kiehl Avenue, Sherwood, AR 72120, open Mondays, Tuesdays, Thursdays and Saturdays.

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**Help Yourself Publishing**

2 pm - 3pm Wednesdays with your host John S.
**Social Services**

Department of Human Services (D.H.S.), Provides access to food stamps, Medicaid, & support for women and families.

**East Little Rock D.H.S.**
(501) 372-1300, 1424 East 2nd Street, Little Rock, AR 72203.

**Jacksonville D.H.S.**
(501) 372-1200, 2636 West Maine, Jacksonville, AR 72078.

**North Little Rock D.H.S.**
(501) 682-0100, 1900 East Washington, North Little Rock, AR 72119.

**South Little Rock D.H.S.**
(501) 682-9200, 1105 Dr. Martin Luther King Jr. Drive, Little Rock, AR 72203.

**South-West Little Rock D.H.S.**
(501) 372-1100, 6801 Baseline Road, Little Rock, AR 72219.

**Unemployment Office**
(501) 682-0228, 5401 South University Avenue, Little Rock, AR 72209, open Monday thru Friday, 8:00 – 4:30pm, workforce services, FAX, phone, copy machine, job search related computer access.

**Multiple Services**

The Van
(501) 955-3444, P.O. Box 250661, Little Rock, AR 72225, mobile homeless services for the unsheltered, provides: clothing, food, meals, sundries and materials to enhance basic living conditions.

**Goodwill Industries, Main Office**
(501) 372-5100, 1110 West 7th Street, Little Rock, AR 72201, self-directed employment services, job search strategies, job application assistance, resume and cover letter writing, interviewing skills, mock interviews, job readiness training, career reference materials, online listing of employment opportunities, info about upcoming career fairs and interview opportunities, computer access, soft skills training, job placement, special ‘self-sufficiency’ programs for disabled workers, connection with other service providers for medical, dental, vision, substance abuse treatment, housing & transportation, food and renty issues such as record expungement, restitution and 26-week TEO (Temporary Employment Opportunity) paid training program for reentering citizens with no violent or sexual charges.

**Jericho Way Homeless Day Center**
(501) 956-9893, 7000 Confederate, Little Rock, AR 72216, homeless day center, open Monday thru Friday, 8:00am – 4:00pm, case managed referrals, showers, meals, clothing, mental health, VA screening, transportation for medical needs and employment.

**Lewis-Burnett Employment Finders**
(501) 375-1592, 3805 West 12th Street Suite #205, Little Rock, AR 72204, free GED prep, specialized employment assistance for ex-offenders, pre-employment training alternate Wednesdays 10:00am (call for dates), needs assessment, one-on-one evaluations, dress for success, basic computer training, entrepreneur class, community service programs, resume writing.

**Our House**
(501) 374-7383, 302 East Roosevelt, Little Rock, AR 72206, provides permanent housing and transitional shelter for individuals and families, offers after school and summer programs for children, workforce training and education for adults, many other services.

**Promiseland Ministries**
(501) 570-0048, 4520 South University, Little Rock, AR 72204, home buyer classes, foreclosure prevention, computer lab, mentoring, after school care, homework assistance, family and individual counseling, literacy, job readiness, youth development programs, food and clothing assistance, financial & credit literacy, housing fairs & seminars, delinquent mortgage counseling.

**River City Ministry**
(501) 376-6694, 1021 East Washington, North Little Rock, AR 72114, homeless day resource center, food pantry Tuesday & Thursday 9:00am – 10:00am (once a month only), meal service: Monday thru Friday following 11:30am devotional, food & fellowship Sundays at 2:00pm, social services: Monday thru Friday, 8:30am – 2:30pm, for medical services for adults with no insurance, Medicare or VA benefits with income below 200% of poverty level, call Monday through Friday at exactly 10:00am for appointment, prescription refills for medical clients (no outside prescriptions filled), dental extractions by appointment, call Thursdays at 10:00am to schedule screening, $5 per visit, eye exams glasses, call for appointment, $5 payment per visit, clothes closet: 1st & 3rd Wednesdays, 8:00am – 11:00am, laundry service: Monday thru Friday 8:30am – 12:30pm, water program (North Little Rock), call Wednesdays at 8:30am for appointment, showers available Monday thru Friday, 8:00am – 1:00pm, FAX & phone service (501) 376-6695, Monday thru Thursday 8:30am – 2:00am, resource counseling, Monday thru Friday, 8:00am – 2:30pm, spiritual counseling, Monday thru Friday, 8:00am – 3:00pm, Bible study Thursday, 10:00am, lunch devotional Monday thru Friday 11:00am, food & fellowship Sundays 2:00pm, Breaking Free pick-up, Mondays 5:30pm, serving Pulaski County residents, picture ID and Social Security card required for some services, call to verify availability of service before coming to center.

**Saint Francis House**
(501) 664-5036, 2701 South Elm Street, Little Rock, AR 72204, open daily 8:30am – 11:30am and 1:30pm – 3:00pm, clothing closet, food pantry, prescription drug assistance, utility assistance, health clinic, veterans housing.

**St. Vincent Health**
(501) 552-3241, Free Community Medical Clinics (see: Web Directory)

**St. Francis House Clinic**
552-3241, 664-5036, 2701 South Elm Street, Little Rock, AR 72204, Tuesdays: 8:00 am until done, appointments required for medical and pharmacy services.

**St. Vincent-Gardner Memorial Clinic**
(501) 552-3241, 1723 Schaer Street, North Little Rock, AR 72117, Mondays: 8:00 am until done, walk-ins accepted for medical and pharmacy services.

**St. Vincent - Glenview Community Clinic**
(501) 552-3241, 4800 East 15th Street, North Little Rock, AR 72117, Mondays: 8:00 am until done, walk-ins accepted for medical and pharmacy services.

**Salvation Army**
(501) 374-9296, 1113 West Markham, Little Rock, AR 72203, homeless shelter for individuals and families, food pantry, meals, youth mentoring (North Little Rock only), Angel Tree gifts for children, youth camps, emergency support for victims of natural disasters.

**S.O.A.R. Network**
(501) 255-0529, 1827 South Woodrow, Little Rock, AR 72204, homeless programs coordinating center, connects homeless people in Pulaski County with referrals for food, clothing, housing, trans-portal, technology, employment, resume and interview prep, job referrals, computer access and transition assistance, calls for special needs, referrals for mental health care, showers, laundry, storage for personal belongings.

**Union Rescue Mission**
(501) 370-0808, 3101 Confederate Blvd., Little Rock, AR 72206, Nehemiah House, men’s transient lodge, transitional work program, 9-month recovery program. Dorcas House, emergency food, shelter, clothing, furniture and crisis intervention services for women and children, 9-month domestic violence recovery program for women and children, 9-month addiction recovery program for adult women only.

**Watershed**
(501) 378-0176, 3701 Springer Boulevard, Little Rock, AR 72206, open daily 8:00am – 5:00pm, women’s programs for birthing and for newborns, full child care & development services, fatherhood program for single men ages 15-35, food, clothing, utility and transportation assistance, special outreach for the disabled, holiday meals and toys baskets, academic tutoring and GED classes, employment assistance, disaster relief, support for friends and family of incarcerated persons, health advocacy, AIDS awareness, substance abuse, nutrition and fitness counseling, referrals to local clinics, socialization programs with special celebrations & community get-togethers.

**Breaking the Cycle (cont.)**

“Every time you hear a report on the news about another sex crime, it’s proof that our current laws are not working,” Combs asserted. “And recidivism data on sex offenders tells a very different story than what the public is generally led to believe.” For example, former sex offenders are often only about a three percent recidivism rate, which stands in stark contrast to the 60 percent national average for all ex-offenders.

“In context of the restrictions placed on these individuals subsequent to their release from prison, this very low percentage of reoffenders are no help to these registrants work to stay in compliance with the law,” Combs affirmed. Still, employing those who are recently released from jail or prison raises countless flags for human resources officers. Can this person be trusted? How will we know if we’re being scammed? And, in light of recent EEOC policy clarifications, is our hiring policy in compliance? **Employment Equals Success**

Contrary to public opinion, the vast majority of offenders released from incarceration are highly motivated to make a successful transition and are earnestly seeking a second chance.

Many have professional skills in the construction, food service, agricultural and industrial trades, acquired in prison training programs. Others have carry-over expertise from a former career, such as accounting, health care, or legal work, which they may be prohibited from practicing again but could provide solid footing for a new profession.

In every instance, what is most needed to empower a successful transition is the opportunity for these individuals to build new capacities and earn their way back into society as productive members of the mainstream workforce.

“Many employers tell me that they just want somebody they can rely on to show up on time and do the work they’re assigned,”
said Combs. "In this context, those on parole or probation are ideal candidates because maintaining employment is often a requirement of their release."

In addition to employment monitoring, most forms of supervised release require participants to subject to drug testing. They are eligible for bonding by the government, which is free of charge to the employer and usually qualifies the company or organization for special tax advantages. For details, visit National Reentry Resource Center online.

In April, 2012 the U.S. Equal Employment Opportunity Commission issued new enforcement guidance, updating the standards regulating criminal background checks and clarifying critical information on how employers are to apply the new EEOC policy to their daily decisions when considering criminal records and employment. For example, the EEOC has ruled that employers may not have a blanket policy to exclude offenders based solely on the existence of a prior conviction.

Thus, it’s now considered a best practice to remove the “have you ever been convicted of a felony” check box from employment application forms. “Doing the same thing over and over again and expecting different results,” Combs chided. “Still, as a society, we must put this wisdom to practice. These problems can and will be solved by following the science and incorporating well-reasoned approaches.”

The concept of ‘food security’ is relatively new. That is, the fact that having enough food to maintain health is critical to maintaining life has been with us forever, but the health statisticians among us only recently started thinking about this in terms of ‘food security.’

Beginning in 2009, the ConAgra Foods Foundation started funding annual reports that included state-level estimates of child food insecurity based on three-year averages. In September of 2013, importantly, what can we do to ensure that everyone gets fed?

The Arkansas Hunger Relief Alliance

In 1992, the Donald W. Reynolds Foundation awarded funding to examine and improve the existing charitable food distribution system in Arkansas. The hunger-relief organizations in the state were identified and contacted by the Reynolds Foundation to determine their interest and willingness to work together to build a coordinated food distribution system. In 2004, our six founding members, the Arkansas Foodbank, Food Bank of North Central Arkansas, Food Bank of Northeast Arkansas, Harvest Texarkana Regional Food Bank, River Valley Regional Food Bank and the Northwest Arkansas Food Bank, with the assistance of a 3-year start-up grant from the Reynolds Foundation, formally incorporated the Arkansas Hunger Relief Alliance in the state of Arkansas.

No Kid Hungry

In 2009, Arkansas ranked #3 in the nation in childhood hunger. In 2010, the Arkansas Hunger Relief Alliance partnered with the national Share Our Strength campaign and joined together with Governor Mike Beebe and First Lady Ginger Beebe in launching the Arkansas No Kid Hungry campaign. With generous support from corporate partners Weight Watchers, Tyson Foods, and the Midwest Dairy Council, the Arkansas No Kid Hungry campaign has become a successful public-private partnership working to end childhood hunger in Arkansas.

Today, Arkansas has gone from #3 to #7 in childhood food insecurity. How? The tide on childhood hunger is being turned by providing more than 4 million summer meals toArkansas children at risk of hunger in 2013 alone (1.6 million more than in 2012), by providing grants and technical support to more than 250 schools as they introduce Breakfast-After-the-Bell programs that make breakfast part of the school day, and by helping more than 3000 families learn to shop smarter and cook healthier through Cooking Matters and Cooking Matters at the Store nutrition education programs.

Thanks to the partnership formed by the Arkansas Hunger Relief Alliance and Share Our Strength with Governor Mike Beebe and First Lady Ginger Beebe and the generous support of corporate partners Weight Watchers, Tyson Foods, and the Midwest Dairy Council, the Arkansas No Kid Hungry campaign has become a successful public-private partnership working to end childhood hunger in Arkansas.

SNAP

The Supplemental Nutrition Assistance Program (formerly known as Food Stamps), is part of the safety net providing low-income families with the food they need to feed themselves. Funded through the United States Department of Agriculture and administered in Arkansas through the Arkansas Department of Human Services, eligible participants receive a monthly stipend through electronic debit (EBT) cards to purchase groceries.

Eligibility is based on income and assets, ability to work, citizenship and whether there are children or elderly in the home. More information and online enrollment is available (google ‘snap arkansas’), by visiting any DHS County Office, or call 1-800-482-8988 (TDD: 501-682-8820).

Economic Research Service at the United States Department of Agriculture (USDA) released its most recent report on food insecurity, indicating that nearly 50 million people in the United States are living in “food insecure” households, about 16 million of whom are children.

Here in Arkansas, that translates to roughly 575,000 people (nearly 20% of state population) who daily go without sufficient nourishment to maintain a healthy life, with 78,000 of these folks living in Pulaski County.

All of which begs the question, why? What is going on? Given the technology and resources at our finger tips, the great amount of agricultural harvest that we import and export, how can so many people be going hungry? And, more...
ROCK THE VOTE

Early voting begins October 20
Polls open 7:30am / 7:30pm
November 4, 2014
Remember to bring your I.D.

If you don't know where to vote, contact Pulaski County Election Office, 501-340-8500

Your voice matters...!!!
Rethink Reform Restore

Justice For All