

# St. Louis Reentry Guide

Short description to go here



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# Introduction

[Name] is resource guide for formerly incarcerated individuals transitioning back to the St. Louis metropolitan area that includes a collection of the most up-to-date and reliable support services currently available.

[Name] is divided into sections that address the basic needs that many reentering people require, including housing, employment, health services, transportation, education, and public benefits. It also includes some general information about accessing these resources—steps to take, questions to ask, and eligibility requirements.

This guide was created by the Washington University in St Louis Prison Education Project Reentry Committee. It was written and edited by social work and public health practitioners, currently incarcerated people, and formerly incarcerated people in Missouri. We are grateful to staff and volunteers at Criminal Justice Ministry, LaunchCode, Saint Louis University Transformative Workforce Academy, the St Louis Regional Health Commission, the Bail Project, the Department of Corrections Reentry staff, and other community members for their assistance in editing and providing feedback on the guide.

If you discover a useful resource that we have not yet included in this guide, please let us know. Contact us at [stlreentry@gmail.com](mailto:stlreentry@gmail.com). We welcome your feedback.

The full guide is also available at: [www.stlreentryresources.org](http://www.stlreentryresources.org).

This guide was most recently updated in August 2020.

# Pre- and Post-Release Timelines

There are important questions that you need to consider and steps that need to be taken for you to have the most successful transition back into society. This section includes timelines for pre- and post-release, provides questions you should think about before your release, and gives first step action items for after your release.

## One Year Pre-Release

A year prior to your release from prison you really need to start asking some important questions:

- Where are you going to live? (Housing, pg. 18)
- Where are you going to work (obviously you are not going to be able to find a job, but you can think about possible career paths)?
- Are you qualified for SSI or SSDI? What things you might need to do to qualify if any?
- Do you need any vital documents? (Getting Your ID, pg. 9)
  - Identification card
  - Birth certificate
  - Social security card
- Do you want to learn a trade or earn a certificate or high school or college degree? (Continuing Your Education, pg. 62)
- Are there any programs that you need to complete or be enrolled in as a condition of parole?
- How will you secure health insurance (as is now required by law)?
- Do you owe child support? If so, how much?
- Are there any detainers that you need to have satisfied?

## First Few Days Post-Release

During the first few days after you get out of prison, it is important to remember that there are vital things that must get done while you are enjoying your reunification with family and/or friends:

- **Within moments** of your release, attempt to contact your parole officer.
  - Schedule your initial visit and/or orientation
  - Notify them of schedule changes in your itinerary
- If you have not done so already, you need to get an identification card.
- Depending on where you are residing and what your conviction/s are, you need to register with the local authorities.
  - Call the local registry office and schedule your initial registration
  - If you are going to be living on your own, you will need to have a copy of your lease before you can register
  - You need to have identification
  - You will need to know the name of your P.O. if you are still under supervision
  - Some areas charge a registration fee or an administrative fee to change or add anything to a registration, so be prepared to provide payment
- Get a phone
  - No-contract phones are cheap, easy to purchase, and do not require you to have credit to purchase (see pgs. 57-58)
- Set up an email account
  - An email account can be opened for free through services like google.com, yahoo.com, or your internet service provider (see pg. )
- Open a bank account. This is a priority for the first few days.
  - Call the bank to verify all documents that you will need to open an account:
    - Identification card
    - Social security card
    - Verification of residency (lease, utility bill, etc...)
- File for SNAP benefits, Medicaid, or any other government programs for which you are eligible (see p. )
- Register to vote if you are eligible (see pg. 104)
  - The state will provide you with documentation notifying you of reinstatement of voting rights
- Set up any appointments stipulated under your conditional release
- If you are collaborating with a case manager, call them and schedule an appointment
- If you are registered to start classes, contact your advisor to verify your status.
- Set up transportation: personal, public, friend, or hired
- Make sure that you have fulfilled all conditional release requirements, attended to local and federal legal requirements, and filed for your supplemental benefits

# Searching for Basic Services

You might not know what exact services and support you need after your release, which is why it is important to be connected to organizations that provide holistic support services. This section highlights various community support organizations—211, Start Here, and Missouri DOC Reentry Website—that provide a myriad of support for food, health, transportation, housing, employment, mental health and addictions, legal services, and more.

## 2-1-1



211 is designed to connect you to organizations that provide support for food, health, transportation, housing, mental health and addictions, legal support, and more. You can call 2-1-1 any time (24/7) and connect with a resource specialist. You can also chat with a specialist online during normal business hours, or visit their website at [www.211helps.org](http://www.211helps.org) to search for services by zip code and service type. This service is available to anyone from Missouri or Illinois, and is not specific to formerly incarcerated people.

## Start Here

Start Here is a St Louis based resource that provides contact information and basic description of social services like housing services, employment organizations, food pantries, legal services, as well as resources for specific people like fathers, Veterans, and LGBTQ people. You can search their website and print out a full resource guide or a shorter guide for a specific section (for example, you can print all housing resources). The current website was designed by men incarcerated at Potosi. [www.startherestl.org](http://www.startherestl.org)

## Missouri Department of Corrections Reentry Website

Similar to 211, the DOC runs a reentry website where you can search for services, including employment connections, job preparation, substance abuse disorder programs, probation and parole information, and women-specific post-release supervision services. This website includes a map for easy navigation. You can find it at the link below, or by searching on Google for “Missouri Reentry Website.” When you click on a resource you are interested in, it will also tell you specific eligibilities or exclusions (for example, if they don’t serve people convicted of violent crimes or drug offenses). [www.doc.mo.gov/director/office-director/office-reentry-services](http://www.doc.mo.gov/director/office-director/office-reentry-services)



# Getting Your ID

If you do not have a driver's license, social security card, or birth certificate when you leave prison, you will want to apply as soon as possible. This section covers how to obtain a state ID, social security card, and birth certificate in Missouri and Illinois.

## Getting a State ID

If you don't have a driver's license or other form of ID when you leave prison, you should apply for a state ID as soon as possible.

In **Missouri**, to purchase a State ID card, you will need to provide your SSN (Social Security Number) card, birth certificate, and proof of residence (a bill or paycheck with your address, for example). It costs \$12 for an ID valid for three years or \$18 for a six-year ID. You need apply in person at the Department of Motor Vehicles (DMV).

## Getting a Birth Certificate

If you did not receive a birth certificate from the DOC, you should request one from the state in which you were born as soon as you are released. Different states have different processes to request a birth certificate.

### Applying Online:

If you have internet access, you can apply online and receive your birth certificate in a matter of days, but the application costs between \$27 and \$50, depending on how fast you request shipping (the cost is \$15 + shipping). You will need a credit card to apply online. The state of Missouri and Illinois use the same website (see below).

### Applying in Missouri:

If you were born in Missouri, you can request your birth certificate through the Department of Health and Senior Services (DHSS) in person or by mail for \$15. In-person and mail requests may take up to 12 to 16 weeks to process.

To request your birth certificate **in person**, you can print out and complete the application from [www.health.mo.gov/data/vitalrecords](http://www.health.mo.gov/data/vitalrecords) and either take it to any state health department office. You will need to pay \$15 by check when you submit your application.

To request your birth certificate **by mail**, you can print out the form and mail it to the address below. If you do not have access to the internet, you can also request a form by mail from this address:

Missouri Department of Health and Senior Services  
Bureau of Vital Records  
930 Wildwood Drive  
Jefferson City, MO 65109

### **Applying in Illinois:**

If you were born in Illinois, you can request a birth certificate in person, by mail, or by fax. You will need to complete the appropriate application forms (see below) and provide a valid issued photo identification (ID) that is readable and not expired.

You can request a birth certificate **in person** at the Illinois Department of Public Health in Springfield (the same address as the mailing address below).

You can also request your birth certificate **by mail**. You can find the application at [www.dph.illinois.gov](http://www.dph.illinois.gov); search for “Birth Certificate.” Once you fill out the form, you can mail it to the address below:

Illinois Department of Public Health  
Division of Vital Records  
925 E. Ridgely Ave-2737  
Springfield, Illinois 62702

The first certified copy of the birth certificate will cost between \$10-15; additional copies will cost \$2.

You can also **fax** a request (217-523-2648) and pay the processing fee (\$15 for the first certified copy and \$2 for additional copies), handling fee, and UPS mailing fees with a major credit card.

### **Getting a Social Security Card**

If you did not receive a birth certificate from the DOC, request one as soon as you are released. You will then need to fill out a SS-5 form to request a Social Security Card, which you can find online ([www.ssa.gov/forms/ss-5.pdf](http://www.ssa.gov/forms/ss-5.pdf)) or at a local Social Security Administration Office. In order to get a Social Security Card, you will need a copy of your birth certificate and a photo ID. A state ID or driver’s license is preferred, but you can also use your DOC ID, Medicaid Card, or a Student ID.

# Applying for Public Benefits

Public benefit programs are in place to help support people. When you are released from prison, you might consider applying for a public benefit program like Supplemental Nutrition Assistance Program (SNAP), Supplemental Security Income (SSI), or Social Security Disability Insurance Benefits (SSDI). This section explains how to apply for the aforementioned public benefit programs.

## Applying for SNAP Benefits



The Supplemental Nutrition Assistance Program (SNAP), also called food stamps, provides a monthly supplement for purchasing food. If you qualify (based on your income level), you'll get an Electronic Benefits Transfer card (EBT card) to use for groceries.

Because the Missouri Family Support Division will need to verify your income, it is faster if you provide them with income verification, like a copy of your paystub. You can apply for SNAP benefits either online or with a paper form. You can figure out how much of the benefit you qualify for and apply here: [www.mydss.mo.gov/food-assistance/food-stamp-program](http://www.mydss.mo.gov/food-assistance/food-stamp-program).

### Eligibility Requirements:

People who have three or fewer felony drug convictions are eligible for Supplemental Nutrition Assistance Program (SNAP) benefits in Missouri. Those who have more than three are banned from SNAP for life. However, you have to provide a urine test and either 1) be in a DOC-approved substance abuse program or 2) be deemed by the DOC to not need such a program.

## Applying for Supplemental Security Income (SSI) Benefits

The Supplemental Security Income (SSI) program pays benefits to people who have limited income and resources and who are age 65 or older, who are blind, or who are disabled.

### How to Apply:

Go to [www.socialsecurity.gov/disability](http://www.socialsecurity.gov/disability) or call toll-free at 1-800-772-1213 to set up an in-person or telephone appointment with a Social Security representative.

To apply, you will need:

- Social Security card (or a record of your Social Security number)
- Birth certificate (or other proof of your age)
- Information about the home where you live (e.g. your mortgage or lease or your landlord's name)
- Payroll slips, bank books, insurance policies, burial fund records, and any other information about your income and the things you own.

- Names, addresses, and telephone numbers of doctors, hospitals, and clinics that you have been to if you are applying for SSI because you are disabled or blind
- Proof of U.S. citizenship or eligible non-citizen status
- Checkbook or other papers that show your bank, credit union, or savings and loan account number.

## Applying for Social Security Disability Insurance (SSDI) Benefits

To qualify for Social Security disability benefits, you must first have worked in jobs covered by Social Security (usually for at least five years) and have a medical condition that meets Social Security's [definition of disability](#) (typically, a physical or mental disability that prevents engagement in "substantial gainful activity" expected to last at least 12 months or to result in death). In general, SSDI pays monthly benefits to people under 65 who are unable to work for a year or more because of a disability. Benefits usually continue until you are able to work again on a regular basis. Unlike SSI, there is no low-income threshold for receiving these benefits.

### How to Apply:

You should apply for disability benefits as soon as you become disabled. If you are ready to apply now, you can:

- Complete your application online at [www.secure.ssa.gov/iClaim/dib](http://www.secure.ssa.gov/iClaim/dib); or
- Call the toll-free telephone number 1-800-772-1213. If you are deaf or hard of hearing, call TTY 1-800-325-0778; or
- Call or visit your local Social Security Office. Use this link to locate the office closest to you: [www.secure.ssa.gov/ICON/main.jsp](http://www.secure.ssa.gov/ICON/main.jsp)

# Transportation

Transportation is a vital piece of your reentry plan as it allows for independence and opportunity. Identifying reliable, affordable transportation is important to keep in mind while you think about your housing plan as it can determine your access to jobs, training, medical appointments, and basic goods like groceries. If you plan to use public transportation proximity to Metrolink and bus stops should be a priority in your housing search and decision-making process.

## Navigating the Metro Transit System

There are two main forms of public transportation for the St. Louis metro area: Metrolink and Metrobuses. Generally, it is easier to use public transportation the closer to St. Louis City you are, and harder as you get farther into St. Louis County.

### Missouri MetroLink Stations

- Link to MetroLink Routes Map: [www.metrostlouis.org/wp-content/uploads/2019/03/OP190179-MetroLink-Kiosk-Map-For-SSPP.pdf](http://www.metrostlouis.org/wp-content/uploads/2019/03/OP190179-MetroLink-Kiosk-Map-For-SSPP.pdf)
- Link to MetroLink Station Schedules: [www.metrostlouis.org/metrolink-schedule](http://www.metrostlouis.org/metrolink-schedule)

### Missouri MetroBus Routes

- Link to Map: [www.metrostlouis.org/wp-content/uploads/2019/11/191115v2-Metro-Missouri-Map-w\\_Dwntrn-1.pdf](http://www.metrostlouis.org/wp-content/uploads/2019/11/191115v2-Metro-Missouri-Map-w_Dwntrn-1.pdf)
- Link to Bus Route Schedules and Route Maps: [www.metrostlouis.org/metrobus-schedule](http://www.metrostlouis.org/metrobus-schedule)
  - You can search for bus schedules by route number and name as well as bus stop name, and select options by direction and day of travel
- If you are able, Metro recommends downloading the app **Transit** for smartphones to track buses in real-time and get direct alerts about arrivals and departures
- You can also text a transit expert with questions between 7am and 6pm, Monday-Friday, by texting **314-207-9786**
- To get real-time arrival times without the app text your Stop ID Number (the four or five-digit number located on the bottom left of the bus sign) to **79322**



# Metro Fares and Passes

Current prices for Metrolink (System), Metrobus, and Call-a-Ride services are kept up-to-date here: [www.metrostlouis.org/fares-and-passes](http://www.metrostlouis.org/fares-and-passes). Some things to consider when thinking about your purchasing options:

- Reduced Fares require a Metro reduced fare permit (addressed in the Reduced Fares section)
- For information on all the ways you can purchase passes easily you can call (314) 982-1495; email: [metrostore@metrostore.org](mailto:metrostore@metrostore.org); or check online at [www.MetroStore.org](http://www.MetroStore.org)
- Consider getting a **Gateway Card**, Metro's smart card, which will allow you to upload payment directly without dealing with paper passes and exact change. Cards are available at MetroStore (801 Pine St.) during business hours.

## Reduced Fares

### Who Should Apply for Reduced Fare Programs?

- Seniors (aged 65+)
- Customers with disabilities
- Customers with a Medicare ID

### Senior Reduced Fare Permits:

A **Senior Reduced Fare Permit** allows seniors (residents of MO or IL age 65 and older) to ride MetroBus and MetroLink for **half price!** You can obtain a free permit by applying in person at the MetroStore (801 Pine Street). For more information and directions on how to apply, call the MetroStore at: 314-982-1495.

### Apply for Reduced Fare Permit Based On Disability:

Metro also offers reduced-fare rates to qualified individuals with disabilities who use MetroBus, MetroLink or Metro Call-A-Ride services. Metro's ADA Services department determines eligibility and issues permits for disability based reduced fares on MetroLink and MetroBus service, or for ADA paratransit service (Americans with Disabilities Act transportation) on Metro Call-A-Ride.

To apply, visit [www.metrostlouis.org/wp-content/uploads/2017/02/ReducedFareApplication2017.pdf](http://www.metrostlouis.org/wp-content/uploads/2017/02/ReducedFareApplication2017.pdf).

- You can check here or on PEP's website for more information about the verification you will need to provide.
- For questions or more information about this discount and the application call the ADA Services Department at (314) 982-1510.

# Call-A-Ride and Paratransit

## Using Call-A-Ride

Metro Call-A-Ride service is available, with advance reservations, to both the general public and at a reduced fare (with reduced fare permit) to persons whose disabilities prevent them from using the other transit services (MetroLink and MetroBus). You'll share your ride with other passengers in a wheelchair-accessible vehicles.

### To Schedule Your Ride:

- Call (314) 652-3617 or toll free at (888) 652-3617, for the hearing impaired, call Relay Missouri at 711.
  - The reservation lines are answered every day, including holidays, from 7:30am to 4:30pm.
  - For more information contact the customer service coordinator: (314) 982-1505.

## St. Louis Area Agency on Aging: Senior Transportation

SLAAA provides transportation services to seniors 60 yrs. and older and people with disabilities (18-59 yrs.) living in the City of St. Louis. Call 314-612-5918 to request services. Requests for transportation should be made at least two to three days in advance.



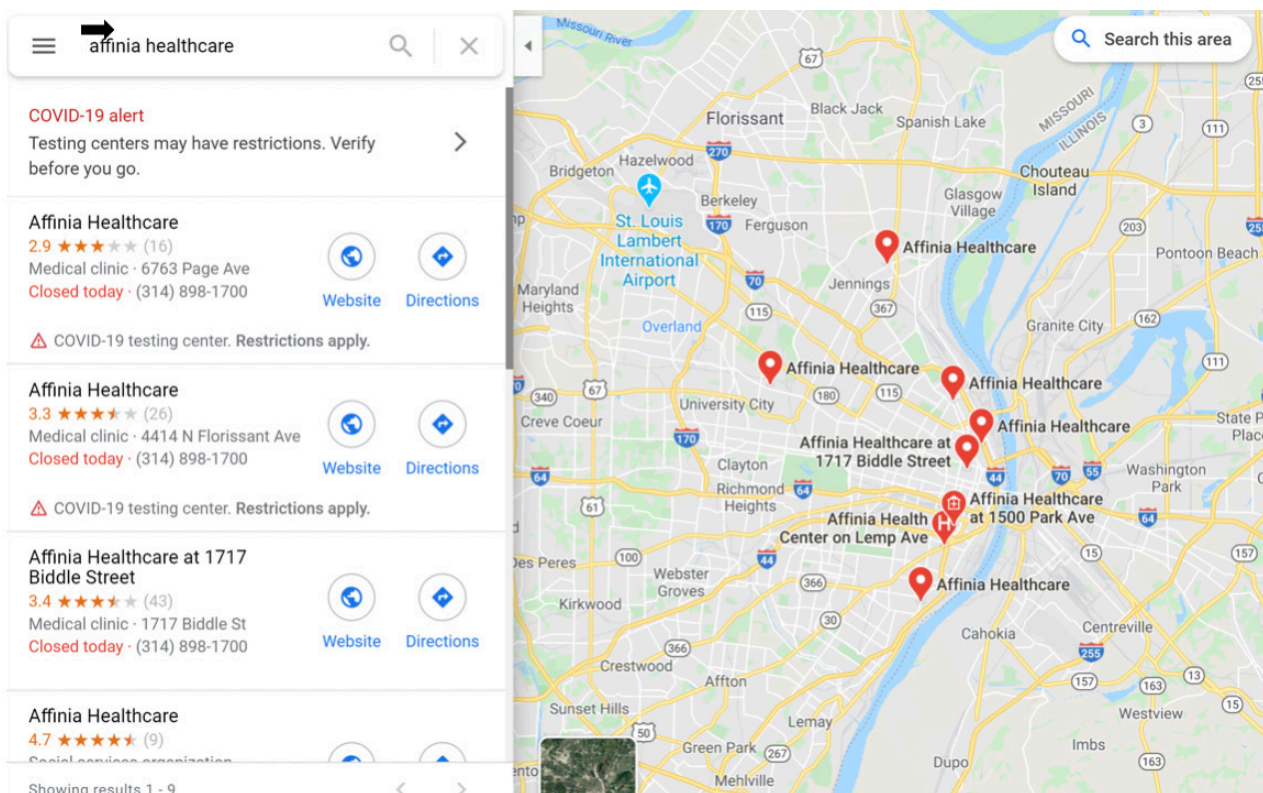
# How to Use Google Maps

One of the most common and easiest ways to plan a trip or get directions to a destination is by using Google Maps. You can use Google Maps online at [www.googlemaps.com](http://www.googlemaps.com) or as an app on a smart phone. When you go to [www.googlemaps.com](http://www.googlemaps.com) you will see a map (most likely of the geographic area you are in) and a blank search bar. There are two main ways to use the search function:

## Find an Address:

If you know the name of the place you are looking for (e.g. Healthcare Clinic) but not its address you can type or paste the name into the search bar and Google Maps will pull up its address and location on the map.

- Clicking on the red icon that has popped up on the map will also link you to the hours, phone number, and website of the place.



If you don't have a specific location name but are looking for a particular service or type of place you can simply type what you are looking for into the search bar.

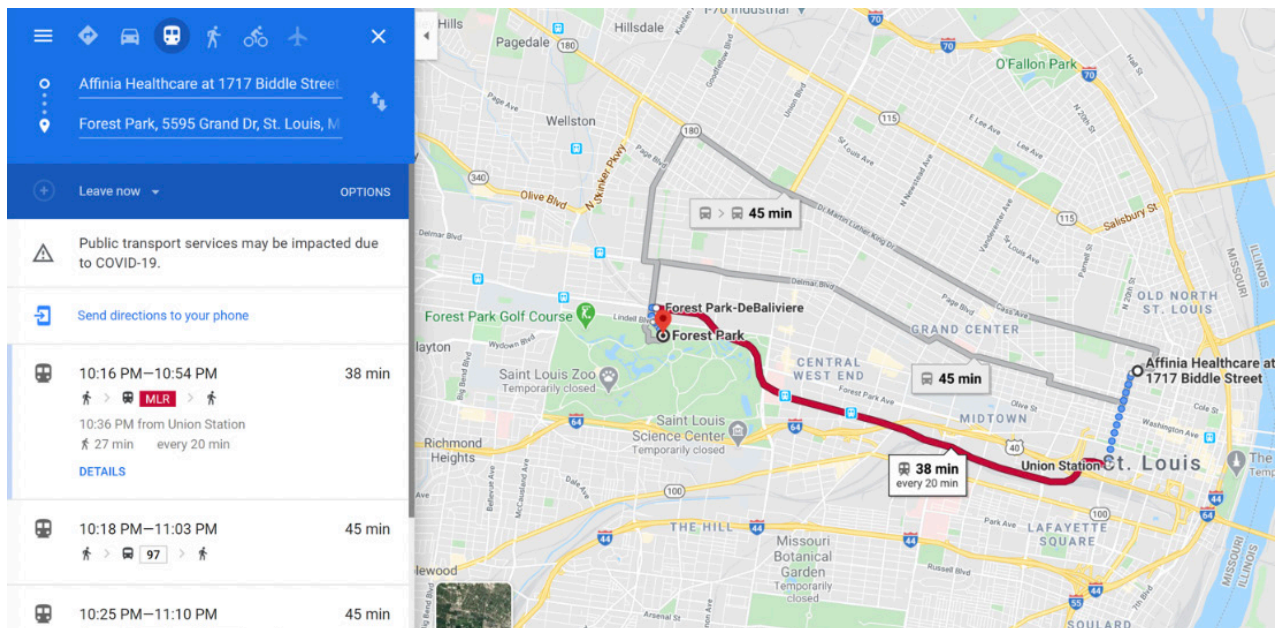
- For example, if you would like to find a library near you, you can type "library" into the search bar and Google Maps will mark the location of all the nearby libraries on the map and generate a list of those libraries. Just click on a library icon or on the name of a library on the list to get its address.
- You can also click 'Nearby' located underneath the search bar Google Maps has icons for types of places you may be looking for. Click on one of these icons and Google Maps will pull up nearby locations.



## Get Directions:

Google Maps is perfect for planning how you will get to a destination.

- To begin, simply click the 'Directions' (arrow) icon on the right of the search bar
- You will then be able to choose how you will be traveling. You can click the icon for: Driving, Public Transportation, Walking, or Biking and you will get directions for that type of transportation.
- For your next step type or paste the address of your starting point in the first search box and then type or paste the name or address of the place you are going to in the search box below.



- Google Maps will usually give you multiple routes to your destination, with the fastest route listed first and drawn in red. You can click on these routes and look at the directions to choose the one that makes sense to you.
  - Google will usually take into account traffic and roadblocks in planning your route.
  - If you are using public transportation, you can choose the time when you will be traveling.
  - There is no geographic limit for Google Map directions—you can use this to plan a trip to a nearby grocery store or across the country.

# Housing

Housing is one of the most important aspects of your home plan, whether or not you'll be on parole. Where you first land may not be where you stay forever, but it's important to think about what is realistic for you now and develop a future housing goal as well. For example, when you're first released, it might be good for you to live in a substance abuse recovery house before moving into your own apartment, which may not be a realistic or financially feasible goal in the short term. What's important for now is that you have a safe, stable place to live.

In each section, we provide information on housing eligibility requirements, how to apply, and any living requirements. The resources are arranged by level of eligibility requirements. That means that resources at the beginning of the section will have fewer eligibility requirements, while resources near the end of each section will have more eligibility requirements (so they may be more difficult to get into). Be sure to look at the application process. Some programs require you to go through your parole officer, while others you can apply to once you are released.

## Transitional Housing

### Father Dempsey's Charities

Run by the Archdiocese of St. Louis, Farther Dempsey's provides transitional housing that is \$325 to \$425 per month, partially furnished apartments for older men. Daily meal is included in rent. Residents have a private room and a shared bathroom, kitchen, and chapel access. The average length of stay is two years.

**Location:**

Archdiocese of St. Louis  
3427 Washington Ave.  
St. Louis, MO 63103-1126

**Contact Information:**

(314) 535-7221



Father Dempsey's Charities is near the Saint Louis University campus and is within close walking distance to bus stops for 70 (Grand), 97 (Delmar), 94 (Page), and 10 (Gravois-Lindell).

**Eligibility Requirements:**

- Men only
- Residents must be able to live independently
- Residents must be able to pay rent on a monthly basis

**How to Apply:**

There is an online application on the Archdiocese website. To find out if there is room

available and if you qualify, call Donna Kestler (7am- 3:30pm, Monday through Friday) at (314) 652-7275. After completing the application, you will have to complete an in-person interview. The application asks about your current and prior housing, your source of income, your health status, and your incarceration history. When you submit your application, you must also send in a copy of your current ID and Social Security card and \$20 to pay for a background check. The \$20 fee is waived if you are a Veteran.

## **Mission Gate Ministry**

This nine-month-long residential program serves Christian men and women leaving prison or substance abuse treatment centers. There are several locations: ranches in Cuba (one for men, one for women), a home in St. Louis (for men), and a home in Troy (for women).

### **Location:**

Locations in Cuba, Troy and St. Louis

### **Contact Information:**

(314) 602-0117

### **Eligibility Requirements:**

- Open to men or women (women may live with children up to 12 years old)
- Must be in prison or a rehabilitation facility at the time of application
- Understand that Mission Gate is Christ-centered

### **Living Requirements:**

- You must attend and be active in a local church each week
- You must attend three classes per week (such as Bible studies, Overcoming Depression, 12-step and relapse prevention, and others)
- There is a \$110 per week program fee
- Weekend furloughs with immediate family are considered after three months of residence

### **How to Apply:**

You will need to complete an application and a personal reference form (like a case manager, Chaplain, or close friend). The application must be signed by the Missouri Department of Corrections and Division of Probation and Parole to release information to Mission Gate. If you are currently incarcerated, talk to your internal case manager about applying. If you are formerly incarcerated, you can download, print, and complete the application on the Mission Gate Ministry website: [www.missiongateministry.org](http://www.missiongateministry.org).

## **Cooper House**

Cooper House, run by the organization Doorways, serves people who are unable to live independently as a result of HIV/AIDS. Cooper House has 103 apartment units. Children are allowed to live with their parents. This program is not specifically for formerly incarcerated people, but is open to those with financial need and a HIV/AIDS diagnosis.

### **Location:**

4385 Maryland Avenue  
St. Louis, Missouri 63108

### **Contact Information:**

(314) 535-1919

Cooper House is located in the Central West end close to 10 (Gravois-Lindell) bus stops.

### Eligibility Requirements:

- Verified diagnosis of HIV/AIDS
- Proof of financial need
- Actively enrolled in medical case management services from one of the following agencies: St. Louis Effort for AIDS, Project ARK, Washington University Infectious Disease Specialty Program, Places for People, St. Louis County Health Department, St. Clair County Health Department (Metro East), or Williams and Associates, Inc.

### How to Apply:

You cannot apply while in prison. Once released, you can call 314-535-0888, ext. 2722 for the application process. Most people are referred through a Ryan White Case Manager (case managers for people who have HIV/AIDS).

## Center for Women in Transition

The Center for Women in Transition partners with women in the criminal justice system to support their successful transition to their families and to the St. Louis community through the Center's reentry program, and also works to reduce recidivism and strengthen community.

Center provides supervised, apartment-style transitional housing for up to 44 residents in Baker and Schirmer House. In addition, clients live in scattered-site homes throughout our community

- **Barbara Baker House:** Baker House is home to twelve women. All residents at Baker House receive case management services and other assistance. Residents spend most of their days at work, treatment or volunteering. A house manager is present in the evenings to provide monitoring and support. Residents may remain at Baker House for up to one year.
- **Schirmer House:** Schirmer House is home to up to 32 women who are fulfilling a state-mandated supervision requirement. Services offered on-site include Alcoholics Anonymous, Narcotics Anonymous and Anger Management classes, computer training and employment and life skills classes. The facility is staffed by four full-time employees, a probation officer and a 24-hour security team. Schirmer House residents remain at the facility until they are able to establish a safe and appropriate home plan.
- **Community Housing:** Clients may receive Center services while living in their own homes throughout the St. Louis region. Many clients may start out living in Baker or Schirmer House, then move to their own apartments while continuing to receive service. Other clients who are just leaving prison may stay for a short period in a Center-run transitional apartment before finding permanent homes. Rent support is available to community clients on an as-needed basis.

### Location:

7716 S. Broadway  
St. Louis, MO 6311

### Contact Information:

(314)771-5207  
[cwit@cwitstl.org](mailto:cwit@cwitstl.org)



The CWIT main offices are located near 8 (Shaw-Cherokee) bus stops.

### **Eligibility Requirements:**

- Women only

### **How to Apply:**

To apply for services visit [www.cwitstl.org/supportivehousing.html](http://www.cwitstl.org/supportivehousing.html) to download the program application located at the bottom of the webpage. You can also call or email to learn more about the organization. Contact your case manager or internal parole officer if you would like to apply before you are released.

## **Queen of Peace Center Housing**

Queen of Peace Center (QOPC) provides family-centered behavioral healthcare for women, children and families through four core programs: prevention, education, treatment and housing. Queen of Peace Center believes that housing coupled with treatment helps break the cycle of substance use disorders and homelessness. (More information on their behavioral health programs is in the Substance Abuse and Recovery section of this guide.)

### **Location:**

325 North Newstead  
St. Louis, MO 63108

### **Contact Information:**

(314) 531-0511



Queen of Peace Center is located in the Central West End near 1 (Gold) and 18 (Taylor) bus stops.

### **Housing Sites and Programs:**

#### **Shelter Plus Care**

Shelter Plus Care is a permanent supportive housing program offering rental and utility assistance with the goal to assist individuals and families experiencing homelessness in accessing the basic human right of housing.

#### **St. Philippine Home**

St. Philippine Home is a long-term residential program for pregnant and postpartum women and children with the goal of providing a safe and therapeutic environment to ensure the delivery of substance free babies and long term recovery support. *(10-12 women and 10 children)*

- 1015 Goodfellow, St. Louis, MO 63112

#### **Our Lady of Perpetual Help**

Our Lady of Perpetual Help (OLPH) provides congregate style permanent supportive housing for women experiencing chronic homelessness and substance use disorders. *(12 Single Room Occupancy)*

- 2011 Linton Ave, St. Louis, MO 63107

#### **Visitation, Miami and The Annex**

Visitation, Miami, and The Annex are permanent supportive housing facilities with supportive services for women and children. Permanent housing is provided through Queen of Peace Center's Shelter Plus Care Program.

- Visitation: 1911 N. Taylor, St. Louis, MO 63113

- Miami: 4257 Miami St., St. Louis, MO 63116
- The Annex: 4428 Pershing, St. Louis, MO 63108

**Eligibility Requirements:**

- Services for Women, adolescents, and children (not offered for adult men)
- May ask for a referral from your Parole/Probation Officer

**How to Apply:**

Contact the Director of Housing and Community Services, at (314) 531-0511 ext. 203.

**Release to Rent**

Year-long supportive housing and wrap-around services for men who have been incarcerated ten years or more. This program is run through Criminal Justice Ministry (CJM), a non-profit serving people returning from prison in the St. Louis region.

**Location:**

1104 Jefferson Ave  
St. Louis, MO 63104

**Contact Information:**

(314) 652-8062  
[info@cjmstlouis.org](mailto:info@cjmstlouis.org)



The CJM office is located close to 11 (Chippewa) and 31 (Chouteau) bus stops.

**Eligibility Requirements:**

- Men only
- Current period of incarceration is for ten consecutive years or more
- Incarcerated at the time of referral with a Board-approved release date within 6 months
- Will be released under supervision with Probation and Parole
- If a sex offender, must have completed MOSOP
- Does not receive SSI/SSDI and has no plans to apply

**How to Apply:**

For this program, you need to apply 6 months prior to your release. Contact your case manager for more information.

**Release to Rent Lite**

Short-term, six-month program for single men and women further along in their reentry transition that provides a pathway (gradual payment system, including security deposit and first two months' rent) to permanent housing in south St. Louis. Provides a fully furnished one-bedroom apartment, along with case management and intensive services.

**Location:**

1104 Jefferson Ave  
St. Louis, MO 63104

**Contact Information:**

(314) 652-8062  
[info@cjmstlouis.org](mailto:info@cjmstlouis.org)

The CJM office is located close to 11 (Chippewa) and 31 (Chouteau) bus stops.

**Eligibility Requirements:**

- Single men or women (no pets, couples, or children in physical custody)



- Employed for 6 months at the same full-time permanent job (i.e., no temp work)
- Pre-tax income of at least \$1500/month
- Not a registered sex offender
- No history of multiple probation/parole violations
- Willingness to participate in regular home visits and random drug screens

**How to Apply:**

If you meet the eligibility requirements, contact the Director of Client Services at (314) 652-8062 ext. 106 to inquire about the application and interview process. This program is specifically for people who are formerly incarcerated and experiencing housing instability or homelessness, not those who are currently incarcerated.

**Release to Rent Women’s Program**

Short-term program specifically for currently incarcerated women without a home plan. This program is run through Criminal Justice Ministry (CJM), a non-profit serving people returning from prison in the St. Louis region.

**Location:**

1104 Jefferson Ave  
St. Louis, MO 63104

**Contact Information:**

(314) 881-6007  
[referrals@cjmstlouis.org](mailto:referrals@cjmstlouis.org)

The CJM office is located close to 11 (Chippewa) and 31 (Chouteau) bus stops.

**Eligibility Requirements:**

- Currently incarcerated women (must be referred while incarcerated) with board-approved release dates within 6 months
- Current period of incarceration is for five years or more
- Will be released under supervision with Probation and Parole
- Has no other approved home plans or home plan options
- Not a convicted sex offender
- Must be eligible to work full time (does not receive SSI or Disability, etc.)

**How to Apply:**

If you meet the eligibility requirements, your Case Manager should contact CJM at [referrals@cjmstlouis.org](mailto:referrals@cjmstlouis.org) or (314) 881-6007 to inquire about the application and interview process.

**Release to Rent Veterans**

Year-long supportive housing and wrap-around services for men and women veterans who have been incarcerated in a state or federal prison for a year or more. This program is run through Criminal Justice Ministry (CJM), a non-profit serving people returning from prison in the St Louis region.

**Location:**

1104 Jefferson Ave  
St. Louis, MO 63104

**Contact Information:**

(314) 652-8062  
[info@cjmstlouis.org](mailto:info@cjmstlouis.org)

The CJM office is located close to 11 (Chippewa) and 31 (Chouteau) bus stops.

**Eligibility Requirements:**

- Male or female veterans with a history of criminal justice involvement
- Honorable or Other Than Honorable Discharge
- Has not used all 3 of their VA Grant Per Diem allowances
- Currently incarcerated OR has felony conviction and imprisonment in the past (for any length of time)
- If currently imprisoned, must have Board-approved release date within 0-6 months
- Has no other approved home plan
- If currently incarcerated, will ideally be released under supervision
- Does NOT plan to be a full-time student

**How to Apply:**

Candidates meeting the eligibility requirements should contact the VA Hope Recovery Center on Jefferson and make an appointment with the Housing Coordinator. You can apply if you are currently OR if you were formerly incarcerated for a felony conviction.



# Substance Abuse Recovery Housing

## Oxford House

The Oxford House is a national network of independently run houses that serve men and women recovering from substance abuse issues. They typically have 6-10 residents who are voted in by current residents. Rent is typically \$100 per month, but varies by house. Depending on the house, sex offenders are eligible. Please note that you cannot home plan to an Oxford House, however you can move into one from a transition center. As of publication, there are 31 independently run Oxford Houses throughout the state of Missouri and 49 in Illinois. Each has a different application process and availability. If you have access to the internet, you may view Oxford Houses in Missouri, their contact information, and vacancies at: [www.oxfordhouse.org/pdf/mo](http://www.oxfordhouse.org/pdf/mo).

## Hilljack House

Hilljack House is a drug and alcohol-free housing environment. They run four houses for up to 29 individuals. The house also hosts events and Alcoholics Anonymous meetings, and connects residents to life skills, employment, education, and other resources.

### Location:

5147 S Grand Blvd.  
St. Louis, MO, 63111

### Contact Information:

(314) 243-3192

Hilljack House is located near 70 (Grand) bus stops.

### Eligibility Requirements:

- Must have 30 days clean with a commitment to living drug and alcohol free
- Must be employed and able to pay for rent and personal expenses
- Must be willing to create a life plan and 12-step program for recovery

### How to Apply:

Call (314) 243-3192 for application information.

*NOTE: NO Application information has been found online, we have reached out multiple times and not received information.*



## Subsidized Housing

There are two types of subsidized housing (meaning the government provides economic assistance for the housing costs) in St Louis: Public Housing and Housing Choice Vouchers (Section 8 Vouchers). At this time, waitlists for both the City's and County's Housing Choice Voucher Program (Section 8) are **closed** and you will not be able to sign up. This may be the case for the foreseeable future. If waitlists open in the future, we will update the guide, but for now, you should prioritize other options for your housing plan. For the time being, only Senior Public Housing (62+) is available.

### Application Process for Senior Public Housing:

An online application is not available for the Elderly Only developments. You will need to submit your application in person at the site addresses listed below or the Central Office (3520 Page Blvd.).

#### **Les Chateaux**

Elderly Only (62+)  
1330 Chouteau  
(314) 436-7523  
Bedrooms: 1 & 2  
9:00 am - 4:00 pm

#### **Sr. Living at Renaissance**

Elderly Only (62+)  
3217 Martin Luther King Dr.  
(314) 652-8900  
Bedrooms: 1 & 2  
9:00 am - 4:00 pm

#### **Cahill House**

Elderly Only (62+)  
1919 O'Fallon  
(314) 436-5061  
Bedrooms: 1 & 2  
9:00 am - 4:00 pm

#### **Sr. Living at Cambridge Heights**

Elderly Only (62+)  
728 Biddle  
(314) 436-9091  
Bedrooms: 1 & 2  
9:00 am - 4:00 pm

## Emergency Housing (Shelters)

Most emergency housing (shelters) in St Louis require a **referral**. You can be referred in two ways, either by phone or in person.

By phone, you can call the St. Louis Region Housing Helpline at (314) 802-5444. The hotline is open from 7:30am to 8pm, but it's best to call early if you want a bed for that night. After 8pm, you can call 211.

If you are deaf, hard-of-hearing, or speech impaired contact their accessible text number at: (314) 802-5438.

You can also receive a walk-in referral at the St. Patrick's Center, which is located at 800 N. Tucker, St. Louis, MO 63101. The welcome center is open Monday – Friday 8am to 4pm.

# Independent Housing

Searching for housing on the rental market can seem overwhelming. The information in this section can help you simplify and organize your housing search. It can also be useful to think about your priorities for a housing unit—what is essential for where you will live, and what you can do without. For example, you may need to be willing to give up square feet for a convenient location (close to public transportation, work, etc.). As you use the housing search tools below, you may want to keep a housing log—somewhere where you make note of the properties you have contacted and what the next step is.

## Rental Options

### Renting from Smaller, Private Landlords

People with past convictions often have more luck renting from small landlords, who might only own a few properties and have a more personal relationship to their tenants. Their listings will usually appear on the websites listed in this guide.

### Renting from Large Management Companies

People with past convictions often have more luck renting from small landlords, who might only own a few properties and have a more personal relationship to their tenants. Their listings will usually appear on the websites listed in this guide.

## Online Housing Search

There are several ways to search for affordable housing in Missouri. The easiest way to look for housing on the private rental market is through online search engines.

**Affordable Housing Locator** is a website run by the Missouri Housing Development Commission. On this website, you can search affordable rental options by zip code: [www.ahl.mhdc.com/search.aspx](http://www.ahl.mhdc.com/search.aspx).

**GoSection8.com** is a national website to find affordable housing. All rental units accept a Housing Choice Voucher (“Section 8”), but not all of them require one to live there. The website works directly with landlords and public housing agencies: [www.gosection8.com](http://www.gosection8.com).

**Social Serve** is a national non-profit that helps individuals locate affordable housing by state: [www.socialserve.com](http://www.socialserve.com). Please note that this website is similar to Craigslist, meaning anyone can post on it. You will need to be cautious of potential scammers. If you don’t have access to the internet or would prefer personal assistance, you can also call Social Serve’s toll-free number: (877) 428-8844.

Other helpful websites include:

- [www.craigslist.com](http://www.craigslist.com)
- [www.padmapper.com/apartments/st-louis-mo](http://www.padmapper.com/apartments/st-louis-mo)
- [www.zillow.com](http://www.zillow.com)
- [www.trulia.com](http://www.trulia.com)



- [www.apartments.com](http://www.apartments.com)
- [www.homefinder.com](http://www.homefinder.com)
- [www.hotpads.com](http://www.hotpads.com)
- [www.abodo.com](http://www.abodo.com)
- [www.realtor.com](http://www.realtor.com)
- [www.homes.com](http://www.homes.com)
- [www.rent.com](http://www.rent.com)



These websites allow you to enter search terms for the amount of rent you can afford, the number of bedrooms, and other amenities and accommodations you are looking for. You can also draw on the map to limit the search to certain neighborhoods.

**Avoid getting scammed:**

- Never pay an upfront fee to see a unit or to be added to a waitlist.
- Never pay a deposit before you have toured a unit or signed a lease.
- Ask yourself: Do the price, location, and features of the home seem realistic?
  - If the monthly rent seems too low to be true, it probably is. Scam artists will post photos of beautiful homes in prime locations at much lower than the market rate, to lure as many applicants as they can into their scams.
  - Don't send money without viewing the property, either in person or through a virtual tour (with a computer or smart phone).
- If a landlord or the situation seems suspicious, trust your intuition. Warning signs include:
  - Extreme pressure to act quickly.
  - Excessive grammar and spelling errors in written communication.
  - Elaborate tales about why they can't show the property.
  - Unreasonably forward requests for money.

**Communicating with Landlords**

Talking to property owners can be intimidating, especially if you have not had much practice. Below are some tips for reaching out to property owners and sample scripts for phone calls and emails. These scripts are intended to be a useful template—you should feel free to adapt and use or not use these as makes sense to you.

**Tips for reaching out to property owners:**

- Have your phone voicemail set up in case a property owner reaches out to you and you miss their call.
- Have a list of questions ready. Here are a few helpful questions to ask:
  - Are utilities included in the rent?
    - Most often, you will have to pay for some utilities (water, gas, electricity, internet) in addition to rent.
  - How often will rent increase and by approximately how much?
  - When is rent due and how will I need to pay?
  - What grace period is there for rent payment?
  - How much will the security deposit be?
- Be prepared with some times you are available to see the unit.

- If you are making a call, be in a quiet place with a good connection.
- If you are contacting via email, provide your phone number in case they want to give you a call.
- Check your email regularly if you are reaching out online or via email.
- Consider keeping a Housing Log: a simple list of the properties you have contacted where you can note if any follow-up action/contact is needed.

**Sample Phone Call Script or Email Script:**

Hi, my name is *[your name]* and I am calling about the *[description of the home]* I found out about on *[Zillow; Trulia; a vacancy sign]*. I have a few questions that I would like to ask about it.

*[Ideas for questions you can ask:* How soon is the apartment available? What is your policy on *[fill in the blank]*? Are you offering a lease-signing deal? What amenities does the apartment offer? This is a great time to ask about specific things that you are looking for in an apartment that the ad does not list].

*Ending 1 [if you are NOT interested in the apartment after the conversation]:* Thanks! I will call you if I have any additional questions.

*Ending 2 [if you are interested in the apartment]:* Thanks! When is a good time for me to view the apartment? I am available *[times or days you are available]*.

**Talking about conviction history with landlords:**

There are pros and cons to bringing up your past incarceration in the initial conversation with a landlord versus mentioning it after having a brief conversation with the property owner. Talking with a landlord just about the unit first will give you a chance to build a relationship and allow them to get to know you as a person and a great potential tenant. However, some landlords may discriminate based on your status regardless of prior conversations and it can save time to weed them out by mentioning your status right away.

Whether you choose to disclose your record in your first communication with a landlord or mention it after introducing yourself and your interest in their property, **it is best to disclose your own background information before the landlord runs a background check.** This will mean disclosing your background in conversation before submitting your application or as a short attachment with your application. Disclosing your record allows you make a good impression and put a human face to your story, instead of a landlord discovering it through a tenant screening background check. Below are some tips for approaching the topic:

*Writing a letter/script:*

- Consider writing a short letter (one page maximum) and make copies to attach to all of your applications whether you are submitting them by email or mail.
- If you're speaking to a landlord in person or over the phone, plan out what you're going to say ahead of time. You might want to write down bullet points you want to get across or even write a script for yourself.
- Be polite, professional, and brief. You might mention one or two positive, personal

details about yourself, such as community service, hobbies, or things you will enjoy doing around the neighborhood.

*Examples of things to say in a letter/phone call:*

- “I’m writing [*calling*] to let you know that when you do a criminal background check, you will find the following charges: [*list charges and dates.*] I want to be honest with you about my past, which is very different from my present [*add details*] and my plans for the future [*add details*]. I think I will make a good tenant and I hope you will consider my application.”
- You could mention qualities that make you a strong potential tenant (responsible, clean, respectful of noise, etc.)
- You might also list: programs you participated in (counseling, drug court, anger management, treatment, etc.), and any positive examples like early release for good behavior or mitigating circumstances. Remember to keep this brief—they do not want to read long explanations!
- “If you have any questions or concerns please contact the following personal or professional references: [*List names, phone numbers, and addresses of personal references if applicable.*]”

*Examples of things to say in a letter/phone call (cont.):*

- If you have a parole or probation officer, or you’re following other court orders (for example, drug court), tell the landlord when you apply. Some landlords are more willing to rent to people who are still under supervision.
- **Keep it brief** — Shorter than a page is best: don’t feel like you need to expand on anything.
- Thank them for their time, then sign your name.

*Moving in/out:*

When you **move in**, be sure to take photos of everything. If there are any issues, like damaged walls, floors, or broken appliances, make sure to note them. Your landlord may repair them right away, or, at the very least, you will have a record to prove that you were not the one who caused the damage. You should also be sure to read your lease, and if there are any issues, get the change in writing.

Before you **move out**, there are a few steps you should take:

- Clean everything.
- Take photos of everything (in case of future landlord dispute or withholding of security deposit).
- Do a walk-through with your landlord to see if there is anything else you should fix or clean.
- Transfer all utilities out of your name.
- Get your security deposit; legally, your landlord must return your full or partial security deposit within 30 days of the end of your lease. They can only take part of your security deposit if there is something wrong with the apartment that they need to repair. Otherwise, it should be returned in full.

## Tenant Rights

It is important to know the rights and protections you have as a housing applicant and as a tenant so that you can expect and advocate for fair treatment.

### *Fair Housing Act:*

Under the Fair Housing Act, it is illegal to discriminate in housing sales, rentals, lending, insurance, and advertising on the basis of:

- Race and Color
- National Origin
- Familial Status
- Disability
- Sex
- Religion

In the City of St. Louis it is also illegal to deny housing based on Sexual Orientation or Source of Income. This means landlords cannot deny you housing only because you are paying rent through a Housing Choice Voucher or with any other public assistance.

## Rental Assistance

### CJM FIRST Services

The Criminal Justice Ministry FIRST Services department provides formerly incarcerated people with immediate needs, including bus passes, emergency medicine, clothing and hygiene items, and referrals to services (e.g. employment agencies, food pantries, and legal assistance). They also offer \$600 rental assistance for people with sex offenses and \$200 for others.

#### Location:

1104 Jefferson Ave  
St. Louis, MO 63104

#### Contact Information:

(314) 652-8062  
[info@cjmstlouis.org](mailto:info@cjmstlouis.org)



The CJM office is located close to 11 (Chippewa) and 31 (Chouteau) bus stops.

#### Eligibility Requirements:

- Referrals by either a Parole officer or Social Service Provider are preferred. (If you are not on parole, you can still make an appointment.)
- In order to receive rental assistance, you will need to provide a copy of your lease and a paycheck (scanned or xeroxed copies are fine).

#### How to Apply:

Fill out an online form to make an appointment.



## Community Action Agency of St. Louis County (CAASTLC)

The Community Action Agency of St. Louis County is a social service organization dedicated to alleviating poverty in St. Louis County. Their Housing Assistance Program provides a variety of support programs, including rental assistance on a limited basis.

### Location:

2709 Woodson Road  
Overland, MO 63114

### Contact Information:

(314) 863-0015

CAASTLC offices are located near 33 (Midland) bus stops.

### Eligibility Requirements:

To qualify for rental or mortgage assistance, your household income may not exceed 200% of the federal poverty guidelines. In order to qualify, you must provide:

- Proof of household income
- Social security documentation for all household members
- Photo identification for the head of the household
- Proof of residency (rental assistance only available in St. Louis County)
- Eviction notice or delinquency notice from landlord or mortgage company or a signed lease for deposit assistance

### How to Apply:

Rental assistance is available on a limited basis, depending on availability. Please call (314) 863-0015, ext. 657

## Utility Assistance

### Low Income Home Energy Assistance Plan (LIHEAP)

LIHEAP helps low-income Missourians with a one-time payment for their primary heating bills from November-March (the application deadline has been extended to May 31st in 2020).

### Contact Information:

(855) 373-4636

### Eligibility Requirements:

To be eligible for the program, applicants must:

- Be responsible for paying home heating costs
- Have \$3,000 or less in bank accounts, retirement accounts, or investments
- Have a household income less than 135 percent of the federal poverty level (a monthly income of \$2,400 for a family of three or \$2,897 for family of four)
- Be a U.S. citizen or legally admitted for permanent residence

### How to Apply:

To apply print and fill out an application and gather the copies of the required documents you need to submit with the application. Send in your completed application to the agency that processes LIHEAP applications in the county that you live in. This is found on the last



page of the application under “Where to Mail Your LIHEAP Application.”

- *Paper Application:* [www.dss.mo.gov/fsd/formsmanual/EA-1-Application-for-the-Low-Income-Home-Energy-Assistance-Program.pdf](http://www.dss.mo.gov/fsd/formsmanual/EA-1-Application-for-the-Low-Income-Home-Energy-Assistance-Program.pdf)
- You can also request an application be mailed to you by calling (855) FSD-INFO/(855) 373-4636.

## Heat Up/Cool Down St. Louis

Heat Up St. Louis can provide financial assistance for utility bills for seniors, low-income people, and people with physical disabilities in need of utility help. Be aware that the organization is not providing support for natural gas bills as of 5/13/2020.

### How to Apply:

To apply, you will need to fill out and submit the web form at [www.heatupstlouis.org/contact](http://www.heatupstlouis.org/contact). Under ‘Reason for Contact’ select **Request for Utilities**. Be sure to fill in your name, age, street address, zip code and city, and a daytime telephone number. In the Message Box you must include:

- the amount due for the utility bill
- the name of the utility company
- account number and number in household



The information will be treated confidentially and will be used for internal energy assistance efforts ONLY. Heat Up St. Louis will try to follow up the same day as the request is received, if at all possible. They will not process incomplete forms.

You can also call their automated hotline: (314) 241-0001

## Housing and the Sex Offender Registry

The housing search can prove especially difficult and frustrating for registered citizens. With very few exceptions public housing will not be an option, as federal law prohibits people subject to state registries from admission to public housing. Instead, the information in the Housing Section on conducting the housing search in the private market will be relevant. This section will provide housing search tips that address the specific barriers you may face in the private rental market.

### Residency Restrictions

Residency restriction laws, laws that prevent people on the sex offender registry from residing within a prescribed distance from certain landmarks like schools or day care centers, can be a significant barrier to finding housing. It’s important to be aware of the laws that are in effect when you are conducting your housing search.

A link for an up-to-date spreadsheet of all statutes governing residency/distance requirements currently in effect in Missouri can be found at: [www.docs.google.com/spreadsheets/d/1a\\_DYOprz8QuXZDJp6i9cfbg3YUMoN-3oxzgdtrvfqRQ/edit?usp=sharing](https://www.docs.google.com/spreadsheets/d/1a_DYOprz8QuXZDJp6i9cfbg3YUMoN-3oxzgdtrvfqRQ/edit?usp=sharing).

## The Housing Search

### Where to Look:

#### **MO Department of Corrections**

The MO Dept. of Corrections Reentry Housing Website allows you narrow the housing search to places that do not exclude those on the registry. Use this link to access the search engine: [www.doc.mo.gov/programs/reentry-housing](http://www.doc.mo.gov/programs/reentry-housing).

- *To Use:* Click on the map to choose a county, or choose a county from the drop-down box below; then select boxes below to show programs that meet your housing needs including the Does not exclude sex offenders box (choosing fewer boxes produces more results). You can also choose “Select All” in the County drop-down menu below to see search results for the entire state.
- It can also be worth checking local registry offices for housing leads, as they may maintain a list and asking your parole or probation officer about potential rental options they may be aware of.

#### **Online Search Engines**

Check out the ‘Online Housing Search’ section above for a list of websites that you can use to search for housing. Unfortunately, these search engines will not allow you to narrow your search by residency and distance restrictions. If you find a place that fits your budget and meets your needs you can type the address into Google Maps and click the Nearby option to check nearby schools and childcare facilities and get a sense of if it’s worth pursuing and checking with your probation or parole officer.

- *Tip:* Often renters own numerous properties so keeping a list or journal of the places you have reached out/applied to will keep you from wasting your time with repeat rejections from the same renter.

### Stay in Touch with the Registry Office:

Check with the local registration office before you even start looking for a home especially if you are moving to a new community, because sometimes cities, townships, or counties have residency laws that differ from the laws imposed by the state. Being aware of these restrictions to begin with may save you some hassle during the housing search.

- **Be Aware:** MO law holds registered citizens responsible for notifying the sheriff’s office in person every time a new child care facility opens up within 1,000 feet of where they live. This includes in-home daycare centers.
- **Moving:** If you’re moving to a new county or a new state, you will need to register with the Chief Law Enforcement Officer in the area in which you plan to reside. If you are moving to a new state you may want to contact the Sheriff’s office in that area to find out about what statutes govern residency requirements there, and if they register offenders differently than your current state of residence—states can classify Tier/Risk designations differently which can affect residence restrictions.
- **Interstate Compact:** If you are on probation, parole, or supervised release you will need an **Interstate Compact** to move to a different state than the one in which you were convicted. A website specific to Interstate Compacts can be found at [www.interstatecompact.org](http://www.interstatecompact.org)
- **Final Tip:** Don’t get discouraged! This is a tough process and it may take some time to find the best place for you, but keep reaching out and don’t give up on the possibility of finding a good housing situation.

# Employment

Employment is essential for your successful transition. This section will provide you with the basic tools you will need to locate gainful employment. You will learn where to search for a job, what to say in interviews, and how to draft a resume.

## Where to Look for Jobs

One of the first things you'll want to do when you're released is look for employment so you can support yourself. Today, a lot of people search for jobs online. There are many great free resources, so be wary if a website requires you to pay or register in order to look for jobs.

### Randstand

[www.randstadusa.com](http://www.randstadusa.com)

Randstand is a national website that allows you to search for jobs in a broad range of areas, including manufacturing, healthcare, IT, sales, office administration, accounting and finance, and more. The website enables you to search by state. Randstad also has an app that you can download on a smart phone for free. The website also includes career resources on how to write a resume and cover letter, and sample interview questions to help you practice.

This resource is not specifically for formerly incarcerated people, but is a great, reputable website. However, because it is not just for formerly incarcerated people, not all employers on the site may be willing to hire formerly incarcerated people.

### Manpower

[www.manpower.com](http://www.manpower.com)

Manpower is a national website that allows you to search for jobs by zip code. They primarily post jobs related manual labor and administrative or secretarial work. Once you make a free account with your email, you can either upload your resume or write your previous work experiences directly into an online form. This will allow you to apply for jobs on the website, and quickly apply for multiple jobs at a time that you see on the site by clicking an "apply" button.

However, because this resource is not just for formerly incarcerated people, not all employers on the site may be willing to hire formerly incarcerated people.

### St. Louis University Transformative Workforce Academy

[www.second-chance-slu.web.app/jobs](http://www.second-chance-slu.web.app/jobs)

The Saint Louis University Transformative Workforce Academy runs a job searching website specifically for formerly incarcerated people living in the St Louis area. (They also

run an annual Second Chance Job Fair, discussed later in the guide.) To use the website tool, you need to make an account with an email address. You have the option of uploading your resume as well.

Once you make an account, you can view jobs that are open to formerly incarcerated people, primarily in restaurants, manufacturing, and construction. The website automatically lists available jobs, but there is also a search function if you are looking for a job in a specific field. The site lists the pay, contact information, and basic job responsibilities for each job. In order to apply, simply click the “apply” button next to the job listing. Then, employers will be sent your contact information and resume and will be alerted that you are formerly incarcerated and applying via the Transformative Workforce Academy website.

## **Hire: St. Louis**

[www.missionstl.org/hirestlemployee](http://www.missionstl.org/hirestlemployee)

Mission: St. Louis is a poverty alleviation organization that focuses on employment and educational support programs. Though they don’t work specifically with formerly incarcerated people, many of their clients are formerly incarcerated.

In addition to their job training programs (discussed elsewhere in this guide), their website Hire: St. Louis helps place people in jobs. At the link above, you can fill out a brief form that asks for your contact information, earliest data available, a brief description of your work history, and a few other questions. They have employment connections in the fields of: industrial/light industrial, construction, cleaning, manufacturing, and driving/commercial transportation. While they can’t guarantee job placement, they will send you job opportunities based on your interest and availability.

## **Indeed**

[www.indeed.com](http://www.indeed.com)



Indeed is an online free resource that includes job-search information from thousands of available websites, job listing boards, staffing companies, and company listings. It also provides information about constructing resumes and applying for jobs, including an “Essential Job Search Guide,” full of tips and advice for job-seekers.

However, because this resource is not just for formerly incarcerated people, not all employers on the site may be willing to hire formerly incarcerated people.

## **Craigslist**

[www.stlouis.craigslist.org/search](http://www.stlouis.craigslist.org/search)

Craigslist is a great website to search for jobs. You can also search for apartments, furniture, cars, and more.

At the very top of the website, there are three buttons you should click: the first is the location (e.g. “St. Louis”), the second is the category that you are searching for (e.g. “jobs”),

and the third is a sub-category within the main category (e.g. “customer service” or “security”). You can also click on the left-hand side of the website to indicate whether you are looking for full-time, part-time, or contract work. Each job description will give you information on how to contact the employer.

Anyone can post on the website, so you should be wary of scams and always double check if an offer seems too good to be true. Additionally, because this resource is not just for formerly incarcerated people, not all employers on the site may be willing to hire formerly incarcerated people.

### **Personal connections and word of mouth**

Another great way to look for jobs is through word of mouth. Reach out to family members, friends, or ask your case manager or P.O. for suggestions on jobs they might know of.

## **Employment Support Organizations**



### **Vocational Rehabilitation**

Vocational Rehabilitation – also called VocRehab or VR – is a service run by the Missouri Department of Elementary and Secondary Education to support people with disabilities to get employment. Their employment counselors help people create Individual Plans of Employment based on your skills and interests. This may include skills assessment, vocational training, and job placement. You may also be eligible to receive assisted devices (like wheelchairs or hearing aids) to increase your ability to work. Once you are employed, VocRehab will continue to provide you follow-up services for 90 days.

You can either make an appointment by calling an office or walk in when the offices are open. You need to fill out three forms before your first appointment: an authorization for disclosure of medical information form, a basic demographic questionnaire, and a health assessment. You can find all three forms on the VocRehab website:

[www.dese.mo.gov/adult-learning-rehabilitation-services/vocational-rehabilitation](http://www.dese.mo.gov/adult-learning-rehabilitation-services/vocational-rehabilitation).

There are 25 regional Vocational Rehabilitation offices, including five in the St Louis region.

#### **St Louis Area Locations:**

St. Charles VR

3737 Harry S. Truman Blvd., Suite 400 St. Charles, MO 63301; Toll-free: (855) 283-2681

St. Louis downtown VR

220 S. Jefferson Ave., Suite 110 St. Louis, MO 63103; Toll-free: (866) 971-8569

St. Louis north VR

4040 Seven Hills Drive, Suite 257 Florissant, MO 63033; Phone: (314) 475-7999

St. Louis south VR

St. Louis South Service Center 7545 S. Lindbergh Blvd., Suite 100 St. Louis, MO 63125;

Toll-free: (877) 222-8968

St. Louis west/transition VR

9900 Page Ave., Suite 104 St. Louis, MO 63132; Phone: (314) 587-4877



## Employment Connection

The World of Work training hosted at Employment Connection is a three-day training that provides support on mock interviews, creating an eye-catching resume, answering tough questions, managing finances, becoming an entrepreneur, and more. After completing the course, a Career Specialist assists participants with job leads, preparation, interviews, and placement. They also provide professional clothing as needed. It is located near the 94 and 10 bus stops and is a one-mile walk from the Union Station MetroLink station.

### Location:

2838 Market St  
St. Louis, MO 63103

### Contact Information:

(314) 333-5627

Employment Connection is located near bus routes 94 (Page) and 10 (Gravois-Lindell).

### Eligibility Requirements:

- This is a great program for people who need a job ASAP and already have a good foundation of skills and experience
- You will need a driver's license or other form of legal ID

### How to Apply:

Call (314) 333-5627 to reserve a place at the World of Work training. The training is offered every week: Monday-Wednesday, 9am–3:30pm. The program is free.

## Connections to Success: Personal and Professional Development Class

Connections to Success hosts a three-week-long job readiness program. The training includes mock interviews and networking opportunities, asset building strategies, activities to strengthen communication and soft skills, and connections with employers. It is available in St. Louis, St. Charles, East St. Louis, and Kansas City.

### Locations:

2125 Bissell St  
St. Louis, MO 63107

- This location is near bus routes 74 (Florissant) and 70 (Grand).

### Contact Information:

(314) 584-6865

3000 Little Hills Expy, Ste. 101  
St. Charles, MO 63301

(636) 940-8027

- This location is near the Illinois bus route 5 (Missouri Ave – ML King)

1401 E Broadway, Building 16  
East St. Louis, IL 62201

(618) 482-8253

300 W. Linwood Blvd.  
Kansas City, MO 64111

(816) 561-5115

017 N. 6th St., Ste. 200  
Kansas City, MO 66101

(913) 948-5968

**How to Apply:**

To apply for the program, call the location you are interested in. Walk-ins are also welcome. There are no eligibility requirements.

## **St. Louis University Transformative Workforce Academy**

The SLU Transformative Workforce Academy has two employment resources: an annual Second Chance Job Fair (in April) and an online job portal for formerly incarcerated people. In 2019, 77 employers attended the Second Chance Job Fair.

**Eligibility Requirements:**

The organization recommends that everyone who attends the Second Chance Job Fair attends one of the job readiness programs listed on their website (provided by Connections to Success, Employment Connection, and Mission: St. Louis). Anyone who attends one job readiness program/class gets early access to the job fair.

**How to Apply:**

There is no application process for the Second Chance Job Fair, but they recommend you attend an approved job readiness program and bring your resume.

## **Mission: St. Louis - Skill Up Program**

Mission: St. Louis offers a 3-week-long job readiness program with monthly check-ins for a year after completion. Because of the ongoing mentorship and staff involvement, they can provide support if someone is struggling at their job or loses their job.

**Location:**

3108 N Grand Blvd  
St. Louis, MO 63107



Mission: St. Louis is located near bus routes 70 (Grand) and 4 (Natural Bridge).

**Eligibility Requirements:**

This program is available only for SNAP recipients ages 16-59.

**How to Apply:**

You have to fill out an online application with questions about your education, job history, and legal and health history. The program is free.



## **Mission: St. Louis - Beyond Jobs Program**

This is an eight-week-long job readiness program with monthly check-ins for a year after completion. The program meets three times a week: once with expert job coaches, once with Mission staff to assist with wrap-around services (like health care), and once for a Biblical Manhood meeting. During the second half of the program, you will partake in a paid, 16-hour-per-week internship. After completing the program, you will meet on a monthly basis with Mission staff for up to a year after the program has ended. The goal of this program is job placement and job readiness.

### **Location:**

3108 N Grand Blvd  
St. Louis, MO 63107

### **Contact Information:**

(314) 534-1188

Mission: St. Louis is located near bus routes 70 (Grand) and 4 (Natural Bridge).

### **Eligibility Requirements:**

Men only.

### **How to Apply:**

You have to fill out an online application with questions about your education, job history, and legal and health history. The program is free. Find the application and more information at: [www.missionstl.org/beyondjobs](http://www.missionstl.org/beyondjobs).

## **LaunchCode**

LaunchCode is a free job-training program that offers courses that teach technical and soft skills needed for in-demand tech jobs. LaunchCode has three programs, which all cover similar material, but in different formats. LC1010, the main core program, is a 20-week program that meets 2 nights per week in the evening. CoderGirl is a program of similar style that is focused on women enrollees. CodeCamp is a full-time, 14-week program offered in partnership with St. Louis Community College. LaunchCode also offers full time, paid apprenticeships



### **Eligibility Requirements:**

Anyone can take courses with LaunchCode, and the program is free.

### **How to Apply:**

Sign up for their newsletter at [www.launchcode.org](http://www.launchcode.org) to be alerted when applications open, which usually happens 4 times a year (winter, spring, summer, and fall enrollments). The application consists of a brief exam to test your strength in pseudocoding and basic math concepts. While the course is designed for people with limited coding experience, you may want to brush up on basic math concepts to feel comfortable before applying.



# How to Create a Resume

What's in a resume? Professional resumes typically include the following pieces of information:

- Your **name, address, and phone number** at the top of the page. Avoid abbreviations.
- **A brief statement about the type of work you want.** This is often called the “Job Objective,” “Career Goal,” or “Employment Objective.”
- **Your Work History:** Includes the names of any current or recent employer, the dates you worked for them, your job title and a brief description of your duties. In many resume formats, applicants list their jobs in reverse chronological order, beginning with the present or most recent job.
- **Volunteer Work:** If you have done volunteer work that shows you have skills or interests pertaining to the career you are seeking, it is generally helpful to include it. Use the same format as your work history.
- **Education:** List in reverse chronological order the schools you have attended, beginning with your present or most recent school. You can also include career-related training from trade schools, skill centers, former employers’ training programs and workshops. If you did not graduate, you can state what years you attended.
- **Military Service:** Include this section if you have had military experience. Include the dates, the branch of service and the highest rank achieved. Be sure to mention duties or training that pertains to the career you are seeking.
- **Interests and Hobbies:** If you have interests or hobbies that relate to your career selected, mention them. If one of your hobbies is woodworking, for instance, and you are looking for work as a cabinetmaker, you would want to mention this hobby. Do not mention interests not related to the career you are seeking.
- **Additional Information:** Include what is relevant to career success, such as: awards, honors, scholarships, languages you speak, read and write extracurricular activities athletics or civics. You can also include typing speed, equipment you can operate, travel experiences or other interests.
- **References:** Select three people who have known you for at least one year. The best references are employed individuals who know your skills and interests. They should be typed on a separate sheet and provided at the interview. A statement on your resume, “References: Available Upon Request,” will inform your interviewers that you are prepared to provide references and contact information.

# Harvey Galler

555 Old North, St. Louis, 55515 

(314) 555-5555 

myemail@email.com 

Planning to work in Non-profit sector for social justice advocacy. Lived experience has made me enthusiastic to effect positive change in my community.

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## Skills

- Managing Conflict
  - Developing Policy & Strategies
  - Developing Work Plans
  - Setting Standards
  - Developing Systems
  - Team Building
- 

## Experience

1996 – 2000

### **Kitchen Manager / Fairways Restaurant, Massanutten, Va.**

- Ensured that all items were stocked, all ingredients were prepped, manage the nightly operations of the cook staff, orchestrate the preparation of customer orders, and ensure orders met a standard of quality before they were presented to the customers.
- When I started the job, limited experience in a commercial kitchen. Within 2 months I was preparing sauces from scratch on the cook line.
- Made it my goal to learn to prepare every item on the menu.
- Took every opportunity possible to work the other stations in the kitchen.
- Received my first promotion to assistant kitchen manager by the end of my first year.

2003 – 2007

### **Fabricator / Marathon Electric, Lebanon, Mo.**

- Ran a 600-ton hydraulic press in a die-casting operation manufacturing aluminum brackets for electric motors of all sizes.
- Ensured that the machine was running properly, change molds for part production, inspect molds, operate the machine, produce aluminum brackets, inspect brackets, and ensure bracket order met the invoice requirements for the customer.
- Excelled at this job, making top pay in 4 weeks and line leader in 6 months. This job taught me the importance of diligence and focus. This job was dangerous; The aluminum was just over 1,221°F and the hydraulic press had 600-tons of pressure pressing together two '2 thick, '3 x '3 high-index steal molds together.

2020 – Present

### **Co-Chair / PEP Alumni Program, St. Louis, Mo.**

- Provide the knowledge of lived experience to the Alumni Program.
- Participate in program design, mentoring, case management, and community outreach. This means that I must be proficient in current windows office software: Word, Excel, PowerPoint, and Outlook.
- Instrumental in the design of the program in that the program design is based on my idea of instilling agency and autonomy in institutionalized men and women, allowing them to break free from their dependency on state agencies who further institutionalization them after release from prison.

- The Alumni Program is teaching me effective communication skills, policy development and strategy skills, team building skills, and the importance of setting standards.

2020 – Present

### **Co-Chair / St. L Reentry Fund, St. Louis, Mo.**

- Co-founder of the fund, which is a mutual aid. Duties require me to help in program design, fundraising, review applications for fund redistribution, fund distribution, and webpage design.
- Along with funding immediate financial needs for formerly incarcerated men and women, we have collaborated with others in the community to write a comprehensive Reentry Resource Guide.
- Instrumental in the writing of the guide.
- Participated in negotiations with the Missouri Department of Corrections to get the guide distributed in Missouri prisons.
- This mutual aid is based on my idea of placing trust in those who have not been trusted, instilling self-confidence in the downtrodden. We do not ask for proof of what the funds were spent on. We assume you have spent the funds for the stated reason in the applicant's request.

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## **Education**

May 2019

### **Associate of the Arts / Washington University, St. Louis**

Earned my Associate of the Arts Degree with a 3.92 GPA, was awarded The Maggie Garb Community Leadership Award. Currently still enrolled, working towards my B.S. in Political Science with a concentration in Public Policy.

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## **Accomplishments**

Formerly incarcerated working towards an MSW. While incarcerated I earned an Associate of the Arts degree from Washington University's Prison Education Program. After graduation I was interviewed by NPR's Steven Scape, and CNN's web edition. In November 2019 other PEP students and I sat on a panel discussion for the 9th annual National Conference on Higher Education in Prison. In May of 2020 I was inducted into the Alpha Sigma Lambda Honor Society for non-traditional students.

My lived experience has made me enthusiastic about social justice advocacy. Currently I am Co-Chair of the Prison Education Project Alumni Program committee. Colleagues from PEP and I have collaborated with members of the community to write a comprehensive Reentry Resource Guide that has been approved by the Missouri Department of Corrections to be distributed within their institutions. I am also the co-founder of The St. L Reentry Fund, a mutual aid that is funded by members of the community and then the funds are redistributed to formerly incarcerated men and women in immediate need of financial assistance.

Most recently I collaborated with the Vera Institute for Justice, working towards lifting the ban on Pell Grant eligibility for incarcerated men and women. Met with law makers from the state of Missouri to explain why Pell grant access is vital to reduce recidivism in formerly incarcerated men and women.

# Transferable Skills

Transferable Skills are skills and abilities that you have learned in your past experiences or job positions that would be useful in a different job, perhaps with some adaptation or adjustments. For example, in your current or past jobs, you may have learned how to organize projects or work flow, to manage people well, or to use particular technology to communicate with clients or supervisors. As you prepare your resume and plan to interview for a new job, think about strategies to convey how the skills you have already acquired will be useful in the position you are seeking. **Include skills you have learned in your prison work experience.**

## Transferable Skills Inventory

Use the list to identifying the skills you have learned or developed through your experience(s). Select the six skills that best describe you. Be sure each skill you select is supported by work, education, volunteer or personal experience, **including those you have acquired in prison.** This list is general. It is important that you include any additional skills needed to create an accurate picture of yourself.

**Communication:** Corresponding/Drawing/Editing/Facilitating/Listen/Managing conflict/Negotiation/Presenting ideas/Public speaking/Relating to customers/Writing

**Coordination:** Cataloging/Correcting/Following-up/Recording/Reporting/Scheduling

**Managing Data:** Analyzing data/Assessing quality/Computing/Gathering information/Measuring/Researching/Setting standards/Taking inventory

**Managing or Directing:** Approving/Delegating/Developing procedures/Developing systems/Directing/Formulating/Implementing/Instructing/Interpreting policy/Making decisions/Managing people/projects & tasks

**Organization:** Administrating/Categorizing/Developing work plans/Projecting/Restructuring/Setting priorities

**Developing People:** Assessing performance/Coaching/Counseling/Developing/Helping others/Motivating/Teaching/Team building/Training

**Planning:** Analyzing/Conceptualizing/Designing/Developing policy & strategies/Reviewing/Surveying

**Financial Management:** Auditing/Budgeting/Controlling/Cost accounting/Financial analysis/Financial planning/Fundraising/Managing finances

**Selling or Marketing:** Advertising/Analyzing markets/Managing sales/Marketing/Pricing/Promoting/Relating to clients/Selling/Writing proposals

# Job Interview Tips

## Before the Interview:

- Learn more about the specific roles you might be given
- Research the organization or business
- Look at what the position is worth (to determine if they would be overpaying or underpaying you); if possible, do some online or other research to get a sense of expected compensation

## During the Interview:

Your goal is to convince the company to hire you, so you don't want to put too much emphasis on what the employer can or will do for you at this point in the process.

*Here are a few tips for interviewing for a job:*

### Mind your body language:

- Make sure your posture is straight while you sit
- Smile warmly and enthusiastically (but make sure your face is authentic – fake smiles can be obvious)
- Try not to look down or away from the interviewer
- Don't make too much eye contact, which may appear aggressive

### Prepare to answer common questions:

- Avoid excuses and do not blame others for the conviction
- Give everything a positive spin to the extent possible
- Keep descriptions brief (including your explanation of your conviction)
- Talk about how you could use your strengths to benefit the employer
- Be honest
- Be sure to express excitement about the prospect of contributing positively to the business
- Focus on positive transformation; be prepared to discuss something you are proud of and specific details that indicate how much you have changed for the better

### Prepare questions to ask the interviewer:

Sample questions:

- How would you describe the typical day-to-day workload of this position?
- What is the biggest challenge about working here?
- How does career advancement work within the company? How often do employees receive/have a chance for promotions?
- If extended a job offer, how soon would you need me to start?
- Is there anything I can clarify for you about my background or qualifications?
- Do you have any feedback for me on my interview?
- When can I expect to hear from you?
- Are there any other questions I can answer for you?

### How to provide answers to questions about criminal history on a job application:

The job application may ask if you have a criminal record. Be sure not to mislead or lie, and be sure to not to create a feeling for employers that you're hiding something. However, you can keep your explanation simple and straightforward. Be honest about your charges and/or convictions and stay away from making excuses for your actions. Focus on how you have grown or learned from the experience. For example, if you participated in educational or vocational programming while incarcerated, you can use that information to better explain how it has shaped you into an experienced and qualified individual.

Sample ways to discuss criminal history:

- “I’d also like to bring your attention to the fact that I was *arrested // was found guilty of [X] // served [X] years of time at a correctional facility [X] years ago.*”
- “Here are some things I learned about the experience: *[list two to three positive lessons]....* I’ve grown considerably from this, and have worked hard to change my life *[point to two to three tangible examples and proof of change].*”
- “Here’s how my unique experiences and perspective will bring value to your company *[mention two to three ways you’ll contribute]....*”

Some more tips:

- Ask open-ended questions and avoid simple “yes” or “no” questions
- Bring up the criminal history early in the interview
- Avoid asking the interviewer extremely personal questions about their family, race, religion, etc.
- Once they extend an offer, you can ask them more specific questions about health insurance, vacation time, salary negotiation, or other job benefits

### After the Interview:

Send a message to everyone who interviewed you within 24 hours of the interview, thanking them for the opportunity to interview and discuss the position. This communication helps show how interested you are in the position and provides a chance to clean up any mistakes or to include forgotten information that might have occurred.

# Basic Needs and Food Assistance

This section contains a list of local organizations that provide basic needs and services: Diapers, Clothes, Nutritional, and Household items. You will find organizations that will provide work clothes, food vouchers and transportation assistance.

## Basic Needs

### First Services at Criminal Justice Ministry

**Location:**

1104 Jefferson Ave  
St. Louis, MO 63104

**Contact Information:**

(314) 652-8062  
[info@cjmstlouis.org](mailto:info@cjmstlouis.org)



The CJM office is located close to 11 (Chippewa) and 31 (Chouteau) bus stops.

The Criminal Justice Ministry FIRST Services department provides formerly incarcerated people with immediate needs, including bus passes, emergency medicine, clothing and hygiene items, and referrals to services (e.g. employment agencies, food pantries, and legal assistance).

Criminal Justice Ministry also offers \$600 rental assistance for people with sex offenses and \$200 for others. You need to be referred by a Parole officer or Social Service Provider and fill out an online form to make an appointment. If you are not on parole, you can still make an appointment. In order to receive a bus pass, you'll need to provide a resume. If you don't have a resume but need a bus pass, FIRST services staff will help create resume. In order to receive rental assistance, you will need to provide a copy of your lease and a paycheck.

### St. Louis Diaper Bank

The St. Louis Diaper Bank partners with St. Louis area organizations to distribute free diapers. Their website offers a digital map and downloadable list to help you locate these distributors.

Visit [www.stldiaperbank.org/get-diapers](http://www.stldiaperbank.org/get-diapers) to locate organizations where you can access diapers. If you need free diapers today, click "Download Our List of Emergency Partners" or look at the places on their interactive map labelled with a red circle. Click the purple dots to identify resources which can work with you to form longer-term plans for diaper access and other childcare services.



## St. Vincent DePaul

The Society of St Vincent DePaul (SVDP), a Catholic organization, provides assistance with utility payment (electric, gas, heating fuel and water), food, prescription drugs, and basic needs including clothing and household items. In order to qualify for these services, you must reside within the boundaries of a specific parish. Not every parish provides every program, so be sure to call your local parish to find out.

- The utility payment program, which includes electric, gas, heating fuel, and water, provides partial payment of bills to avoid utility cut-offs.
- The clothing and household goods program provides vouchers to the St. Vincent DePaul thrift stores so individuals can get free clothing and household items if they are unable to afford their own.
- The prescription drug program provides 90- to 180-day prescriptions for low-income individuals with written prescriptions by a physician, clinic, or hospital.

### Eligibility Requirements:

- For clothing or household item voucher (to use at a SVDP thrift store), you must provide proof of income
- For utility assistance, you must provide proof of income, a Photo ID, and a utility cut-off notice
- For prescription drug assistance, you must provide a Photo ID and Social Security Card
- You must live within parish boundaries to receive services

### How to Apply:

Call the specific parish to schedule an appointment. If you don't know what parish you live in, look on the SVDP website at: [www.svdpstlouis.org/get-help/request-help-conference-finder](http://www.svdpstlouis.org/get-help/request-help-conference-finder). Not every parish provides every service.

## The Center for Women in Transition

### Location:

7716 S. Broadway  
St. Louis, MO 6311

### Contact Information:

(314) 771-5207  
[cwit@cwitstl.org](mailto:cwit@cwitstl.org)



The Center for Women in Transition is located nearest to 8 (Gravois-Lindell) and 73 (Carondelet) bus stops. Broadway @ Primm is located across from the building.

The Center for Women in Transition partners with women in the criminal justice system to support their successful transition to their families and to the St. Louis community through the Center's reentry program, and also works to reduce recidivism and strengthen community. They provide Transitional Housing (discussed in the Housing section), Behavioral Health, Case Management, Mentorship, Employment, Court Advocacy, Life Skills, Peer Support for formerly incarcerated women.

### How to Apply:

To apply for services visit [www.cwitstl.org/supportivehousing.html](http://www.cwitstl.org/supportivehousing.html) to download the program application located at the bottom of the webpage. You can also call or email to learn more about the organization.



# Food Assistance

## St. Louis Area Food Bank Pantry Locator

The St. Louis Area Food Bank partners with hundreds of organizations to supply food to pantries. Their website helps you locate the food pantry nearest to you, as well as clothing suppliers and soup kitchens.

To find a food pantry near you, visit [www.stlfoodbank.org/programs-services/find-food](http://www.stlfoodbank.org/programs-services/find-food) and type in the box labelled “Your Location.” You can type in your address, ZIP code, municipality, or whatever other location information you think would be most helpful. Decide how far from that location you are able to go, and make that number your “Search Radius.” Using the “Category Filter,” you can decide whether you want to search for clothing, food pantries, or soup kitchens. There is also an option to search for pantries that serve HIV-positive clients only. Click “Search” to see a map of the resources that match your search criteria, as well as a list of resources to the left of the map. Scroll to see all resources in this list.

## DC Café - Free Lunch Service

**Location:**

4324 Margaretta Avenue  
St. Louis, MO 63115

**Contact Information:**

(314) 381-0700

The DC Café is located near to bus stops on the 18 (Taylor) bus line.

Available at the Saint Louis Dream Center on Wednesdays between 12:00pm and 1:00pm; accessible via Metro Bus 18 and Metro Bus 4. The schedule is subject to change, so you may want to call the phone number listed above to confirm lunch access for a particular day.

## Cosgrove’s Daily Soup Kitchen

**Location:**

3718 State Street  
East St. Louis, IL 62205

**Contact Information:**

(618) 394-0126

Cosgrove’s Daily Soup Kitchen is located near to 1 (State) bus stops (State @ 37 is the closest stop).

The Society of St. Vincent De Paul Belleville, IL sponsors lunch at 12:00pm six days per week, every week of the year.

## Community Care Center Soup Kitchen

**Location:**

1818 Cleveland Blvd.  
Granite City, IL 62040

**Contact Information:**

(618) 876-8770  
[www.gccommunitycarecenter.org](http://www.gccommunitycarecenter.org)

The Community Care Center Soup Kitchen is located near to stops on the 1 (Main St.-State St.) and 2 (Cahokia) bus routes.

Free lunch service is available at the Community Care Center (address above) on Tuesdays and Thursdays from 11am to 12pm for residents in the Granite City, Madison, Mitchell, Pontoon Beach, or Venice, IL.

## Peter and Paul Meals Program

**Location:**

812 Allen Ave  
St. Louis, MO 63104

**Contact Information:**

(314) 588-7111  
[www.ppsinc.org](http://www.ppsinc.org)

This location is accessible via Metro Bus 10 (Gravois-Lindell), 30 (Arsenal), and 73 (Carondelet).

Peter & Paul Community Services offers free dinner on the 2nd through 21st of every month, Monday through Friday, 5pm – 5:45pm. Peter & Paul Community Service provides supportive services to people who are homeless, especially those who experience mental illness or live with HIV.

## St. Vincent De Paul Meals Program

**Location:**

1408 S. 10th Street  
St. Louis, MO 63104

**Contact Information:**

(314) 881-6000  
[www.svdpstlouis.com](http://www.svdpstlouis.com)



This location is accessible via Metro Bus routes 10 (Gravois-Lindell), and 73 (Carondelet).

The Society of St. Vincent De Paul in St Louis offers free dinner on the 22nd through 1st of every month, 5pm – 6pm. Free lunch is available Monday through Saturday from 11am to 1pm and Sunday from 10:15am to 11:15am.

## Trinity Souldard Soup Alley

**Location:**

1408 S. 10th Street  
St. Louis, MO 63104

**Contact Information:**

(314) 881-6000  
[www.svdpstlouis.com](http://www.svdpstlouis.com)

This distribution site is located near to stops on the 30 (Arsenal) bus route in the Souldard neighborhood in St Louis.

Hot food and other essentials are distributed from Trinity's Parish House window Monday through Saturday, 9am to 10:30pm.

# Financial Resources

Financial literacy is important for a successful transition. This section provides an overview of how to open a bank account, different types of accounts, and how to establish and maintain good credit score. It also lists several organizations in St. Louis that provide quality financial coaching that help you achieve your goals and plan for your future.

## How to Open a Bank Account

### Questions You Should Ask When Opening a Bank Account

#### What type of account is best suited for my needs?

There are several types of accounts. However, savings and checking are the two kinds that you should focus on.

- **Checking:** Checking accounts allow the easiest access to your money. They are the best to pay for utilities, groceries, and rent.
- **Savings:** Savings accounts have restrictions that limit access to your money. Federal laws restrict savings accounts to six (6) withdrawals from the account a month.

#### What types of fees and rules should I watch out for?

Accounts offer a lot of convenience; however, they should not cost you.

- **Minimum monthly balance:** Many banks require account holders maintain a minimum balance in their accounts, meaning that if you drop below that required balance, you will then be charged a fee.
- **Overdraft fees (No Sufficient Funds NSF):** An overdraft occurs when you make a withdrawal from your account that exceeds your balance. When your account goes below zero, the bank will administer a fee. The average fee is \$30, and this fee can be administered for every transaction that occurs after your balance reaches zero.
- **Overdraft protection:** Overdraft protection comes in two forms. The first kind allows you to link your account to another of your deposit account balances that is protected, thereby avoiding the overdraft fee. Banks do charge on average \$10 for each transfer. The second kind of overdraft protection amounts to a line of credit that is being extended to you by the bank. This is all based on an assessment of your financial standing that includes financial history, credit, etc. This type of protection may incur an annual fee.

#### Will my past be a problem?

Some banks will research whether you have a history of bounced checks or an account with a negative balance. If it the case that you have a bad banking history, some banks will not allow you to open accounts.

- To find out whether or not you have a file with one of the consumer reporting companies (companies that document every person's credit history), you may obtain a free report once a year from the following:  
[www.getassistance.telecheck.com/home.html](http://www.getassistance.telecheck.com/home.html) or [www.chexhelp.com](http://www.chexhelp.com).

### What's in the fine print?

The details of these accounts and agreements are very important. Pay very close attention to the following:

- A complete written description of account fees
- A description of ATM fees and information on locations where free access is available
- Details for debit card fees if you choose to use your card to make everyday purchases
- How many free checks you can write each month and minimum balance requirements
- Information on how to order copies of canceled checks if you do not receive them with your statement

### What does FDIC mean?

The Federal Deposit Insurance Corporation (FDIC) preserves and promotes public confidence in the U.S. financial system by insuring deposits in banks and thrift institutions for at least \$250,000; by identifying, monitoring and addressing risks to the deposit insurance funds; and by limiting the effect on the economy and the financial system when a bank or thrift institution fails.

### How does FDIC affect me?

FDIC insurance allows you to get your money after a bank failure. If an insured bank fails or runs out of money, the FDIC steps in and pays any funds you are due. However, it's essential to verify that your funds are in an insured bank and that your deposits are below FDIC limits.

The FDIC generally covers up to \$250,000 per account holder per institution. However, depending on how your accounts are titled, it may be possible to have more than \$250,000 in one institution. For some, joint accounts and retirement accounts can potentially result in more coverage.

The goal of FDIC insurance is to promote trust in the banking system. When your deposits are FDIC-insured, the U.S. government stands behind the promises the bank makes to protect your funds.

## Credit and Why Credit Scores are Important

**Credit** is your ability to obtain goods or services prior to payment, based on trust that you will make the payment in the future.

Your **credit score** is a number that represents the risk a lender takes when you borrow money, or the risk a provider takes when they extend credit by way of goods or services.

### **Credit Score Basics**

- Credit scores (generally calculated on a scale between 300 and 850) are computed using a formula that considers factors like payment history, overall debt levels, and the number of credit accounts the individual has open.
- Individuals with low credit scores (below 600) can take steps like making payments on time, cutting down debt levels, and maintaining a zero balance on unused credit accounts to improve their credit score over time.

### **No credit?**

Everyone must start somewhere. If you have a very low credit score (say, under 350), chances are you haven't yet established any accounts and don't have a credit history. Talk to your local lender about its borrowing requirements. When you're approved for your first loan or credit card, set up a responsible repayment pattern immediately to establish a good credit record.

There are a few different credit scores used by lenders—some for general credit purposes, and others specifically for auto loans, mortgage loans and refinancing, or credit card issuers. Most are based on the FICO scoring system, in which credit scores range from 300 to 850; the higher the score, the better the credit. Generally, a FICO score above 670 is considered a good credit score.

### **Accessing your credit report and credit score:**

- You can retrieve your credit report from the three reporting bureaus (TransUnion, Equifax, and Experian) annually through [www.annualcreditreport.com](http://www.annualcreditreport.com). The website will require you to answer several personal questions to verify your identity.
- You can also sign up for Credit Karma ([www.creditkarma.com](http://www.creditkarma.com)) to review your credit report and VantageScore credit score. Please note, however, that the information provided on Credit Karma is often several months behind and that the VantageScore credit score may be slightly different from a FICO score, which is based on a different formula. The FICO score is what most lenders and property owners use when considering you for a loan or a property. Check your bank website to see if your bank also offers free credit score reports.

### **Credit report discrepancies:**

If you obtain a credit report that has a discrepancy, you do have an avenue to challenge the discrepancy. Begin by notifying the credit bureau of the exact discrepancy. Credit bureaus must investigate any reported discrepancies, usually within thirty days, unless they feel the complaint is frivolous. When reporting the discrepancy, make sure that you have any and all paperwork that pertains to the complaint.

## **Fixing Bad Credit: Credit Counseling**

Below are some free resources where you can take classes on building credit or sign up to receive one-on-one credit counseling. Paying fees for any type of credit monitoring services or services that offer to improve your credit score is not recommended as you can access the same services for free.

### **Justine Peterson**

Through a series of in-person meetings, financial coaches work with clients to set goals, create individualized action plans, and access safe and affordable products.

#### **Location:**

1023 North Grand Blvd  
St. Louis, MO 63106

#### **Contact Information:**

(314) 533-2411  
[kkristensen@justinepetersen.org](mailto:kkristensen@justinepetersen.org)

Justice Peterson's office is located in Grand Center, near 70 (Grand) and 97 (Delmar) bus stops.

**How to Access:**

To schedule a one-on-one coaching session, contact by phone or email.

## Prosperity Connection

Prosperity Connection provides coaching sessions that can help you set achievable goals, create financial action plans, and build wealth for the future.

**Locations:**

2707 N. 14th St.  
St. Louis, MO 63106

2828 Gravois Ave  
St. Louis, MO 63118

6724 Page Ave  
Pagedale, MO 63133

2808 Endicott  
St. John, MO 63114

**Contact Information:**

[center@prosperityconnection.org](mailto:center@prosperityconnection.org)



**How to Access:**

Contact by email for free one-on-one financial coaching sessions.

## Kingdom House/LifeWise STL

Kingdom House provides financial services that include one-on-one coaching, financial education, and access to credit- and wealth-building financial products.

**Location:**

1321 S. 11th St  
St. Louis, MO 63104

**Contact Information:**

Kapria Lipscomb Franklin  
[klipscomb@lifewisestl.org](mailto:klipscomb@lifewisestl.org)  
(314) 627-1240

Mayda Paredes (se habla español)  
[mparedes@lifewisestl.org](mailto:mparedes@lifewisestl.org)  
(314) 260-6379

Natalie Gemberling Webb  
[ngemberling@lifewisestl.org](mailto:ngemberling@lifewisestl.org)  
(314) 260-6371

Kingdom House offices are located near 10 (Gravois-Lindell) and 73 (Carondelet) bus stops.

**How to Access:**

To make an appointment, contact a Kingdom House Financial Social Worker (listed above).

## Bottom Line on Credit

Your credit score is based on a variety of factors and can be used to determine whether you will qualify to borrow money as well as the terms, including the interest rate of the loan. Consistently paying your bills on time and in full will help prevent damage to your credit score in the future. In the case that you have poor credit, take steps to repair it:

### Check the accuracy of your credit report:

It is important that you check the accuracy of your credit history. Errors on your credits history are not unheard of. There are often discrepancies. Under the Fair Credit Reporting Act, you are allowed a printed report from each of the three reporting credit agencies once a year. You might consider working with a credit repair company to handle the discrepancies.

### Pinpoint what you need to improve:

- **Payment history:** A history of overdue payments paints you as a bigger risk to creditors. Thus, this factor has the greatest negative effect on your credit score; it makes up about 35% of your credit score.
- **Amount of debt:** Debt contributes 30% to a FICO Score's calculation and also weighs heavily on other credit scoring models.
- **Age of accounts:** Creditors like to see a proven record of borrowing, utilizing, and repaying credit. If you're newer to credit and borrowing, there isn't much data for lenders to go on. This makes up 15% of your score.
- **Account mix:** Making up 10% of your score, lenders want to make sure you can handle both revolving and installment credit (meaning both credit cards that you continue to use after repaying and loans that are closed upon full repayment).
- **History of credit applications:** Multiple hard inquiries on your credit may look like you are overextending yourself financially and appear desperate. This will lower your score. Credit inquiries make up 10% of your score.

### Fix your late payments:

Keeping on top of payments and avoiding delinquency is the only way to stop a past due payment from affecting your credit score. Even closing an account won't make your overdue payments disappear.

The credit reporting agencies don't remove these items, but you may be able to talk a creditor into doing so. One late payment can be forgiven by creditors if you have a history of on-time payments and you call to discuss it with them. Repeated delinquencies may take more effort on your part to have removed.

Often, creditors will remove the negative mark from your credit report if you call and work something out with them. You will need to get up to date on your payments and may be required to make several on-time payments before the mark is removed, but once it is, it may positively impact your credit score. And in the future, make sure to pay your bills on time.



### **Get added as an authorized user:**

Getting added as an authorized user on the account of friend or family member with a solid credit history can help raise your credit score. While you don't actually need to use the other person's credit or account, their positive credit and payment history are added to your credit reports and make you look better by default.

### **Clear any outstanding account collections:**

Contacting your creditors about paying off your debt is a great way to raise your credit score. Make sure that they agree to remove the negative hit to your credit report if you repay it in full—and get it in writing.

### **Open a secured credit card:**

Opening a secured credit card can help raise your credit score. This type of card involves you depositing money into a checking account to secure the line of credit the lender is extending to you. Payments come directly out of this account, so you can't miss a payment. And because you can't miss a payment, and make all your payments on time, your credit score could improve over time.

### **Dispute credit inquiries:**

Most credit inquiries are hard inquiries. This means they impact your credit score. In fact, a hard inquiry stays on your credit report for an entire year. While each individual hit is relatively small, it can push you over the edge from one credit score tier to one below it. Several hard inquiries over a short period of time can drop your score by a lot.

Like any other negative factor on your credit report, you can dispute credit inquiries. If you didn't approve the inquiry into your credit, you may be able to get it removed. This could easily increase your credit score, but only slightly.

### **Maintain revolving balances:**

If you carry a large amount of debt in relationship to your available credit, your score can suffer. In fact, credit utilization accounts for 30% of your credit score. So, if your total credit card available credit is \$10,000 and you're currently using \$8,000 of it, paying down those balances can increase your score.

Keeping your utilization rate at around 30% is recommended. That's \$3,000 in debt on a \$10,000 available limit, for example.

### **Increase your credit limits:**

If staying at a 30% credit utilization ratio mark is difficult for you, there is always the possibility of having your credit limit increased. If you have a good payment history and have improved your credit since opening the account, most creditors will consider increasing your maximum. This quickly improves your credit utilization and can raise your score.

By improving your credit score, you open a whole new world of purchasing power. You might no longer need to worry about being approved for that home, vehicle, or other item that you need to take the next step in your life. Never give up on your credit. By following some of the tips above, you could boost your credit score.



# Technology

Over the last couple of decades, technology has rapidly evolved and become an important part of most people's everyday lives, both out of convenience and necessity. Technology (including cell phones, smartphones, computers, tablets, etc.) allows you to stay in touch with your family, friends, and parole officer. In addition to its uses related to communication, technology is also important when it comes to finding a job and a place to live. Many apartments for rent and houses for sale are listed online. Additionally, many employment opportunities are posted on the internet, and often job applications are filled out online instead of in person. Technological literacy (knowledge about how to use a computer and certain computer programs, including Microsoft Office and email) are required qualifications for certain jobs. Learning how to navigate technology will be an important skill both for your personal and professional development. Included in this resource guide are resources and information about purchasing technology, accessing technology resources that are publicly available, and developing your technological literacy.

## How to Buy a Cell Phone

Cell phones are essential for communication, and without one it will be difficult to contact your family and friends or reach your employer or social service organizations. Before you buy a phone, there are a few things you should think about:

- What is your budget?
- What will you be using your phone for?
- Are you willing to sign a contract, or do you want a pre-paid phone?
- What features are you looking for in a phone?

When you first buy a cell phone, you should consider purchasing a pre-paid phone. Several companies offer pre-paid phones, including Straight Talk and TracFone. This means that you only need to pay for more minutes or data when you need them, rather than purchasing a phone contract that you are required to pay every month regardless of how much you use your phone. Stores like Walmart, Target, or BestBuy offer pre-paid phones or phone card options. You will have to purchase both a phone (such as a TracFone brand phone) and a phone card to add minutes and data.

If you have a stable income and will be using your phone frequently, you may consider getting a phone contract.

## Discounted Cell Phone Plans

In the future, you may want to apply for a discounted cell phone bills through the federal Lifeline program. You are eligible if you receive SNAP benefits, Medicaid, or make less than 135% of the federal poverty level. For a household size of one person, that means you qualify if you make less than \$16,862. Because they require that you provide at least three pay stubs to prove your income eligibility, you will have to wait until you have employment to apply.

First, you need to identify which cell phone companies in St. Louis offer Lifeline. There is an online tool on the Universal Service Administration website that lets you search local companies: [www.data.usac.org/publicreports/CompaniesNearMe/Download/Report](http://www.data.usac.org/publicreports/CompaniesNearMe/Download/Report). Once you identify which company you want to use (there are many in St. Louis), ask the company for a Lifeline application. You will need the following information to apply:

- Full legal name
- Date of birth
- Last 4 digits of your Social Security number (or Tribal identification number)
- Legal address

In order to prove your identity and eligibility, you will also have to provide at least one of these items:

- Unexpired ID such as a Driver's License or state ID
- Social security card
- Medicaid card
- Prior year's tax return or at least three previous pay stubs

## Libraries and Library Cards

### Library Card

You can receive a free St. Louis Public Library card if:

- You live or pay property taxes within the City of St. Louis, St. Louis County, or St. Charles County.
- You work or attend school in the City of St. Louis.

To receive a library card or renew an existing card, St. Louis Public Library requires identification that shows your legal name and current address. Photo identification is required for the checkout of non-print items.

Identification with no photo can include:

- Social Security Card
- Voter registration card
- Insurance card
- If your identification does not show your current address, please present a piece of first-class mail or e-bill dated with 30 days from the current date in addition to your identification.



Other documents accepted as proof of current address:

- A current lease with dates, address, and name
- A checkbook with name and current address
- A school schedule with name, address, and date
- A report card with name, address, and date

Most St. Louis Public Library personal library cards expire on the cardholder's birthday and must be renewed every two years. You will need to present identification that shows your legal name and current address to renew your library card.

## Library Computer Access

All adult St. Louis Public Library cardholders have computer access. St. Louis Public Libraries have 16 locations that all have computers, printing, and free internet:

Baden Library  
8448 Church Road  
St. Louis, MO 63147

Baden Library is located near bus routes 174x (Halls Ferry Express) and 40 (N. Broadway).

Charing Cross Library  
356 N. Skinker Blvd  
St. Louis, MO 63130

Charing Cross Library is located near bus route 16 (City Limits), 2 (Red), 5 (Green Line), and 1 (Gold).

Barr Library  
1701 South Jefferson Ave  
St. Louis, MO 63104

Barr Library is located near bus routes 11 (Chippewa) and 8 (Shaw Cherokee).

Divoll Library  
4234 North Grand Ave  
St. Louis, MO 63107

Divoll Library is located near bus routes 70 (Grand) and 41 (Lee).

Buder Library  
4401 Hampton Ave  
St. Louis, MO 63109

The Buder Library is located near bus routes 90 (Hampton) and 11 (Gravois-Lindell).

Julia Davis Library  
4415 Natural Bridge Ave  
St. Louis, MO 63115

The Julia Davis Library is located near bus routes 4 (Natural Bridge) and 18 (Taylor).

Cabanne Library  
1106 Union Blvd  
St. Louis, MO 63113

The Cabanne Library is located near bus route 13 (Union).

Kingshighway Library  
2260 South Vandeventer Ave  
St. Louis, MO 63110

The Kingshighway Library is located near bus route 95 (Kingshighway).

Carondelet Library  
6800 Michigan Ave  
St. Louis, MO 63111

The Carondelet Library is located near bus routes 73 (Carondelet) and 8 (Shaw Cherokee).

Machacek Library  
6424 Scanlan Ave  
St. Louis, MO 63139

The Machacek Library is located near bus route 30 (Arsenal).

Carpenter Library  
3309 South Grand Blvd  
St. Louis, MO 63118  
The Carpenter Library is located near bus routes 70 (Grand), 8 (Shaw Cherokee), and 10 (Gravois-Lindell).

Central Express Library  
815 Olive St, Suite 160  
St. Louis, MO 63101  
The Central Express Library is located near bus route 40 (N. Broadway)

Central Library  
1301 Olive St.  
St. Louis, MO 63103  
The Central Library is located near bus route 34 (Earth City).

Marketplace Library  
6548 Manchester Ave  
St. Louis, MO 63139  
The Marketplace Library is located near bus route 31 (Chouteau).

Schlafly Library  
225 North Euclid Ave  
St. Louis, MO 63108  
Schlafly Library is located near bus routes 10 (Gravois-Lindell), 13 (Union), 18 (Taylor), 95 (Kingshighway), and 1 (Gold).

Walnut Park Library  
5760 West Florissant Ave  
St. Louis, MO 63120  
The Walnut Park Library is located near bus routes 174x (Halls Ferry Express) and 74 (Florissant).

## Library Computer Classes

St. Louis Public Library offers computer classes, ([www.slpl.org/computer-classes/](http://www.slpl.org/computer-classes/)) which range in level from basic to advanced. Topics include basic computer skills, Microsoft Word, Microsoft Excel, Microsoft PowerPoint, and using the Internet. You must be a library cardholder to take these classes. In order to get a library card, you must provide identification that shows your legal name and current address (see Library Card section above).

Computer classes are available at two locations. Advance registration is required for all training classes. In order to register, you must have a valid St. Louis Public Library card. You may register for up to two classes per month. To register, contact the location where the class will be held.

Julia Davis Library  
4415 Natural Bridge Ave  
St. Louis, MO 63115  
The Julia Davis Library is located near bus routes 4 (Natural Bridge) and 18 (Taylor).

Buder Library  
4401 Hampton Ave  
St. Louis, MO 63109  
The Buder Library is located near bus routes 90 (Hampton) and 11 (Gravois-Lindell).

## YouTube

If you have access to a computer and the internet, YouTube ([www.youtube.com](http://www.youtube.com)) is a video-sharing platform that provides a wide range of free computer, internet, and technology tutorials.



# Internet Vocabulary

Thanks to [www.techterms.com](http://www.techterms.com) for these definitions, some of which have been edited for content or clarity.

- **Browser:** A web browser, or simply “browser,” is an application used to access and view websites. Common web browsers include Microsoft Internet Explorer, Google Chrome, Mozilla Firefox, and Apple Safari.
- **Email address:** An email address is a unique identifier for an email account. It is used to both send and receive email messages over the Internet. An example email address is [janeausten@gmail.com](mailto:janeausten@gmail.com).
- **Internet:** The Internet is a world-wide area network that connects computer systems across the world. All websites and webpages are located on the internet.
- **Link:** A link (short for “hyperlink”) allows you to jump to a new location when you click or tap it. Links are found on almost every webpage and provide a simple way to navigate between pages on the internet. A link will usually be underlined and appear in a different color (often [blue](#)).
- **URL:** A URL is the address of a specific webpage or file on the Internet. The URL for a website is what you type into the search bar of an internet browser to navigate to a specific webpage or website. For example, the URL of the TechTerms website is “[www.techterms.com](http://www.techterms.com)”.
- **Wi-fi:** Wi-fi is a wireless networking technology that allows computers and other devices such as cellphones or tablets to communicate over a wireless signal. You can access the internet from a device (cellphone, tablet, or laptop) connected to wi-fi. Many cafes, coffee shops, restaurants, and stores have free wi-fi.

# Continuing Your Education

Pursuing your education can be a great way to re-enter a community and follow your goals and passions. Navigating the world of higher education can be a challenge for any student; this section will answer common questions about returning to school after prison, highlight different degree options, and review available options for financial aid and financial and academic support.

## High School Equivalency Test (HiSET)

In January 2014, Missouri replaced the General Education Diploma (GED) with the High School Equivalency Test (HiSET). The exam consists of five subtests: Math, Science, Social Studies, Writing, and Reading. Each subtest cost \$10.75, totaling \$53.75. However, the testing center administers a fee of \$7.00 to each subtest (\$35.00) and there is also an Annual State Administrative Fee of \$10.00. So, the total cost of the HiSET is \$98.75. The subtest can be taken up to three times in a calendar year without having to repurchase the subtest. That time begins when the first subtest is taken. After that date you have twelve months to take each subtest two times and will have to pay the testing fee (\$7) each time. If first-time test takers schedule through the HiSET customer service hotline [(855) 694-4738], each subtest is free. You must pay for the subtest if it needs to be retaken. Funding for all test takers is available on a first-come, first-served basis. Any additional fees are paid by the test taker.

HiSET Cost Breakdown:

|                                    |         |
|------------------------------------|---------|
| Sub-test: (\$10.75 + \$7.00) * 5 = | \$88.75 |
| ASAF =                             | \$10.00 |
| <hr/> Total =                      | \$98.75 |

For more information, visit The Missouri Department of Elementary and Secondary Education’s web site: [www.dese.mo.gov/adult-learning-rehabilitative-services/high-school-equivalency](http://www.dese.mo.gov/adult-learning-rehabilitative-services/high-school-equivalency).

There are eligibility requirements that you must meet to take the HiSET: You must be a Missouri resident; you must be at least 16 years of age and completed 16 units towards high school graduation; and you must provide a valid form of identification on the day of the testing (Note: outdated or expired identification will not be accepted). The state does not require any preparation for the test; however, it does encourage preparation before retaking any subtest. It also does not require test takers to take practice tests. Again, for any further information you may visit the Missouri Department of Elementary and Secondary Education’s web site or [hiset.ets.org](http://hiset.ets.org). If you meet the eligibility requirements, you need to call the hotline (1-855-694-4738) to locate the nearest testing center.

*Note: Some state colleges and universities offer free credit hours for earning the HiSET. If you wish to verify that you have earned a GED, each state maintains records for everyone who has earned one. To obtain this information, you can contact the state’s Department of Education.*

# Choosing a Degree Program and School

What does each type of degree mean, and what would fit best for you?

- An **Associate’s Degree** is typically a 2-year program, most often offered through community colleges. Associate’s Degree is typically abbreviated as “AA.”
- A **Bachelor’s Degree** is typically a 4-year program offered at 4-year colleges and universities. If you’ve already completed your Associate’s Degree, you can transfer to a Bachelor’s program when you’re released. Bachelor’s Degree is typically abbreviated as “BA” or “BS” (Bachelor of Arts or Bachelor of Science).
- A **Certificate Program** is training for a certain field of employment; you may know this as “trade school.” If you know what field you are interested in, a certificate program may be a good choice for you. The length of these programs varies, but can typically be completed in a year or year and a half of study. Certificate Programs may be abbreviated as CP (Certificate of Proficiency) or CS (Certificate of Specialization).
- Some educational programs offer online classes or degrees, which may be a good option if you have a full-time job. Check with individual schools or programs for more details.

## Quick Overview of Local Colleges and Universities

Here’s a quick overview of the schools in the St. Louis metropolitan area. If you’d like admissions materials or a list of all degree programs available at a certain school, submit a written request to the individual school.

| <u>School</u>   | <u>Type of School</u>                  | <u>Sample Degree Programs</u>   | <u>Cost</u>  |
|---|--|---|--|
| <b>Washington University in Saint Louis</b><br>1 Wrighton Way<br>St. Louis, MO 63105  | Private university                     | Associate’s Degree<br>Bachelor’s Degree<br>Online classes and degrees | \$695 to \$895 per credit hour   |
| <b>Saint Louis University</b><br>1 N. Grand Blvd<br>St. Louis, MO 63103               | Private Jesuit university              | Bachelor’s Degree   | \$1,560 per credit hour or \$44,700 per year   |
| <b>University of Missouri Saint Louis</b><br>1 University Blvd<br>St. Louis, MO 63121 | Public university                      | Associate’s Degree<br>Bachelor’s Degree<br>Online classes and degrees | \$363.20 per credit hour (Missouri and Illinois residents) or \$976.50 per credit hour for non-residents |
| <b>Harris-Stowe State University</b><br>3026 Laclede Ave<br>St. Louis, MO 63103       | Historically Black college/ university | Bachelor’s Degree   | \$210 per credit hour or \$5,040 per year  |



| <b><u>School</u></b>   | <b><u>Type of School</u></b>   | <b><u>Sample Degree Programs</u></b>  | <b><u>Cost</u></b>   |
|--|--|---|--|
| <b>St Louis Community College</b><br>5600 Oakland Ave<br>St. Louis, MO 63110 | Community colleges (six campus locations)  | Associate's Degree<br>Certificate programs<br>Online classes and degrees                                  | \$113.50 per credit hour (St Louis District residents),<br>\$161.50 per credit hour (Missouri residents),<br>\$221.50 (non-Missouri residents) |
| <b>Ranken Technical College</b><br>4431 Finney Ave<br>St. Louis, MO 63113    | Public technical college ("trade school")  | Certificate programs<br>Associate's Degrees<br>Bachelor's Degrees   | \$611 per credit hour  |
| <b>Lindenwood University</b><br>209 S. Kingshighway<br>St. Charles, MO 63301 | Private Presbyterian university  | Bachelor's Degrees<br>Online Bachelor's Degrees   | \$495 per credit hour or \$18,500 per year   |
| <b>Webster University</b><br>470 E. Lockwood Ave<br>Webster Groves, MO 63119 | Private university   | Bachelor's Degrees  | \$725 per credit hour or \$28,500 per year   |
| <b>Fontbonne University</b><br>6800 Wydown Blvd<br>St. Louis, MO 63105       | Private Catholic university  | Bachelor's Degree<br>One online BA  | \$715 per credit hour or \$26,760 per year   |
| <b>Launch Code</b><br>4811 Delmar Blvd<br>St. Louis, MO 63108                | Not a university; helps jobseekers enter tech field and companies find tech talent | No official degree programs; offers programming courses, employment preparation, and paid apprenticeships | Free   |



# Completing Your Application

You will likely need to think about the following before applying:

- **A program, major, or concentration of study.** Most schools will ask you about your area of academic interest—what topics or fields you want your coursework to focus on. At some schools, you will be asked to identify a “major,” a fairly specific area like mathematics, psychology, or biology, while other schools will ask you to choose a slightly more general “program” or “concentration” like natural science, social science, or humanities. A program, major, or concentration usually inform the kinds of courses you will take for your degree.
- **An admissions essay.** Most applications require some sort of essay, usually answering a specific question on the application, so that admissions officers can get a sense of the way you think and write. Some admissions essays will ask you about a book you have read recently or to describe your educational goals.
- **Securing GED/HiSet scores and transcripts from any colleges you have attended.** Depending on the school and number of credits you have earned, you may have to submit these documents as part of your application (and you will certainly need official transcripts if you wish to transfer credits to count toward your graduation). These scores will not be given out over the phone. If you do have internet access, Missouri scores can be accessed with your birthdate, social security number, and last name at [www.apps.dese.mo.gov/GEDManagement/Certificate\\_Search.aspx](http://www.apps.dese.mo.gov/GEDManagement/Certificate_Search.aspx).
- **Collecting necessary personal and financial information for financial aid and scholarship applications.** To apply for financial aid, you’ll also be required to submit some financial information (for example, child support payments, the date of a divorce, etc). Some scholarships require additional essays as well. More information about what you’ll need before applying for financial aid, and what kinds of financial aid you can apply to, are in the second half of this section.
- **Noting Application Deadlines.** Application deadlines differ by school; some schools have annual or semesterly deadlines for application that are months ahead of an anticipated start date. Other schools have application deadlines closer to the beginning of each semester (spring, fall, or summer).

## Financing Your Education

### Terminology

When applying for financial aid, you’ll see a lot of different terms floating around... “scholarship,” “grant,” “loan”: what’s the difference?

- A **scholarship and a grant** are the same thing. This is money given by the school (or outside organization) that you do not have to pay back. You may have to re-apply for a scholarship or grant every year. Some also have certain requirements to keep them – for example, a certain minimum GPA or number of credits/classes each semester.
- A **loan** is money given by the federal government that you will have to pay back in installments after you finish school.

## Federal Student Aid

In order to receive federal financial aid, you must fill out the **Free Application for Federal Financial Aid (FAFSA)**. You should start to fill out your FAFSA six months before the first semester of your intended enrolment. If you, your caseworker, or your facility librarian has internet access, the application is available online, and you can either print it out and mail it in or fill it out online. The FAFSA helps the financial aid office at your school determine your financial “need” for scholarships based on your EFC, or estimated family contribution. You must re-submit the FAFSA every year that you are a student; the priority deadline for Missouri schools is typically February 1.

### **General Information about the FAFSA:**

The FAFSA will ask about your previous year’s tax returns. You should still fill out the FAFSA even if you did not file tax returns; there are options in the form for people who did not file for the past year. If you did not file tax returns in the previous year, you will need to fill out an IRS non-filing letter (form 4506-T), which verifies this information for your school. (Submission by way of the internet requires you to have a cell phone number and credit card in your name; submission by snail mail is possible—addresses are provided on the form—but will take longer to process.)

**If you were convicted of a drug charge** while previously receiving federal financial aid, you are not eligible for federal financial aid. However, you may still be asked by your university to fill out a FAFSA to determine your financial need.

You can fill out the FAFSA by hand or online if you have internet access.

### **Before you fill out the FAFSA, you will need to know:**

- Permanent mailing address
- Social security number
- Driver’s license number (if available)
- Email address (if available)
- Parents’ level of schooling
- If you are over 21, you will not need to provide financial or other information about your parents
- Information from your previous year’s tax return (if applicable)
  - Your spouse’s income from the previous year’s tax return (if relevant)
  - Your (and spouse’s) total current balance of cash, savings, and checking account
  - Your (and spouse’s) net worth of investments, including real estate (not including the home that spouse lives in), current businesses (if relevant)
  - Child support paid because of divorce or separation or as a result of a legal requirement
  - Child support received for any of your children
  - Any money received or paid on your behalf otherwise unreported
- Number of people in your household (spouse, children, anyone else whom you provide more than half of their support and will continue to in the following year)

**Before you fill out the FAFSA, you will need to know (cont.):**

- Number of people in your household who will be a college student, meaning people who will attend, at least half the time in the following year, a program that leads to a college degree or certificate (not including members in U.S. military service academies)
- Any family members who received benefits from the following federal programs:
  - Medicaid or Supplemental Security Income (SSI)
  - Supplemental Nutrition Assistance Program (SNAP)
  - Free or Reduced Price School Lunch
  - Temporary Assistance for Needy Families (TANF)
  - Special Supplemental Nutrition Program for Women, Infants, and Children
  - If you or your spouse is a dislocated worker.
  - Which colleges you want to receive your FAFSA information. The following lists the information you may need from our list of local St. Louis universities:

| <b><u>University</u></b>           | <b><u>Federal School Code</u></b> | <b><u>Address</u></b>                           |
|------------------------------------|-----------------------------------|---|
| Washington University in St. Louis | 002520                            | 1 Brookings Dr,<br>St. Louis, MO 63130          |
| Saint Louis University             | 002506                            | 3330 Laclede Ave,<br>St. Louis, MO 63103        |
| University of Missouri Saint Louis | 002519                            | 1 University Blvd,<br>St. Louis, MO 63121       |
| Harris Stowe State University      | 002466                            | 3026 Laclede Ave,<br>St. Louis, MO 63103        |
| St. Louis Community Colleges       | 002469                            | Multiple locations                              |
| Ranken Technical College           | 012500                            | 4431 Finney Ave,<br>St. Louis, MO 63113         |
| Lindenwood University              | 002480                            | 209 S Kingshighway,<br>St Charles, MO 63301     |
| Webster University                 | 002521                            | 470 E Lockwood Ave,<br>Webster Groves, MO 63119 |
| Fontbonne University               | 002464                            | 6800 Wydown Blvd,<br>St. Louis, MO 63105        |

### **University Financial Aid:**

Financial aid differs from school to school and may include either merit-based aid (that is, aid based on your previous academic achievements and promise) or need-based aid (based on your ability to pay/financial status).

Most universities and colleges have financial aid web pages where, if you have internet access, you can find their scholarship applications and a link to the FAFSA. You can work with your internal case managers to figure out what scholarships you should apply to or contact the school by mail to find out about funding and scholarship opportunities.

### **Outside Scholarships:**

If you have applied for school scholarships and federal financial aid and are in still need of additional financial support, you may want to apply for outside scholarships. Depending on the scholarship, these can be used to pay for tuition, books, school supplies, or even housing. Just make sure that you meet the scholarship requirements; some require you to be a full-time student (i.e., taking a full load of courses).

## **National Networks of Formerly Incarcerated College Students**

### **Prison-to-Professionals (P2P)**

The goal of the Prison-to-Professionals (P2P) program is to help formerly incarcerated people obtain higher education. Scholars receive college/loan application assistance, SAT/GRE prep, an individual plan (IDP), college readiness workshops, and have access to tutors, scholarship opportunities, national meetings, and two years or more of mentoring. For the mentorship program, you can apply while in prison. The mentoring program consists of an initial intake conversation detailing educational, employment, and life goals as well as a combination of monthly in-person contacts (for the first three months) and weekly phone, text, or email contacts.

The educational counseling consists of weekend workshops focused on four components: (1) SAT/GRE; (2) College applications; (3) Loan applications; and (4) College readiness. To be eligible to participate in the educational counseling program, you must have a high school diploma or GED, take a verbal and math skills entrance test, be formerly incarcerated, and have a desire to obtain higher education.

If you have any further questions or desire to join, you can either write a message online, which can be found at [www.fromprisoncellstophd.org/contact-us.html](http://www.fromprisoncellstophd.org/contact-us.html). You can also visit [www.fromprisoncellstophd.org](http://www.fromprisoncellstophd.org) for more information.



## Formerly Incarcerated College Graduates Network (FICGN)

The Formerly Incarcerated College Graduates Networks (FICGN) is a national network of over 1000 formerly incarcerated college graduates in 44 states and includes people from varied educational backgrounds and diverse careers. The network provides members with a space for collective power to develop through professional connections and general academic and career support.

To be eligible to join the FICGN, you should have either participated in a prison college education program or currently be pursuing higher education post-release. To join the network, you must complete an online form, which can be found at [www.ficgn.org/join.html](http://www.ficgn.org/join.html). You can also visit [www.ficgn.org](http://www.ficgn.org) for more information.

## The Importance of Social Networks and Higher Education

by Jameel Spaan

The likelihood that incarcerated people will return to prison after being released is largely determined by the power of the networks that they have access to. In my personal experience of earning an undergraduate degree post-incarceration, I have found that my access to the influential networks that exist within the campus community of a top-ranked private university have made all the difference in the opportunities that have been afforded to me. Considering this, I think that it is of paramount importance for formerly incarcerated people who have the great benefit of participation in a higher education in prison program to leverage the networks of campus communities at their disposal to survive in a world that may feel completely foreign or difficult to navigate socially – as was the case for me after spending 12 years, nine months, and six days of my life in a cage.

Prior to my enrollment in Washington University's Prison Education Project I participated in over two dozen mental health and substance abuse classes that were offered by the six different prisons where I was incarcerated. Yet none of the certificates I earned for participation offered me practical tools to begin rebuilding my life after release. Like most incarcerated people who come into adulthood in America's prisons or correctional facilities, I was released in 2017 with very few familial or community contacts to rely on for support in forging a new path. At the time I had no idea how lucky I was to have been shipped to the Missouri Eastern Correctional Center in Pacific, Missouri to close out the final eighteen months of my sentence. I now know that there are over 7,000 correctional facilities in America in comparison to approximately 400 higher education in prison programs. I know this statistic because as the Administrative Assistant for the Alliance for Higher Education in Prison, which is a national organization that provides a wide range of supports to higher education in prison programs throughout the country, it is a part of my job to be well informed of initiatives to expand and help improve the quality of such programs.

I landed the position with the Alliance in March of 2019 after a PEP administrator informed

me of the opportunity and insisted that I apply. She was adamant that I quit my job at an asphalt and paving company to develop professional skills that I would need on my next academic journey after I confided that I planned to attend law school during one of our bi-weekly meetings. Initially this sounded ridiculous to me, because I was making \$18.50 an hour as a driver and laborer, which was a \$6 increase from my previous employment at an electrical manufacturing company. Before joining the Alliance team, like anyone determined not to re-offend, I only applied for employment in positions that I deemed realistic to pursue. Within the first year of my release I obtained a commercial driver's license and only went after jobs that would allow me to use it. Without the encouragement of my college advisors I may not have ever developed the confidence I now have. And even if I eventually came to a point in which I viewed anything I set out to accomplish as realistic, all of the hard work and determination in the world may not have generated the opportunities to elevate my position in life that my campus community has. Herein lies the power of leveraging the social capital that campus communities are brimming with to the benefit of marginalized populations of people. I remember well the commonly referenced caveat that the old-heads who I met in prison used to say to me or anyone else who had a "date with the gate," which are people who would be released one day. They used to say that the key to survival in the world outside of prison walls is to "change your people, places, and things." I quickly came to a point where I started to hate hearing people say that shit because it seemed highly unlikely that any of us would have the power to readily alter the places we could go or the people with whom we interacted after release. Fortunately, my participation in a high quality higher education in prison program has enabled me to do precisely as the old heads suggested.



Accessing the necessary healthcare for your physical, mental, and emotional wellbeing after reentry is vital, but it is not always easy to know where to start. This section is intended to help you navigate the different aspects of healthcare and how to access support. When it comes to mental health support you do not have to be in an emotional or mental crisis to reach out to these services—these options are here for you at any point, and mental recovery and wellbeing do not follow a set timeline. If you are struggling with substance abuse post-release this section will also cover options available to you whether you are interested in working towards complete sobriety or engaging in strategies and practices that aim to reduce the negative effects of substance overuse. Sometimes it does take a while to get the right referral or option for you, so don't get discouraged if you don't find the right treatment fit immediately.

This Section Will Cover:

- Primary Care
- Mental Health
- Substance Abuse and Recovery
- Sexual and Reproductive Health

## Accessing Health Care

### Medicaid (MO HealthNet)

If you received Medicaid prior to being incarcerated, your benefits were suspended, rather than terminated. That means when you are released, your Medicaid benefits will be automatically re-instated. You do not have to do anything for this process. It is up to the Department of Corrections to notify the Department of Social Services within 45 days of your release that a MO HealthNet recipient will be leaving prison. Talk to your case manager if you think that is the case for you to make sure there is no gap in coverage when you are released.

If you aren't able to apply for Medicaid prior to your release, you can quickly do so online or in person. If you have access to the internet, visit: [www.mydss.mo.gov/qualify](http://www.mydss.mo.gov/qualify) and select which benefits you are applying to.

Thanks to a ballot measure passed in August, 2020, Missouri expanded access to Medicaid, meaning that any individual who lives at 138% of the federal poverty level qualifies for Medicaid health insurance. That means any individual who earns up to \$17,236, or a family of 4 who earns less than \$35,535. However, the state is not required to expand Medicaid until July, 2021. If you will be released in 2021, you should consider applying for Medicaid prior to your release to ensure you have access to healthcare.



For now, the vast majority of single people in Missouri (meaning you have no children under the age of 18) do not qualify for Medicaid. If you are permanently disabled or blind you may qualify. Additionally, your children under 18 may qualify.

If you don't qualify for Medicaid, there are other options in St Louis to access quality, affordable health care, discussed below.

## **Gateway to Better Health: Temporary Health Insurance**

Gateway to Better Health is a temporary health care program for uninsured adults in St. Louis City and County. It provides uninsured adults a bridge in care until they are able to enroll in health insurance available through the Affordable Care Act. The program covers primary, specialty, and urgent care services.



### **Who is eligible?**

Individuals between 19-64 living in St. Louis City or St. Louis County who...

- are not eligible for MO HealthNet (Medicaid) or Medicare
- are patients at one of the participating health centers
- have no other health insurance
- have income at or below 100% of the federal poverty line (\$12,490 per year for an adult living alone or \$25,750 per year for a family of four)

### **What is covered?**

- Primary care office visits (podiatry and eye exams included)
- Limited dental services (cleanings, x-rays, pulling of diseased teeth)
- Urgent care visits
- Specialty care referrals
- Non-emergency transportation
- Generic prescriptions and brand name insulin and inhalers, provided for \$2.00 or less for each prescription
- Substance use treatment (generic prescriptions and counseling services at your health center)

### **What does it cost?**

There are no premiums for the program. Copays for Gateway to Better Health are between \$0.50-\$3.00 per visit.

### **Where can I go? (more info on all of these below)**

- Betty Jean Kerr People's Health Centers
- Family Care Health Centers
- Affinia Healthcare
- CareSTL Health
- St. Louis County Department of Public Health



### **How do I apply?**

To apply for Gateway to Better Health, visit one of the participating health centers above. You may need to provide some documents. These include:

- Proof of citizenship or visa status
- Proof of income from the last 30 days (like a paystub)

### **Things to remember:**

- If you were born outside of Missouri, you must provide a copy of your birth certificate
- Applications take 4-6 weeks to be processed, so be sure to apply soon after you are released
- Once you have been enrolled for 12 months, you will need to complete a redetermination form to ensure you still qualify for the program
- If you have any questions, do not hesitate to call 1-888-513-1417 or visit their website at [www.stlgbh.com](http://www.stlgbh.com).

## **The Affordable Care Act (“Obamacare”)**

The Affordable Care Act (ACA) was signed into law by President Barack Obama in 2010 and allows millions of uninsured Americans to obtain healthcare coverage. Lower-income individuals and families can qualify for extra savings on health insurance plans through the Marketplace.

### **What is the Marketplace?**

It is a service that helps people shop for affordable health insurance. The federal government operates the Marketplace, available on [www.healthcare.gov](http://www.healthcare.gov), for most states. Essentially, this is where people go to buy health insurance if it is not offered through their job or if they do not qualify for Medicaid/Medicare.

### **How do I get to the Marketplace?**

To enroll or locate resources from the Marketplace, visit [www.healthcare.gov](http://www.healthcare.gov) or call 1-800-318-2596 for assistance 24 hours a day.

### **When can I enroll?**

People can enroll in Obamacare only during predesignated periods during each year. The next enrollment period is November 1 - December 15, 2020.

### **Is there any special information for formerly incarcerated people?**

On [www.healthcare.gov](http://www.healthcare.gov), you can find information about health coverage for incarcerated or formerly incarcerated people. If someone is incarcerated, they cannot use the Marketplace to buy a private insurance plan. They must wait until after they are released.

After being released, you have a 60-day special enrollment period to sign up for private health coverage. During this time, you can enroll in private health insurance even if it's outside of the enrollment period. More information can be found at [www.healthcare.gov/incarcerated-people](http://www.healthcare.gov/incarcerated-people).

### **Things to remember:**

For reminders about important enrollment deadlines and any changes to the Health Insurance Marketplace:

- Sign up for text updates by texting “Covered” to 84444. The texts can be stopped at any time.
- Sign up for email updates at [www.covermissouri.org](http://www.covermissouri.org).

## **Primary Care**

There are several healthcare centers throughout the St Louis County that provide health care services for low or no cost.

All services below accept people without insurance or accept Medicaid or Gateway to Better Health Insurance (temporary health insurance for people who don't qualify for Medicaid, discussed above). See below for the specific services they provide, where they are located, how to make an appointment, and what the estimated cost is.

### **Affinia Healthcare**

Affinia is a federally qualified health center (FQHC) in St. Louis. This means they serve anyone, regardless of income, insurance, citizenship status, criminal record, etc. For people who make less than 100% of the federal poverty level (which means making less than \$12,140 for one person), you can receive healthcare on a sliding scale. These are the prices as of June 2020:

- Medical/Optomety/Podiatry/Behavioral Health Visit start at \$25
- Chiropractic fees start at \$10
- Eye glasses fee: \$60
- Prescription fees start at \$13
- Medical Urgent Care starts at \$75
- Dental discounts are available, including dental urgent care at the St. Louis Dental Center. Call (314) 814-8700 for more information.



In order to receive the discount, you need to provide a copy of most recent pay stub. Payment is due at the time you receive the service. To make an appointment, you can call (314) 814-8700.

There are nine locations throughout the city and county plus three school-based sites. Not all services are available at every location. Here are the locations with their services; check individual locations for hours and appointment availability.

#### **4414 North Florissant Avenue, St. Louis, Missouri 63107**

Services include adult medicine, women's health/ultrasounds, pediatrics, podiatry, adult behavioral health, dental, lab, WIC, and outreach.

This location is near to stops on the 70 (Grand) and 74 (Florissant) bus line.

### **2220 Lemp Ave. St. Louis, Missouri 63104**

Services include urgent care, primary and preventive health services, women's health services, pediatrics, podiatry, behavioral healthcare, laboratory services, WIC, and healthcare outreach.

This location is near to stops on the 10 (Gravois-Lindell) bus line (Gravois @ Ann is a stop right across the street).

### **1717 Biddle St. Louis, Missouri 63106**

Services include adult medicine, women's health/ultrasounds, pediatrics, podiatry, adult behavioral health, CDC, radiology (plain film), pharmacy, optometry, audiology, dental, lab, WIC, homeless services, health records, and outreach.

This location is near to stops on the 41 (Lee) bus line.

### **6763 Page Avenue, St. Louis, Missouri 63133**

Services include adult medicine, pediatrics, and laboratory services.

This location is near to stops on the 94 (Page) and 2 (Red) bus lines (Page @ Ferguson is the closest stop).

### **1430 Olive Street, Suite 500, St. Louis, Missouri 63103**

Services include integrated mental health services and integrated behavioral health services through a collaboration with the BJC Behavioral Health, Inc.

This location is near to stops on the 10 (Gravois-Lindell), 32 (Dr. ML King), 40 (N. Broadway), and 74 (Florissant) bus lines.

### **1500 Park Avenue, St. Louis, Missouri 63104**

This location is housed within the St. Louis Dental Center. Services include urgent care dental services, general dentistry, comprehensive exams; and individualized treatment plans for patients of all ages.

This location is near to stops on the 10 (Gravois-Lindell) and 73 (Carondelet) bus lines near Lafayette Square.

### **3930 S. Broadway, St. Louis, Missouri 63118**

Services include adult medicine, women's health/ultrasounds, pediatrics, podiatry, adult behavioral health, lab, WIC, and outreach.

This location is near to stops on the 8 (Shaw-Cherokee) and 11 (Chippewa) and 73 (Carondelet) bus lines.

### **Affinia School-Based Health Services**

Affinia's school-based health services offer primary and behavioral health care in the school community, striving to improve student attendance and academic achievement, and help students and area families improve their health and wellness. The school-based locations are:

Normandy High School (North Hall)  
6701 St. Charles Rock Rd  
St. Louis, MO 63133

Lift For Life Academy  
1704 S. Broadway  
St. Louis, MO 63104

Confluence Aspire Academy  
5421 Thekla Ave (Annex building, located in the rear of main building)  
St. Louis, MO 63120

**1908 O’Fallon Street, St. Louis, MO 63106**

Located at the Flance Early Learning Center, this site provides immunizations and flu shots, well child visits, hearing and vision screening, growth assessments, and lead and hemoglobin tests.

This location is near to stops on the 41 (Lee) bus line, and is across the street from Murphy Park.

**2900 Washington Avenue, St. Louis, MO 63103**

Located at the Salvation Army Midtown Services and Treatment Center, this site provides primary, preventive care and other services.

This location is near to stops on the 10 (Gravois-Lindell) and 97 (Delmar) bus lines.

## **Family Care Health Centers**

Family Care is a federally qualified health center (FQHC) that provides medical and dental services to people with or without insurance. Medical services include optometry, behavioral health, and WIC. Their staff includes board certified physicians, nurse practitioners, dentists, pharmacists, nurses, dieticians, etc. Patients without insurance are served on a sliding fee scale based upon income and family size.

**Locations:**

401 Holly Hills Ave  
St. Louis, MO 63111

**Contact Information:**

(314) 353-5190

4352 Manchester Ave  
St. Louis, MO 63110

(314) 531-5444

The Holly Hills location in Carondelet is near to stops on the 73 (Carondelet) bus line. Michigan @ Holly Hills is the closest stop.

The Family Care Health Center location on Manchester is near to stops on the 31 (Chouteau) bus line. Manchester @ Tower Grove is the closest stop.

### **How do I become a new patient?**

Call the health center nearest you to schedule an appointment. Staff will inform you of the necessary paperwork you will need to bring with you. New patients are mailed out an information packet along with a reminder of the day and time prior to the scheduled appointment.

### **How much does it cost?**

Patients with insurance pay the copay of their plan due the day of the office visit. Patients without insurance are served on a sliding fee scale with a minimum of \$20 (\$25 for dental) copay due the day of service.

### **Do they take walk-ins?**

Family Care does not accept walk-ins for new patients. An appointment is needed.

## **Saturday Neighborhood Health Clinic**

The Saturday Neighborhood Health Clinic is a completely free health clinic. You may be cared for by a medical student or physician. They also offer follow up with a case manager as well. Saturday Neighborhood Health Clinics operate out of the Family Care Health Center, which offers physical exams and preventative services, and a Specialty Clinic, which offers psychiatric support and dermatological care. Please note that both are only open on Saturdays and appointments are available on a first come, first serve basis.

### **Locations:**

The Family Care Health Center  
4352 Manchester Ave  
St. Louis, MO 63110

### **Contact Information:**

(314) 275-0657

Specialty Clinics  
620 S Taylor Ave  
St. Louis, MO 63108

The Family Care Health Center location on Manchester is near to stops on the 31 (Chouteau) bus lines. Manchester @ Tower Grove is the closest stop.

The Specialty Clinics location is near to stops on the 8 (Shaw-Cherokee), 59 (Oakland), and 95 (Kingshighway) bus lines.

### **What services do they offer?**

- Physical exams
- Preventative care
- Treatment of acute or chronic medical conditions
- Prescription refills
- Vaccinations (Hep A vaccinations by appointment only)
- Referrals to any additional care a patient may need via the Barnes-Jewish Center for Outpatient Health
- Psychiatric services
- Dermatology services

### **Who is eligible to receive services?**

All uninsured adult patients are served. They cannot provide vaccinations to patients referred to them by employment agencies. If you have insurance, they recommend using their resource page for other local clinics.

### **How much does it cost?**

Services here are completely free. If the doctor prescribes you any medications, they work to keep the cost of the medication low or free of charge. If the doctors cannot provide a particular service that you need, they will refer you to another health center that offers that service at a reduced cost.

### **Do they take walk-ins?**

Yes, patients without an appointment can walk in but are seen on a first-come, first-served basis. They recommend you arrive before 9:00am to fill out paperwork if you do not have an appointment.

## **Betty Jean Kerr People's Health Centers**



Betty Jean Kerr (BJK) provides comprehensive primary care throughout the St. Louis region through their four health center locations and is committed to serving under- and uninsured families in St. Louis City and St. Louis County. The BJK People's Health Centers are committed to providing comprehensive health care to St. Louis residents regardless of their ability to pay.

### **Locations:**

BJK Ferguson – Schnucks Health Clinic  
49 N. Florissant Road  
Ferguson, MO 63135

BJK Lindell  
4055 Lindell Blvd  
St. Louis, MO 63108

BJK North  
5701 Delmar Blvd  
St. Louis, MO 63112

### **Contact Information:**

(314) 633-8921  
[www.phcenters.org/contact](http://www.phcenters.org/contact)

(314) 535-7701  
[www.phcenters.org/contact](http://www.phcenters.org/contact)

(314) 367-7848  
[www.phcenters.org/contact](http://www.phcenters.org/contact)

The BJK Ferguson location is accessible by stops on the 79 (Ferguson) bus line. North Florissant @ Darrt is a direct stop.

The BJK Lindell location nearby to the Central West End is accessible by stops on the 10 (Gravois Lindell) bus line.

The BJK North location on Delmar Blvd. is accessible by stops on the 90 (Hampton) and 97 (Delmar) bus lines.

### What services do they offer?

- Health care services
  - Women’s health; Pediatrics; Internal medicine; WIC; Dental
- Social services
  - General social services; Case management; Healthcare home case management; Community outreach
- Additional services
  - Immunizations; Radiology; Lab services; Pharmacy

### Who is eligible to receive services?

All residents of the St. Louis metropolitan area—city and county—are eligible.

### How much does it cost?

There is a nominal fee of \$25 for medical services, \$50 for specialty services (dental, podiatry, and optometry), and \$35 for radiology. Services are offered on a sliding fee scale that is based on your family size and income and can be fully discounted if you fall below 100% of the federal poverty guideline. The fee increases to \$75 with no proof of income and, if applicable, you will receive a bill for the remaining balance.

To qualify for the sliding fee scale, you will need to bring one of the following, dated less than 30 days prior to your date of service:

- Recent check stub and picture ID
- Last year’s tax return (not valid after April 15th of the current year unless you are self-employed, in which case Schedule C of the tax return is required)
- A letter from the division of employment
- Current W-2 forms
- Document reflecting child support or alimony
- Food stamps award letter
- Social Security / Disability award letter
- Current 12-credit-hour schedule for full-time students or 9-credit-hour schedule for graduate students

### Do they take walk-ins?

Yes, for many services, though appointments are helpful. Call or check the website for updated walk-in hours.

## **St Louis County Public Health Department**

There are three clinics located throughout the county, one in Berkeley, one in Pine Lawn, and one in Sunset Hills. Each clinic offers different services and has different hours.

### Location:

**John C Murphy Health Center (Berkeley)**  
6121 North Hanley Road  
Berkeley, MO 63134

### Contact Information:

(314) 615-0500



The Berkeley location is accessible by stops on the 61 (Chambers Rd.), 76 (McDonnell-Waterford), and 77 (Village Square) bus lines.

**What services do they offer?**

- Dental Services
- Health Education Classes for childbirth or diabetes care
- Regular Immunizations
- Immunizations for international travel
- Lead Screening and Treatment Services
- Nutrition Counseling
- Pediatric (Children’s) Services
- Teen Care
- WIC (Women, Infants & Children) Nutrition Program
- Women’s Health Services:
  - Obstetrics/Gynecology Clinic
  - Family Planning Services
  - Pregnancy Testing

**Location:**

**North Central Community Health Center  
(Pine Lawn)**  
4000 Jennings Station Road

**Contact Information:**

(314) 615-9700

The Pine Lawn location is accessible by stops on the 16 (City Limits) bus line. There is a bus stop directly at the building.

**What services do they offer?**

- Adult medical services
- Health education classes
- Regular immunizations
- Lead screening and treatment services
- Nutrition counseling
- Pediatric (children’s) services
- STD testing, counseling and treatment
- WIC (Women, Infants, & Children) Nutrition Program, Obstetrics/Gynecology Clinic, and pregnancy testing

**Location:**

**South County Health Center (Sunset Hills)**  
4580 South Lindbergh Blvd  
Sunset Hills, MO 63127

**Contact Information:**

(314) 615-0400

The Sunset Hills location is near to stops on the 49 (Lindbergh) bus line.



### **What services do they offer?**

- Adult medical services
- Health education classes
- Regular immunizations
- HIV/AIDS testing and counseling
- Lead screening and treatment services
- Nutrition counseling
- Pediatric (children's) services
- STD testing, counseling and treatment
- WIC (Women, Infants, & Children) Nutrition Program

## **Casa de Salud**

Casa de Salud provides free and affordable clinical and mental health care services to uninsured and underinsured people, with a focus on serving immigrants and refugees in St Louis. Casa de Salud also has a GUIA (Guides for Understanding, Information & Access) Program has case managers that can help you navigate the healthcare system, including accompanying people to health care appointments and help patients apply for financial assistance.

### **Location:**

SLU Medical Campus  
3200 Chouteau Ave  
St. Louis, MO 63103

### **Contact Information:**

(314) 977-1250



Casa de Salud is near to stops on the 31 (Choteau) bus line.

### **What services do they offer?**

- Doctor's Appointments/Physicals (Specialties include: dermatology, otorhinolaryngology, gastroenterology, gynecology, infectious disease, internal medicine, nephrology, orthopedics, pulmonology, rheumatology)
- Treatment for minor illness/injury/skin conditions
- Routine cancer screening
- Free pregnancy and STI testing
- Psychiatry/Mental health care
- Vaccines (Flu, Tetanus; call for others)
- Diabetes/nutrition education
- Physical Therapy

### **Eligibility Requirements:**

No insurance is needed at Casa de Salud. Some services are free, while others cost between \$10 and \$35. If you have a medical bill that you can't pay, you may be eligible to apply for financial assistance.

# Mental Health

## Hotlines

### National:

- (800) 273-8255
- If you are hard of hearing, you can chat with a Lifeline counselor 24/7 by:
  - Video relay Service: (800) 273-8255
  - TTY: (800) 799-4889
- **Textline:** text TALK to **741-741**

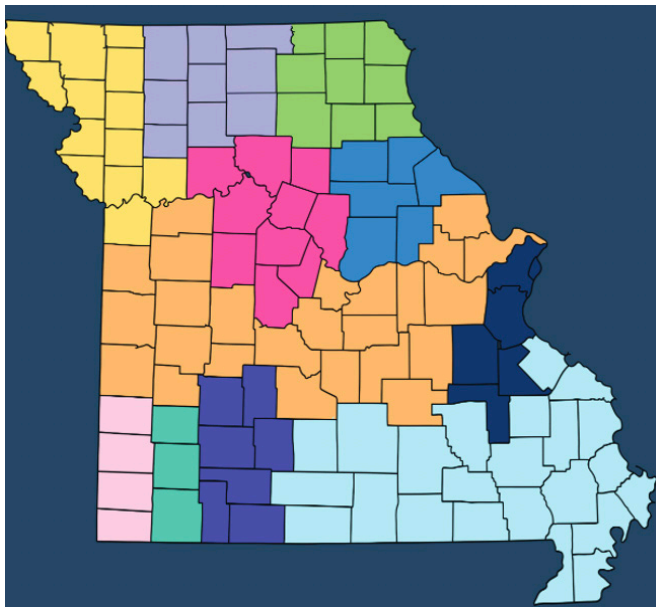
### Missouri:

List for all MO counties: [www.suicide.org/hotlines/missouri-suicide-hotlines.html](http://www.suicide.org/hotlines/missouri-suicide-hotlines.html)

### Crisis Hotlines:

#### Missouri Department of Mental Health: Access Crisis Intervention Hotlines

#### Number to Contact for Help in Your Area:



- **Arthur Center Crisis Line**  
800-833-2064
- **Behavioral Health Response**  
800-811-4760
- **Burrell Southwest MO Crisis Line**  
800-494-7355
- **Burrell Central MO Crisis Line**  
800-395-2132
- **Clark Center Crisis Line**  
800-801-4405
- **CommCARE North Central Crisis Line**  
888-279-8188  
**Preferred Family Healthcare Crisis Line**  
844-341-2390

Access Crisis Intervention (also known as ACI) serves adults and children experiencing a behavioral health crisis 24/7 by:

- Assessing and providing information
- Linking to services, resources, and supports
- Maintaining individuals in the least restrictive setting

They will talk to you about the crisis you are experiencing and determine what help is needed including: support through phone contact, referrals to resources in the community, next-day behavioral health appointments, or coming to you.

Do not hesitate to contact the hotline for your area if you or someone you know needs immediate help.

**Behavioral Health Response: (314) 469-4908**

You can call this mental health crisis hotline 24/7 and you will speak to a mental health professional who will respond attentively and compassionately to your needs. They will offer mobile outreach if needed. This is where mental health professionals travel to the caller's residence or a local agency to meet face to face for the purpose of making recommendations and connections to follow-up services for care.

**Call For Help Inc** (Serving Metro East): (618) 397-0968, ext. 109 (Monday-Friday 8:30am-5pm)

- The Living Room program provides adults (18+) immediate call-in peer support for stress, crisis, and mental health concerns.
- Peer Specialists create a calm and relaxing environment to help callers deescalate when experiencing a mental health crisis or high-stress situation.

**Phone Apps for Mental Health Support:**

The following are free apps that you can download on your phone so that you can tap into mental health resources and support communities when you need to and at your convenience. These apps are available on Google Android and Apple iOS. You can use these apps to support your treatment goals and recovery process, but please be aware that an app is not a substitute for professional help.

**What's Up**

This app uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more.

**Self-Help for Anxiety Management (SAM)**

This app helps users build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behavior over time and to learn 25 different self-help techniques.

**PTSD Coach**

PTSD Coach offers services including a self-assessment for PTSD, opportunities to find support, positive self-talk, and anger management.

**UCSF Prime**

This app is designed to connect people with schizophrenia to their peers through a social network style interface. It also allows you to set and accomplish goals.

**Behavioral Health Services****The Center for Trauma Recovery Center**

The Center for Trauma Recovery Clinic is a multiservice trauma center dedicated to providing specialized services to trauma survivors. The focus is on highly effective, short-term therapy for the treatment of Posttraumatic Stress Disorder (PTSD), and they provide therapy for any traumatic event.

**Location:**

One University Blvd  
St. Louis, MO 63121

**Contact Information:**

(314) 516-6738  
Fax: (314) 516-7233

This is located on the first floor of the Kathy J. Weinman Building on the campus of the University of Missouri-St. Louis on Natural Bridge Road. It is close to the MetroLink Red Line UMSL South stop.

**How to Access:**

Call to arrange an appointment or obtain additional information. Day and Evening appointments are available.

## **The Herbert S. Schiele Clinic for Treatment**

The Schiele Clinic is a community resource high quality, in-depth assessment and treatment, available at a fee based on the client's ability to pay. The Clinic offers assessment services to evaluate the nature of the problem and to explore appropriate treatment methods and resources.

**Location:**

7700 Clayton Rd, Ste 200  
St. Louis, MO 63117

**Contact Information:**

(314) 361-7075, ext. 444  
\*Para servicios en español llama:  
(314) 361-7075, ext. 616

The Schiele Clinic is near 2 (Red) bus stops.

**How do I make an Appointment?**

Call to schedule an appointment or an evaluation. Appointments are required; no walk-in appointments available.

## **The Village Healing and Writing Circle for Men of Color**

The Village Healing Circle for Men of Color is a monthly support group gathering for ALL men of color to speak on the daily ills of life in order to combat their personal as well as collective journeys.

**Location:**

Thomas Dunn Learning Center  
3113 Gasconade St  
St. Louis, MO 63118

**Contact Information:**

Drop in to register

The Thomas Dunn Learning Center is located across from Marquette Park near 73 (Carondelet) bus stops.

**Meetings:**

This group meets the second Thursday of the month from 6pm-8:30pm.

**What does it cost?**

Participation is free.

## Mental Health: Self-Help Approaches

**Grounding Techniques:** (Adapted from Specialty Behavioral Health, [www.sbh-sd.com](http://www.sbh-sd.com))

**Objective:** This is a set of simple strategies to detach from emotional pain or distract yourself by focusing outward on the external world. These techniques can be helpful if you are having suicidal thoughts or feelings or at any other time you feel overwhelmed.

**Instructions:** There are three ways you can use grounding: **Mental grounding** means focusing your mind and thinking; **Physical grounding** means focusing on your senses – touch, sounds, sights, smells, and tastes; **Soothing grounding** means talking to yourself in a very kind way. You may like one more than another or all three; that's fine. You can start with the ideas for grounding exercises below and/or come up with some of your own grounding techniques that you can use whenever and wherever you want to practice grounding. Keep with the grounding activity you are trying and really focus your concentration on it; the goal is to reduce emotional pain and do something very distracting to push everything else out of your mind.

### Mental Grounding:

- “Categories game”: think of a category and name all the things you can think of that fit that category and continue listing them until you run out, then start a new category immediately afterwards (e.g. types of restaurants, cities, states that start with the letter M, vegetables that are green, songs, fiction writers).
- Count to 25 or say the alphabet very s...l...o...w...l...y. Try to make it last as long as you can.
- Describe your environment in detail: use all your senses, describe objects, textures, colors, smells, sounds, shapes, numbers (e.g. on the subway = I'm on the subway, the next stop is 125th street, the last stop was 116th street, the subway map has four colors, the seats are orange, the mental bar is cold).

### Physical Grounding:

- Dig heels in the floor, stretch, eat focusing on the taste and sensations, walk slowly saying “right”, “left”.
- Carry a grounding object in your pocket – a small object (rock, ring, piece of cloth) to help distract you (focus on feeling its texture, playing with it, squeezing it).

### Soothing Grounding

- Think of your favorites: your favorite color, animal, season, food, TV show; Say a kind statement to yourself.
- Remember the words to an inspiring song, quotation or poem that makes you feel better.

**Mindfulness:** (Adapted from Specialty Behavioral Health, [www.sbh-sd.com](http://www.sbh-sd.com))

**Objective:** Mindfulness is a type of meditation that can help you relax, bring new awareness about yourself and a new way of seeing and doing in your life, and reduce stress and anxiety. Below are some principles of mindfulness to keep in mind:

1. Nonjudging Judgments take you away from observing whatever comes up. When this happens, just return to the breath.
2. Patience means that we allow things to unfold in their own time and that we do not have to rush to fill every moment of our lives with doing and activity.
3. Trust is about developing trust in yourself, your feelings, and your intuition. Listen to the messages your body or feelings are sending you, pay attention and trust in you.
4. Acceptance is about focusing on seeing and accepting things as they are, moment-to-moment, and in the present. When thoughts arise, see them, acknowledge them, and let them go.
5. Letting go means nonattachment or not holding on to thoughts. Observe the mind, thoughts, and just allow them to move along, not clinging to their presence or analyzing them.

**Instructions:**

- Set a timer for just two minutes to begin. The goal is to increase this time as you continue to practice this exercise.
- Begin by finding a comfortable sitting position, place your feet flat on the floor, keep your back straight, let your eyes slowly close, and rest your hands comfortably in your lap. Focus on the action of your breathing.
- Continue to focus your attention on your breath, breathing in and exhaling, letting go.
- Allow the body to completely relax. Let go of the tension in your neck and shoulders. Feel the weight of your body in the chair supporting you. Just relax. Inhale and feel the breath flow from the soles of the feet to the top of your head, like a gentle wave. With each exhalation, allow tension to flow out of the body.
- Observe your breathing as it flows in and out. When thoughts or distractions arise, see them, acknowledge them, and let them go. Return to the breath.
- Continue to breathe, remaining still, and focused on the breath until the time is up. When two minutes are over come out of being mindful slowly, take a moment to absorb what you experienced, and when you are ready open your eyes ready to continue your day.

*See if you can increase to doing this practice for 10 to 20 minutes for at least 3 to 8 weeks for the mindfulness practice to deepen.*

**Self Talk:** (Adapted from Specialty Behavioral Health, [www.sbh-sd.com](http://www.sbh-sd.com))

### **Negative Self Talk**

Depression and anxiety continually repeat negative statements about you and your abilities to your mind. This negative self-talk, such as “I am worthless” or “I will never recover from this” reinforces the symptoms of depression and anxiety.

List all of the negative stuff you tell yourself:

- 1.
- 2.
- 3.
- 4.
- 5.

### **Positive Self-Talk**

If the negative self-talk creates symptoms of anxiety and depression, then AFFIRMATIONS are our way of fighting back! List all the rational responses to those negative statements, such as “I can only do what I can do” or “I may not be liked by everyone, but my friends and family love me for who I am.” This will be an ongoing list of positive self-talk.

List all of the affirmations you could tell yourself (list the % you believe it and see if the percentage gets higher the more you respond to negative thoughts with affirmations):

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

*Spend time this week practicing saying these affirmations to yourself.*

# Substance Abuse and Recovery

## Crisis Hotlines:

- **Never Use Alone** (an operator will stay on the line while you use drugs or alcohol and will notify emergency services if there is an overdose/other issues): (800) 484-3731
- **Places for People** (St Louis-based non-profit) 24/7 Crisis Line: (800) 811-4760

## Local Referral Sources:

- **Greater St. Louis Treatment Network Access Line:** (888) 287-6060
- **Drug Abuse and Alcoholism Hotline:** (314) 644-0076
- **BJC Behavioral Health Hotline:** (800) 811-4760



## National Referral Sources:

- **SAHMSA National Treatment Referral Routing Service:** (800) 662-4357
- **National Council of Alcoholism and Drug Abuse:** (314) 962-3456
- **Wounded Warriors Resource Center for Veterans:** (888) 997-2586

## Support Groups:

- **Alcoholics Anonymous:** (314) 647-3677
  - Alcoholics Anonymous also has an app called Meeting Guide, that is free to download on Google Android and Apple iOs that provides you times and locations of all AA meetings near you
- **Narcotics Anonymous:** (314) 830-3232
- **Cocaine Anonymous:** (314) 361-3500
- **Al-Anon:** (314) 645-1572
- **Nar-Anon:** (314) 830-3232



## Phone Apps for Addiction Recovery:

The following are **free apps** that you can download on your phone so that you can tap into recovery and mental health resources and support communities when you need to and it is convenient to you. These apps are available on Google Android and Apple iOS. You can use these apps to support your treatment goals and recovery process, but please be aware that an app is not a substitute for professional help.

### **12-Step Apps**

You can download the app for any 12-step program you're in—AA, NA, CA, etc.—to find meetings and keep track of your progress and goals. This app is meant to work together with the meetings you are attending; not to replace them or replace a sponsor.

### **Sober Grid**

Sober Grid makes it easy to track your personal sobriety, keep a virtual journal, monitor your triggers, and connect with others who are also on the journey of recovery or sobriety. This app provides a lot of tools to empower yourself.

### **SoberTool**

SoberTool allows you to track sober days and goals and includes a function to help you avoid relapse.



## How to Find and Identify Quality Care:

### Three Steps To Accessing Care:

1. **If you have insurance:** Contact your insurer and ask about your coverage and whether they have a network of preferred providers for you to use.  
**If you don't have insurance:** Each state has funding to provide treatment for people without insurance coverage. Use the referral services through SAMHSA and NCADA (National Council on Alcoholism & Drug Abuse) and others listed here and in the "Hotline" section and/or look through the treatment options listed below to find the best treatment option for you:
  - Substance Use and Mental Health Treatment Locator: [www.findtreatment.samhsa.gov/](http://www.findtreatment.samhsa.gov/) or call: 1-800-662-HELP (4357) or 1-800-487-4899 (TTY)
  - Alcohol Treatment Navigator: [www.alcoholtreatment.niaa.nih.gov/](http://www.alcoholtreatment.niaa.nih.gov/)
  - National Council on Alcoholism & Drug Abuse: call (314) 962-3456 to arrange an assessment with a trained counselor
2. Review the websites of the providers and see if they have the five signs of quality treatment detailed below.
3. Call for an appointment or follow the steps for referral if you have been given one. If they can't see you or your family member within 48 hours, find another provider. One indicator of quality is the ability to get an appointment quickly. Many programs offer walk-in services. Look for programs that can get you or a family member into treatment quickly.

### Five Signs Of Quality Treatment:

You can use these questions to help decide about the quality of a treatment provider and the types of services offered. Quality programs should offer a full range of services accepted as effective in treatment and recovery from substance use disorders and should be matched to a person's needs.

1. **Accreditation:** Has the program been licensed or certified by the state? Is the program currently in good standing in the state? Are the staff qualified? Good quality programs will have a good inspection record and both the program and the staff should have received training in treatment of substance use and mental disorders and be licensed or registered in the state. Does the program conduct satisfaction surveys? Can they show you how people using their services have rated them?
2. **Medication:** Does the program offer FDA approved medication for recovery from alcohol and opioid use disorders? At this point in time, there are no FDA approved medications to help to prevent relapse from other problem substances.
3. **Evidence-Based Practices:** Does the program offer treatments that have been proven to be effective in treating substance use disorders including medication management therapies, such as motivational therapy, cognitive behavioral therapy, drug and alcohol counseling, education about the risks of drug and alcohol use, and peer support? Does the program either provide or help to obtain medical care for physical health issues?
4. **Families:** Does the program include family members in the treatment process? Family members have an important role in understanding the impact of addiction on families and providing support.
5. **Supports:** Does the program provide ongoing treatment and supports beyond just

treating the substance issues? For many people, addiction is a chronic condition and requires ongoing medication and supports. Quality programs provide treatment for the long term, which may include ongoing counseling or recovery coaching and support, and helps in meeting other basic needs like sober housing, employment supports, and continued family involvement.

## Treatment Options

### Center for Life Solutions



Center for Life Solutions, Inc. is a Medication-Assisted Treatment Program. Through counseling and various medications, we assist those who are addicted to opiate drugs to get into recovery. Their program is staffed by experienced physicians, nurses and Substance - Abuse Counselors totaling over 100 years of experience. Each patient is individually assessed for his or her specific treatment needs.

**Costs:** Center for Life Solutions, Inc receives funding through a contract with the Department of Mental Health, Division of Alcohol and Drug Abuse and we are an accredited C-Star Program. Center for Life Solutions. Inc is also funded by the Federal Courts of Eastern Missouri via Federal Probation and Pretrial Services. Center for Life Solutions. Inc also accepts private pay patients when applicable.

Services include:

- Outpatient Counseling, Co-Occurring Therapy, Federal Probation and Pretrial Service, Drug Screening, Hepatitis Testing, TB Testing, HIV Testing.
- They also run a 24/hour hotline at: (314) 302-6728.

**Location:**

Center for Life Solutions  
9144 Pershall Road  
Hazelwood, MO 63042

**Contact Information:**

(314) 731-0100

The Center for Life Solutions is located near bus route 76 (McDonnell-Waterford).

## Places for People

Places for People is a St Louis-based non-profit that provides outpatient therapy and rehabilitation services for people with serious mental illness or substance abuse issues. The organization accepts Medicaid and Medicare and has programs for individuals without insurance; other options include grant enrollment as well as sliding fee scale payment.

Services include:

- Outpatient therapy for mental health and substance abuse issues.
- Assertive Community Treatment, which provides all the services typically provided in a hospital setting but in the community. This is their most intensive form of rehabilitation services.
- Community Psychiatric Rehabilitation, which provides intensive services to help people with serious mental illnesses progress toward personal recovery goals, which may



include assistance with medication management, financial management, assistance with daily living activities, assistance finding a job or completing an education, and health and wellness education.

- Integrated Treatment for Co-Occurring Disorders, a program which works with adults who have both a serious mental illness and a substance use disorder. Participants receive simultaneous clinical services for their mental health and substance use issues as well as wrap around case management.

**Location:**

4130 Lindell Boulevard  
St. Louis, MO 63108

**Contact Information:**

Main Line: 314-535-5600  
Crisis Line: 1-800-811-4760 (available 24/7)

Places for People is located near bus routes 10 (Gravois-Lindell) and 42 (Sarah).

## Depression and Bipolar Alliance St. Louis Empowerment Center

The St. Louis Empowerment Center is a recovery drop-in center for people seeking self-help services for mental health or who have co-occurring disorders with substance abuse. All services and programs are free. You can walk-in, call, or email to access services.

Services include:

- Self-Help Groups, Classes (like anger management); Peer Specialists; Employment Program, Public Benefits Assistance, and Naloxone (available on request during walk-in hours).
- They also run the Friendship Line, which you can call for a crisis intervention or for non-emergency emotional support: (866) 525-1442.

**Location:**

1908 Olive St  
St. Louis, MO 63103  
Daily hours: 9am - 3pm

**Contact Information:**

(314) 652-6100  
[info@dbsaempowerment.org](mailto:info@dbsaempowerment.org)

The St. Louis Empowerment Center is located near bus routes 10 (Gravois-Lindell), 94 (Page), and 4 (Natural Bridge).

## MONetwork



MONetwork helps anyone struggling with substances in the greater St. Louis area, including St. Louis County, St. Charles County, Jefferson County, Illinois, and more. They offer strategies for harm reduction, treatment resources, recovery and community support, and seek to destroy the stigma of addiction.

Services include:

- Through its Recovery Resource Center MONetwork provides harm reduction tools, treatment and detox referrals, monthly Narcan training, support groups (for users and for their families), education programs, legal services, and advocacy.
- Free naloxone is available daily Monday-Friday 10am - 5pm or Saturday and Sunday 12 - 6pm.

- Employment assistance is also available at the Recovery Community Center on Tuesday & Thursday from 10am-5pm.
- To request services, fill out this form: [www.monetwork.org/assesstreatmentRequest](http://www.monetwork.org/assesstreatmentRequest)

**Location:**  
4022 S. Broadway  
St. Louis, MO 63118

**Contact Information:**  
(844) 732-3587

MONetwork is located near bus routes 73 (Carondelet) and 8 (Shaw Cherokee).

## Queen of Peace Center

Queen of Peace Center provides a full continuum of individualized early intervention, treatment and long term recovery support services. CSTAR (Comprehensive Substance Abuse Treatment and Rehabilitation) is a residential and outpatient treatment program for women with substance use disorders and their children, certified by the State of Missouri, Department of Alcohol & Drug Abuse and accredited by COA. CSTAR provides the necessary social and medical support services, daycare and transportation. Information about Queen of Peace Center’s transitional housing is available in the housing section of this guide.

**Location:**  
325 North Newstead  
Saint Louis, MO 63108

**Contact Information:**  
Queen of Peace Center Phone: (314) 531-0511  
Walk-In Clinic: Coordinator of Client Services  
can be reached at (314) 531-0511 ext. 102.

Queen of Peace Center is located near bus routes 10 (Gravois-Lindell) and 18 (Taylor).

### **Services**

#### **Residential**

Residential services are provided at the Queen of Peace Center and include:

- Individual, group and family counseling led by professional
- Peer and father support
- Residential services 24 hours a day



#### **Outpatient**

Outpatient services are provided at the Queen of Peace Center and include:

- Three levels of care
- Dual diagnosis track
- Trauma and substance use disorder track
- Individual, group and family counseling led by professionals
- Peer and father support
- Outpatient services are from 9:00 a.m. – 5:00 p.m., Monday through Friday

#### **Health Services**

Health Evaluation and Care Coordination is accessible to all Queen of Peace Center clients, and provides integrated health services and disease management in order to

promote healthy living and recovery support.

- Psychiatric Services include behavioral health services and medication management for women in order to promote recovery from co-occurring disorders.
- Medication For People With Substance Use Disorders expands health services by offering co-located physicians to administer and monitor suboxone, subutex, vivotrol, and naltrexone for women with opioid substance use disorders. These services curb withdrawal and cravings in order to ensure a safe transition into treatment and maintenance of recovery. Referrals to methadone treatment are provided to pregnant and postpartum women as needed. Queen of Peace Center is not a methadone clinic and cannot provide methadone.

### **Nurturing Networks Family and Children's Program**

The family program aims to address women's multiple treatment needs by integrating family services, children's services and parenting education as crucial aspects of behavioral health treatment.

Program Services Include:

- Family therapy
- Child therapy
- Play therapy
- Children's case management
- Parent education
- Art therapy
- Individual and group co-dependency counseling
- Therapeutic Childcare Center

Eligibility Requirements:

- Services for Women, adolescents, and children (not offered for adult men)
- May ask for a referral from your Parole/Probation Officer

How to Apply:

- Clients can call 314-531-0511 x102 to schedule an appointment in the office OR go to [www.intake.doxy.me/gopc1](http://www.intake.doxy.me/gopc1) to have a virtual intake assessment. You can check in online anytime between 9:00-3:00 Monday through Friday.
- If you have any additional questions, please contact: Coordinator of Client Services, at 314-531-0511 ext. 102.
- Transportation Assistance: The Center may be able to provide transportation assistance after being admitted. If you are in need, you will arrange this with your treatment team.

## Naloxone Access

Naloxone, often referred to by its common brand name Narcan, is a medication that reverses the effects of an opioid overdose, usually within 1-5 minutes. The most common ways to administer naloxone are by injection into the upper thigh or arm muscle, or as a nasal spray (Narcan). Naloxone cannot get you high, and you cannot overdose on it.

### Where to Get Naloxone:

In addition to the Community Recovery Centers listed in the section above (check above for when/how you can get naloxone at the CRCs), naloxone is available to you at the following places:

### St. Louis County Department of Public Health

#### Location:

North Central Community Health Center  
4000 Jennings Station Rd  
Pine Lawn, MO 63121

#### Contact Information:

[opioids@stlouisco.com](mailto:opioids@stlouisco.com)

North Central Community Health is located near bus route 16 (City Limits).

#### How to Access:

Naloxone is available to anyone who requests it Monday–Friday from 8am-4:30pm. No appointment necessary; just ask lobby staff for naloxone or Narcan. No ID required. A staff member will provide a rescue kit after going over the signs & symptoms of an opioid overdose and how to use Narcan.

### NCADA (National Council on Alcoholism and Drug Abuse)

#### Location:

Main Office  
9355 Olive Blvd  
St. Louis, MO 63132

#### Contact Information:

[info@ncada-stl.org](mailto:info@ncada-stl.org)  
(314) 962-3456

Franklin County Office  
3033 Highway A, Ste 102  
Washington, MO 63090

(636) 239-7652

The Main Office is located near bus route 91 (Olive).



#### How to Access:

Call or e-mail request to schedule a time to meet with a counselor for free naloxone (including a brief training on how to administer). Offices are open Monday-Friday 9am – 5pm.

## Access to Naloxone from a Pharmacy Using Medicaid

Any person who asks for naloxone from a pharmacy for themselves or to help a person experiencing an opioid overdose can purchase naloxone, with or without a prescription (follow this link for Missouri's standing order to dispense naloxone products: [www.health.mo.gov/data/opioids/pdf/naloxone-standing-order.pdf](http://www.health.mo.gov/data/opioids/pdf/naloxone-standing-order.pdf)).

Missouri Medicaid currently covers naloxone. However, this does not necessarily mean that every pharmacy will stock naloxone so we suggest calling your local pharmacy to make sure they have it.

To get naloxone from a pharmacy without a prescription:

- Call to make sure the pharmacy stocks naloxone.
- At the pharmacy, go to the prescription drop off window and ask to speak with a pharmacist about naloxone. While every pharmacy has their own protocol, the pharmacist must provide overdose education (overdose risk factors, how to recognize and respond to an overdose, and how to use naloxone) when dispensing naloxone.
- The pharmacy should bill your Medicaid, even without a prescription.

## Strategies for Substance Abuse Self-Help

**Relapse Management Worksheet:** (Adapted from Specialty Behavioral Health, [www.sbh-sd.com](http://www.sbh-sd.com))

Day and Date of Event:

Where were you?

Who were you with?

How did you obtain the alcohol or drugs?

What things reminded you of drinking alcohol or using drugs? (For example, seeing alcohol, drugs, or paraphernalia)

What thoughts were you having? (For example, reasons why it would be OK to drink alcohol or use drugs)

What feelings were you having? (For example, angry, sad, out of control)

What warning signs were there before the event? (For example, slacking off, change in attitude, conflict with your family)

What would you do differently next time?

Why are you committed to your recovery at this point?



**Tips for Avoiding Relapse:** (Adapted from Specialty Behavioral Health, [www.sbh-sd.com](http://www.sbh-sd.com))

Avoid triggers whenever possible. The most important moment before relapse isn't the final decision to use a drug. It's when you decide to expose yourself to triggers. For example, a trigger could be going to a party or walking through the liquor section at the store. Before encountering your triggers, you still have most of the control, not your craving. If you're feeling the urge to use, try to wait it out. If you distract yourself for even 30 minutes, it's likely your craving will lessen in intensity. It might not totally disappear, but it will become easier to resist.

Focus on replacing your past drug use with new positive activities. If you used to go home after work and drink, you'll need to make a new plan to occupy yourself. Going home and staring at a wall will eventually lead to staring at a wall with a drink in your hand.

Don't try to do this alone. Sharing your goals for sobriety with a friend makes all the difference. They can hold you accountable when you're making questionable decisions ("I'm just going to the bar to hang out, I won't drink!") and they can offer a kind ear when you're struggling.

Remind yourself that cravings will pass. Have you ever had that experience when you're sick where you can't remember what it feels like to not be sick? The same thing happens with cravings. Give it time, and believe it or not, the feeling will go away.

You'll have to make sacrifices beyond giving up the drug. If you previously used during specific activities (for example: watching a game on TV, going to concerts, or spending time with friends), you may need to make changes. This might mean not watching the game, or making new friends who are sober. This can be really hard, but that's what makes it a sacrifice.

Have a plan for when things get bad, because at some point, they will. People get fired, hearts get broken, and sometimes people leave us forever. Develop a plan to get through these major life challenges—without the use of drugs—before they happen.

Don't become complacent with your sobriety. If you someday consider having "just a glass of wine with dinner," don't make the decision lightly. If you've struggled with addiction in the past, you are much more likely to develop an addiction again.

If you do relapse, don't give up. A lot of people find it helpful to keep track of how long they've been sober, but don't confuse this count with the true goal of leading a good life. If you're at day 100 of sobriety, that's great. However, if you make a mistake and end up back at day 0, know that you are not starting over (you gained knowledge, experience, and confidence). In other words: Slipping up is not a license to go on a binge.

Come up with new rituals. How do you celebrate holidays, promotions, or any other happy occasion? If your answer includes any sort of drug, you'll want to get creative and figure out something new. Go wild with a hobby for the day, treat yourself to a nice dinner, or take a weekend trip. Make sure it's something you can get excited about.



# Sexual and Reproductive Health

## Contraceptive Choice Center (C3)

The Contraceptive Choice Center (C3) is a family planning clinic that serves people of all ages and provides birth control counseling and methods, well-woman exams, pap smears, STI testing and treatment, emergency contraception, and pregnancy testing. While C3 primarily serves women, they do see men for STI testing and treatment.

**Location:**

Center for Outpatient Health  
Women's Health Center  
4901 Forest Park Ave, Floor 7  
St. Louis, MO 63108

**Contact Information:**

(314) 747-0800



The Contraceptive Choice Center is located near bus routes 95 (Kingshighway), 1 (Gold), 10 (Gravois-Lindell), 13 (Union), and 18 (Taylor). It is also near the Central West End MetroLink Station.

**Do I need to bring anything to my first appointment?**

No, they do not require an ID or proof of income.

**Eligibility Requirements:**

C3 accepts people with or without insurance. For those who are uninsured, they serve people on a sliding fee scale based on their self-reported income and family size. They do not require you to bring in any paystubs.

**Is there anything else I should know?**

They have a grant called The Right Time, which allows them to provide any method of birth control at no cost regardless of insurance or income. This means that someone who does not have insurance or someone who has insurance that does not cover birth control at 100% can qualify for free birth control, including the birth control pill, ring, patch, depo shot, arm implant, hormonal IUD or nonhormonal IUD.

# Domestic Violence and Trauma Care

Services designed to help people in situations of domestic violence and to heal from past or ongoing trauma will be an important piece of the reentry process for many people. Using these services can be an important foundation for stability and healing. Everyone deserves the services they need to be safe and work through trauma and this section offers options for where to begin.

## Nights of Safety



Provides temporary emergency shelter and transportation to adults and their children suffering from domestic violence. The services are available to all survivors, regardless of gender, sexual orientation, race, religion, ability, age, or socioeconomic means. The sponsoring agency, ALIVE (Alternatives to Living in Violent Environments), has a mission to empower domestic abuse survivors and their children through counseling, emergency shelter, and other critical services.

### Location:

Locations are confidential.

### Contact Information:

24-hour crisis line:

St. Louis: (314) 993-2777

Franklin County: (636) 583-5700

Toll free: (800) 941-9144

### Eligibility Requirements:

Must be in a domestic violence situation.

## Individual Counseling and Support Groups (ALIVE)

ALIVE provides adult counseling that generally lasts from six weeks to six months from licensed therapists focusing on domestic-violence related issues. Sessions are generally one-hour sessions weekly. ALIVE also provides open-ended, ongoing support groups that are psychoeducational in nature. Meetings are held weekly in each location. All of ALIVE's services are available to all survivors, regardless of gender, sexual orientation, race, religion, ability, age, or socioeconomic means.

### Location:

Locations are confidential.

### Contact Information:

Call ALIVE's 24-hour crisis line:

(314) 993-2777

### Eligibility Requirements:

Must be a survivor of domestic violence.

## Childrens Treatment Program (ALIVE)

ALIVE provides non-residential counseling specifically designed for children who have been affected by domestic violence. Treatment takes place over eight sessions, though can extend to 12 or more weeks depending on the need. The services are available to all survivors, regardless of gender, sexual orientation, race, religion, ability, age, or socioeconomic means.

### Location:

Locations are confidential.

### Contact Information:

Call ALIVE's 24-hour crisis line:  
(314) 993-2777

### Eligibility Requirements:

Must be in a domestic violence situation.



## Individual Therapy (Safe Connections)

Safe Connections provides individual therapy free of charge to adults and youth of all genders 12+ who have experienced rape, domestic or dating abuse (physical, sexual, or emotional), sex trafficking, and/or child sexual abuse. Staff includes a bilingual therapist fluent in Spanish and an ASL interpreter.

### Location:

2165 Hampton Ave  
St. Louis, MO 63139

### Contact Information:

Call (314) 646-7500 (x118) for individual therapy intakes and appointments

24-hour crisis line: (314) 531-2003

[info@safecconnections.org](mailto:info@safecconnections.org)

Safe Connections is located near to stops on the 30 (Arsenal) bus line.

### Eligibility Requirements:

- Survivor of domestic violence
- At least 12 years old

## Support Groups for Women (YWCA)

The YWCA of Metro St. Louis provides support groups on a variety of topics for women over 18 who have experienced relationship violence.

### Locations:

3820 West Pine Blvd  
St. Louis, MO 63108

### Contact Information:

(314) 645-4848

4116 McClay Rd.  
St. Charles, MO 63304

(636) 373-7911



The West Pine Blvd. YWCA location is accessible from stops on the 10 (Gravois-Lindell) and 97 (Delmar) bus lines between the Central West End and Midtown.

Transportation to the McClay YWCA location will require using Metro Call-a-Ride. Call (314) 652-3617 to reserve a ride (see the Transportation section on pg. 13 for more information).

**Eligibility Requirements:**

- Women only
- Must be at least 18 years old

**How to Apply:**

Call the nearest location and speak with an advocate.

# Legal Services

This section is a list of local organizations that will provide legal services to poor and marginalized individuals in the community. These organizations provide legal services that give formerly incarcerated individuals access to fair housing, government services, and legal representation in criminal cases.



## Health Justice Initiative at Legal Services

Offers civil legal services to low-income people in 21 MO counties. Can provide legal representation in courts and administrative hearings and legal advice, social work assistance, and/or referral information regarding the following:

- Poor housing conditions, including the presence of lead, mice, or mold, when children are living in the home
- Medicaid access
- Children's school enrollment when homeless
- Children's suspension from school without adequate educational services

Interpreters are available for the hearing impaired: be sure to request this during intake call. Accessibility accommodations are available as needed.

### Location:

4232 Forest Park Ave  
St. Louis, MO 63108

### Contact Information:

(314) 256-8768  
Main LSEM phone: (314) 534-4200  
[HJI@lsem.org](mailto:HJI@lsem.org)

Legal Services is located near 42 (Sarah) bus stops and the MetroLink Cortex stop. Both the Blue Line and Red Line stop there.

### Eligibility Requirements:

- Clients must meet financial eligibility based on income
- Clients must live in St. Louis City, St. Louis County, St. Charles County, Jefferson County, or Franklin County

### How to Apply:

Call the contact number above for an intake or apply online at [www.lsem.org](http://www.lsem.org) (Click "Get Help Now.")

## Public Benefits Access Support at Legal Services

LSEM offers help with public benefits, including Food Stamps and Medicaid (also called MO HealthNet for the Aged, Blind and Disabled). If your benefits are ending or your application is denied, LSEM can help with advice about what to do next, representing you at hearings if necessary.

**Location:**

4232 Forest Park Ave  
St. Louis, MO 63108

**Contact Information:**

(800) 444-0514  
Main LSEM phone: (314) 534-4200  
[HJI@lsem.org](mailto:HJI@lsem.org)

Legal Services is located near 42 (Sarah) bus stops and the MetroLink Cortex stop. Both the Blue Line and Red Line stop there.

**Eligibility Requirements:**

Clients must live in one of the following counties: Adair, Clark, Franklin, Jefferson, Knox, Lewis, Lincoln, Macon, Marion, Monroe, Montgomery, Pike, Ralls, St. Charles, St. Louis City, St. Louis County, Schuyler, Scotland, Shelby, Warren, and Washington.

**How to Apply:**

Call the contact number above for an intake or apply online at [www.lsem.org](http://www.lsem.org) (Click “Get Help Now.”)

## ArchCity Defenders

ArchCity Defenders provides holistic legal representation to people who would otherwise not have access to a public defender or legal aid attorney as part of its mission to challenge “the criminalization of poverty and state violence, especially in communities of color.” ArchCity does criminal representation with both misdemeanor and felony-level criminal cases; civil representation with matters like landlord-tenant disputes and eviction defense, consumer protection cases, public benefits applications and appeals, immigration bond proceedings, and divorce, custody, and visitation rights; and municipal representation, which often includes but is not limited to, motor vehicle violations, building code violations, minor drug offenses, and minor nonviolent offenses. ArchCity also engages in civil rights legislation to challenge police misconduct, debtor’s prison, cash bail, inhumane jail conditions, inadequate housing for unhoused residents, and violations of Freedom of Speech, Due Process, and Equal Protection.

**Location:**

440 N. 4th St, Ste. 390  
St. Louis, MO 63102

**Contact Information:**

(314) 361-8834  
Toll free: (855) 724-2489  
[mail@archcitydefenders.org](mailto:mail@archcitydefenders.org) or  
[intake@archcitydefenders.org](mailto:intake@archcitydefenders.org)



ArchCity Defenders is located downtown and is near 5 (Green) and 40 (North Broadway) buses. It is also near the MetroLink Convention Center stop and Laclede’s Landing Station. Blue Line and Red line trains stop at both locations.

**How to Apply:**

ArchCity is in the process of moving to a new online intake system. Until then, they will continue to accept paper or electronic applications.

- It is important to note: ArchCity receives a large number of requests for assistance and their limited resources mean they cannot accept every case submitted to their office; you should not assume they will be able to help you; you are still responsible for all legal obligations or deadlines regarding your issue while they review your application;

and finally, completing an application with ArchCity Defenders does not make you a client and does not create an attorney-client relationship.

- If you require assistance in completing the application, please email [intake@archcitydefenders.org](mailto:intake@archcitydefenders.org), contact their office at (314) 361-8834, or visit their office Monday through Thursday 9am-5pm and 9am-12pm on Fridays.

## Metro St. Louis Equal Housing Opportunity Council

The EHOC works to ensure equal access to housing and places of public accommodation. If you believe you may have been discriminated against while trying to buy a home, rent an apartment, get a mortgage, or apply for homeowners insurance or have had your housing rights violated in any way, EHOC will investigate your claim and help resolve your complaint. (See the Housing section on pg. X for more information on your housing rights).

If you are having difficulties with your rental situation, EHOC Tenant Resource personnel can also assist you to understand your options and overcome barriers to maintaining safe and affordable housing (though they will likely not represent you legally if there is not a housing rights or fair housing violation).

### Location:

1027 S. Vandeventer Ave  
(6th Floor)  
St. Louis, MO 63110

### Contact Information:

(314) 534-5800

EHOC is located near 31 (Choteau) bus stops.

### Eligibility Requirements:

EHOC accepts complaints from clients throughout the Greater St. Louis area. If you are outside of the St. Louis area, but are in Missouri or southern Illinois, EHOC may still be able to assist you. EHOC's services are free.

### How to Apply:

- Call EHOC at 1-800-965-EHOC (3462) or 314-534-5800
  - The intake officer will take your information, counsel you and mail you a complaint form
- File an online complaint at: [www.ehocstl.org/report-housing-discrimination-form](http://www.ehocstl.org/report-housing-discrimination-form)
  - EHOC will contact you to verify your information
- You may submit complaints anonymously. For more information on the complaint process and your fair housing rights, visit EHOC's website at: [www.ehocstl.org/housing-discrimination-counseling](http://www.ehocstl.org/housing-discrimination-counseling)



# Voting

Voting is a fundamental process of our democracy, and the freedom to vote allows you to exercise your constitutional right to participate in democracy. This section explains how to become a registered voter in Missouri and/or Illinois. The importance of becoming a registered voter after your release cannot be understated—your vote holds political leaders accountable and allows you to choose representatives who will vote on other measures, bills, and issues. In conclusion, your vote impacts what bills are enacted into law, what judges are appointed to benches, and much more.

## **Missouri**

In Missouri, once your full sentence ends, including parole or probation, you are eligible to vote. You can register in Missouri if you are at least 17 ½ years old and will be 18 years of age on election day, a U.S. citizen, and a Missouri resident.

**The preferred voter registration method for formerly incarcerated people in Missouri is in person.** You will need to bring your probation or parole discharge papers with you, along with acceptable ID. If you need help obtaining your discharge letter, call the probation department: (314) 340-3801.

There are four ways you can register to vote in Missouri:

1. Submit an **online** Voter Registration Application at [www.s1.sos.mo.gov/elections/voter-registration](http://www.s1.sos.mo.gov/elections/voter-registration)
2. You can **print and mail** your Voter Registration Application. Print and complete the PDF found at [www.s1.sos.mo.gov/Elections/VoterRegistration/Home/Print](http://www.s1.sos.mo.gov/Elections/VoterRegistration/Home/Print), and mail it to your local election authority. You can find your local election authority with the link above; you will need to search for the address in your county.
3. Fill out the form **in person** at your County Clerk's Office (a list can be found at [www.sos.mo.gov/elections/goVoteMissouri/pickupmail](http://www.sos.mo.gov/elections/goVoteMissouri/pickupmail)) or by visiting any Department of Motor Vehicles office.
4. You can fill out an online form at [www.s1.sos.mo.gov/elections/goVoteMissouri/request](http://www.s1.sos.mo.gov/elections/goVoteMissouri/request) to **request a voter registration application be mailed to you.** Once you receive the application in the mail, you will need to complete it and submit it to your local election authority; you can find your local election authority at [www.s1.sos.mo.gov/Elections/VoterRegistration/Home/Print](http://www.s1.sos.mo.gov/Elections/VoterRegistration/Home/Print).



## Illinois

In Illinois, once you are out of prison, you are eligible to vote, even if you are still on parole. You can register to vote in Illinois if you are at least 17 years old on the date of the Primary Election and turn 18 on or before the date of the General or Consolidated Election, live in your election precinct at least 30 days prior to Election Day, and a U.S. citizen.

There are three ways to register to vote in Illinois:

1. You can register to vote **online** with the Illinois Board of Elections at [www.ova.elections.il.gov](http://www.ova.elections.il.gov)
2. You can register to vote **by mail** using form SBE R-19; you can access an English version ([www.app.chicagoelections.com/documents/general/NVRA-Form275-English.pdf](http://www.app.chicagoelections.com/documents/general/NVRA-Form275-English.pdf)) or Spanish version ([www2.illinois.gov/dcf/aboutus/notices/Documents/VoterRegistrationForms/Voter\\_Registration\\_Spanish.pdf](http://www2.illinois.gov/dcf/aboutus/notices/Documents/VoterRegistrationForms/Voter_Registration_Spanish.pdf)). You will also need to provide a copy of two documents proving your identification, one of which must show your current address—either a copy of your valid photo identification (e.g. driver’s license, ID card) or the last 4 digits of your SSN and valid photo identification along with a copy of a document proving your residential address (e.g., pay check, current utility bill, etc.). All of this information and the form need to be mailed to your local election authority or county clerk. To find the address of your jurisdiction’s election authority, visit [www.elections.il.gov/electionoperations/electionauthorities.aspx](http://www.elections.il.gov/electionoperations/electionauthorities.aspx). For a list of Illinois county clerk offices, visit [www.iaccr.net/MemberCountiesMain.html](http://www.iaccr.net/MemberCountiesMain.html).
3. You can register **in person** at your county’s election authority, public libraries, township offices, city and village offices, or at your local driver license office. When registering in person, you will need two forms of identification with at least one showing your current residence address.

# Family-Friendly Activities

Spending quality time with your family, friends, and support network is so important—as quality time is beneficial for your overall wellbeing and strengthens family bonds. This section highlights locations with free activities and events in the St. Louis area that are family-friendly and accessible. All of the listed places are accessible by the Metro system in the city, and many of these are located in Forest Park.

## Laumeier Sculpture Park

One of the largest dedicated sculpture parks in the country aimed to engage the community through art and nature. Perfect for all ages. Free activities include:

- Seeing 60 large-scale outdoor sculptures in 105-acre park and trails
- Visiting different exhibitions in the Aronson Fine Arts Center
- Listening to artist lectures during exhibition openings

**Location:**

12580 Rott Road  
St. Louis, MO 63127

**Contact Information:**

[www.laumeiersculpturepark.org](http://www.laumeiersculpturepark.org)  
(see website for event calendar)

Laumeier Sculpture Park in Sunset Hills is near bus routes 49 (Lindbergh) and 21 (Watson Road), and is also located near Shrewsbury-Lansdowne 1-44 MetroLink Station.

**Accessibility:**

- Wheelchair accessible public restrooms
- Some wheelchair accessible pathways

## CityGarden Sculpture Park

An urban sculpture park in downtown St. Louis. Free things to do include:

- Admiring the free interactive art of 24 outdoor sculptures
- Playing in the children’s spray plaza, including a 180-foot-long pool and 6-foot waterfall
  - Pools are open 10am to 8pm from Memorial Day to Labor Day
  - Fountains are on from April 1st to November 1st
- Attending free events based on those listed on the event calendar

**Location:**

801 Market St  
St. Louis, MO 63101

**Contact Information:**

[www.citygardenstl.org](http://www.citygardenstl.org)  
(see website for event calendar)

CityGarden Sculpture Park is located near 8th and Pine MetroLink Station and near bus routes 40 (N. Broadway) and 32 (M.L. King).

**Accessibility:**

- ADA Compliant
- Available Handicapped Parking at 8th and Chestnut Streets and Market and 9th Streets

## The Gateway Arch

The Gateway Arch is located in downtown St Louis right next to the river. The park where you can view the Arch and the museum are free. The museum galleries span 200 years of history and cover Native American history in the region, colonization and the early years of St Louis, Lewis and Clark's expedition West, construction of the Gateway Arch, and more. Though the museum is free, it does cost money to go inside the tram that takes you to the top of the Arch. Nearby the Arch you can also see the Old Courthouse.

### Location:

11 N. 4th St.  
St. Louis, MO 63102

### Contact Information:

Toll free: (877) 982-1410  
[www.gatewayarch.com](http://www.gatewayarch.com)



The Gateway Arch, in downtown St. Louis, is located near bus route 40 (N. Broadway) and near Metro Stations, 8th and Pine and Laclede's Landing.

### Accessibility:

- Most areas in the Arch and Museum are accessible by wheelchair, and the main entrance is wheelchair accessible. The tram that goes to the top of the Arch is not wheelchair accessible.
- Hearing-impaired visitors may request assisted listening and captioning devices for the documentary movie.
- Sight-impaired visitors may request audio description devices for the documentary movie.

## St. Louis Union Station



A historic train station was converted into a place for attractions and fun events. Free things to do include:

- Experience a 3D light show of color and images in the Grand Hall Light Show
  - Shows run daily 5pm – 10pm and begin on the hour
- Watch a fire, water, and light music show that features waterfalls, and colorful lights, shooting flames from the lake every evening starting at 5pm

### Location:

1820 Market Street  
St. Louis, MO 63103

### Contact Information:

(314) 621-5262  
[www.stlouisunionstation.com](http://www.stlouisunionstation.com)  
(see website for event calendar, attraction details, and shops)

The St. Louis Union Station in downtown St. Louis is located near bus stops 94 (Page), 4 (Natural Bridge), 10 (Gravois-Lindell), and 11 (Chippewa). It is also near the Union Station MetroLink stop.

## St. Louis Zoo

A leading zoo in animal research, management, conservation, and education. Free things to do include:

- Seeing a range of animals from all over the world
- Listening to music at the Jungle Boogie Friday Night Concert series
- Touching and watching stingrays at the Caribbean Cove (free admission the first hour zoo is open)
- Enjoying many more free events and activities throughout the year
- Playing in a giant playground, including a sandbox, water shooters, and see-through slide at the Children's Zoo (free admission the first hour the zoo is open)



### Location:

1 Government Dr.  
St. Louis, MO 63110

### Contact Information:

Toll free: (800) 966-8877  
(314) 781-0900

[www.stlzoo.org](http://www.stlzoo.org)

(see website for event calendar and shops)

The St. Louis Zoo in Forest Park is located near 90 (Hampton) bus stop and is near the Forest Park – DeBaliviere MetroLink station.

## St. Louis Art Museum on Art Hill

A beautiful museum known for its paintings, sculptures, and installations. Free things to do include:

- Browsing art from all over the world in different exhibits
- Enjoying family time on Family Sundays
  - Includes hands-on art activities and family-friendly tour of galleries
  - Tour begins at 2:30pm and sign up begins at 1pm
- Engaging with art through Wee Wednesdays and Weekends for children 3-5
  - Includes playtime, storytelling, art making, and museum walks
- Learning more about art and the museum through the Teen Arts Council, recommended for teenagers
  - Includes behind-the-scenes museum experiences, art workshops, and field trips to local arts organizations
  - TAC members meet twice a month on Wednesday evenings
  - Receive \$400 stipend and assistance with cost of public transportation to attend meetings and events
  - Applications open in spring

SAINT LOUIS  
ART MUSEUM

### Location:

One Fine Arts Dr  
Forest Park, St. Louis 63110

### Contact Information:

[www.slam.org](http://www.slam.org)

(see website for event calendar)

The St. Louis Art Museum on Art Hill is located near 90 (Hampton) bus stop. The St. Louis Art Museum can also be accessed via MetroLink with two stations in walking distance of the museum: Skinker Station (0.8 mile walk) and Forest Park-Debaliviere Station.

### **Accessibility:**

- Elevators are located on all levels of museum
- Complimentary wheelchairs available at the Information Centers
- Magnifying glasses and large-print copies of exhibition labels are available at the Information Centers
- Accessible entrances at the East Building and in the parking garage

## **St. Louis Science Center**

The St. Louis Science Center includes a science museum and planetarium with exhibits and activities for all ages. Free things to do include:

- Visiting the Ecology & Environment Exhibit to look at the dinosaurs that walked the Earth long ago as well as discover fossils in the dig site
- Going to the GameXploration attraction to play games and video games and to experience virtual reality
- Visiting the Structures Exhibit and test your engineering skills with activities like building your own bridge or skyscraper
- Exploring the stars with free public telescope viewings and a planetarium show for all ages or a science fiction film at 10pm (recommended for those 16 and older)
  - Only on First Fridays of the month at 7pm
  - Tickets on a first-come, first-served basis beginning at 6pm

### **Location:**

5050 Oakland Ave  
St. Louis, MO 63110

### **Contact Information:**

[www.slsc.org](http://www.slsc.org)  
(see website for event calendar)

The St. Louis Science Center is located in Forest Park near 31 (Chouteau) and 95 (Kingshighway) bus stops, and is also near the Central West End Station.

### **Accessibility:**

- Elevators and ramps available in all public areas
  - Wheelchairs and strollers free to rent (located in lobbies of Oakland Building and the McDonnell Planetarium)
- Free lending of audio devices



