

Helpful Tips for Finding Local Resources

Familiarity with local and national resources is important for the care of children and their families. However, locating resources can be time consuming. Below are helpful tips to find local resources and a partial list of national ones.

Finding local resources

- National resources' hotlines or websites often help find local resources
- Many state governments have websites on specific problems (e.g., substance use)
- County health departments or general county government websites may have information on resources for certain problems (e.g., food banks, smoke alarms, mental health)
- City websites may have information on resources for certain problems (e.g., smoke alarms, food pantries)
- [Benefits.gov](https://www.benefits.gov) has information on government programs, eligibility criteria, how to apply
- Dialing 2-1-1 helps find nearby resources for many problems, like food assistance, housing, substance use, domestic violence, employment, health care and counseling
- [findhelp.org by Aunt Bertha](https://findhelp.org) helps find free or reduced fee resources for problems, such as food insecurity, paying bills; enter zip code and targeted problem
- Find social media accounts (e.g., Facebook or Twitter) for local agencies or programs and visit the account pages as these may have information on upcoming events, news and up-to-date contact info

Finding resources for targeted SEEK problems

Poison Control

- Most states have a Poison Control website; search '(state) poison control'
- The [National Capitol Poison Center](https://www.nationalpoisoncenter.org) website assists with suspected poisonings or via a helpline

Smoke Alarms

- The American Red Cross provides free smoke alarms; search '(state/region) red cross'
- County or city governments or local fire departments may provide free smoke alarms; search '(county/city) free smoke alarms'

Tobacco Use

- Most states have smoking quit lines; search '(state) smoking quit line'
- The websites below offer tools, tips and resources to help quit smoking. They all offer quitlines and some offer help via their website
 - [Smokefree](https://www.smokefree.com)
 - [Freedom from Smoking](https://www.freedomfromsmoking.org)
 - [CDC – How to Quit Smoking](https://www.cdc.gov/tobacco/quit_smoking)

Food Insecurity

- Many states or regions have food banks; search '(state/region) food bank'. Food bank websites direct one to local food pantry information
- The [Supplemental Nutrition Assistance Program \(SNAP\)](https://www.fns.gov/snap) provides nutrition benefits to low-income individuals and families through its nationwide network of field offices
- The [Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\)](https://www.wic.gov) helps women and children up to age 5 with free healthy foods, advice on healthy eating and referrals to health, welfare and social services

- The [Child Nutrition Programs](#) offer free or reduced rate food programs:
 - [National School Lunch Program](#)
 - [School Breakfast Program](#)
 - [Special Milk Program](#)
 - [Child and Adult Care Food Program](#)
 - [Summer Food Service Program](#)
- www.foodpantries.org has food assistance info for many states

Harsh Punishment

- Some states offer parenting helplines; search '(state) parent helpline'
- The [Help Me Grow National Center](#) has affiliates in many states which link community resources, such as parent support, family services, education and healthcare
- The [National Parent Helpline](#) offers parent support and helps find local resources
- The [Boys Town National Hotline](#) helps families in crisis or in need of resources

Severe Parental Stress

- Some states offer crisis helplines; search '(state) crisis helpline'
- Some states offer parenting helplines; search '(state) parent helpline'
- The [Help Me Grow National Center](#) has affiliates in many states which link community resources, such as parent support, family services, education and healthcare
- The [National Parent Helpline](#) offers parent support and helps find local resources
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Parental Depression

- Some states offer crisis helplines or treatment locators; search '(state) crisis helpline or treatment locator'
- The [National Helpline offers](#) 24/7, confidential, free, information on local treatment centers, support groups and community organizations
- The [National Suicide Prevention Lifeline](#) offers 24/7, confidential, free, support for those in crisis or who are suicidal
- [Postpartum Support International](#) offers a helpline and other resources
- [FindTreatment.gov](#) offers a treatment locator for providers specialized in treating substance use disorders, addiction and mental illness

Unhealthy Substance Use

- Many states or counties offer substance use hotlines or treatment locators; search '(county/ state) substance use hotline or treatment locator'
- [FindTreatment.gov](#) offers a treatment locator for providers specialized in treating substance use disorders, addiction and mental illness
- [Alcoholics Anonymous](#) & [Narcotics Anonymous](#) offer local chapters of free fellowships of men and women who share their experience, strengths and hopes, to recover from alcoholism and drug addiction
- The [National Helpline offers](#) 24/7, confidential, free, information for referrals to local treatment centers, support groups and community organizations

Intimate Partner (or Domestic) Violence

- Many states, counties, local agencies or hospitals offer domestic violence hotlines and/or shelters; search '(city/county/state) domestic violence resources'
- Legal Aid Clinics helps those that are financially eligible with civil legal problems, such as intimate partner violence; search '(city/county/state) legal aid'

- The [National Domestic Violence Hotline](#) offers advocates 24/7 for free, confidential help, information, crisis intervention, safety planning and connection to local resources. Help is available in over 200 languages
- [Womenslaw.org](#) offers an email hotline for survivors of abuse to learn about legal information

Parent Handouts with Info on Local and National Resources

Parent Handouts with information on local (and national resources) should be offered to patients and their families, such as the [SEEK Parent Handouts](#). These serve as a valuable adjunct to what is communicated orally. Highlight which resource(s) may be most helpful. See below for information to include:

- Customize parent handouts with resource information. Specify:
 - Service(s) provided
 - Address
 - Contact information
 - Hours of operation
 - Cost, fees
 - Eligibility criteria¹
- Update the information periodically, preferably annually¹
- Identify specific people at the resources to serve as the main point of contact for referred parents¹
- Personnel can plan with the family re. optimal resource(s) (e.g., location, insurance accepted)

Reference

- 1) Referral Resource Worksheet. AAP.org. https://www.aap.org/en-us/_layouts/15/WopiFrame.aspx?sourcedoc=/en-us/Documents/STAR-Center-Referral-Resource-Template.docx&action=default. 2017. Accessed December 9, 2020.