

Community Mental Health Resource Notebook

1st Edition – 10.22.22

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### Introduction

The staff, pastors, and elders at Orlando Grace Church are fully committed to the shepherding of God's people that He has entrusted to us. Beyond the ministry of the Word, the administration of the sacraments, the worship of our God on Sunday mornings, we are concerned with the care of your soul outside the walls of 872 Maitland Ave.

However, there are limitations to how much we are equipped to assist in each area. God has made us all finite and sometimes our finitude is used to lead us to those who can help. This resource is our dedication to our people to show that we are truly concerned with caring for your souls, minds, and bodies. While we, as a church staff, may not be able to administer help in a certain area, this is our commitment to offer options toward those who can.

In the below document, you can see the various external resources that we would recommend to you given whatever circumstance you find yourself in.

While not everything can be said about a given place, as much that can be said has been put below. Each entry below is tailored to the information provided by the institution. If you have any questions, please come to the staff and we will figure out a place best for you.

We truly do not want to "hand you off," rather this is an attempt to come alongside you as you go to those with more expertise, resources, etc. We trust in the ability of those whom God has given knowledge, ability, and training. We are willing and would love to come alongside you in this journey, so please reach out with any concerns. We are committed to keeping this document updated over time, as we learn of more needs and opportunities.

--- The Staff of OGC

#### Counselors

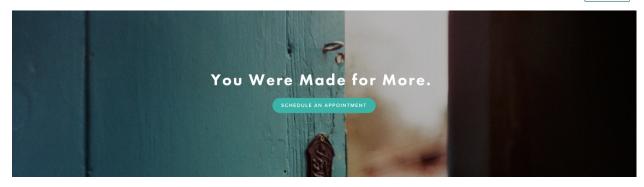
#### Redeemer Counseling



ABOUT SERVICES COUNSELORS LOCATIONS

Reach Out Today: 407-405-7677

CONTACT



#### Bio

"Redeemer Counseling was co-founded by Rachel and Michael Blackston in 2011 in a oneroom office space at University Presbyterian Church in East Orlando. We have since grown to multiple locations throughout Central Florida with a talented team of counselors committed to clinical competency through a faith-based perspective."

#### Locations

- Downtown Orlando 106 East Church St. Orlando, FL 32801
  - o Inside First Presbyterian Church
- East Orlando 2562 Rouse Rd. Orlando, FL 32817
  - o Inside University Presbyterian Church
- Winter Springs 4725 East Lake Dr. Winter Springs, FL 32708
  - Inside Willow Creek Church
- Lake Nona 10421 Moss Park Rd. Orlando, FL 32832
  - Inside the State Farm Building
- Maitland 341 N. Orlando Ave. Maitland, Fl 32751
  - Inside Maitland Presbyterian Church

#### Services

- Individual Counseling
- Couples Counseling
- Teen Counseling
- EMDR Counseling
- Career Assessment

#### **Contact Information**

Phone: (407) 405-7677

Email:

info@redeemercounselingcenter.com

Website:

www.redeemercounselingcenter.com

#### **Endorsements**

"Redeemer Counseling has been life-changing for my family. My husband and I have learned how to communicate, resolve conflict, and coach our children through their anger and anxiety. In

14 years of marriage, we have never experienced a greater sense of connection and peace in our household."

#### --- Couples Client

"I was in the middle of a painful separation and I didn't want to live. I cannot begin to define how my life changed and transformed during this process ... I transitioned from the most painful year of my life to the single most profound year of change and growth."

#### --- Male Client

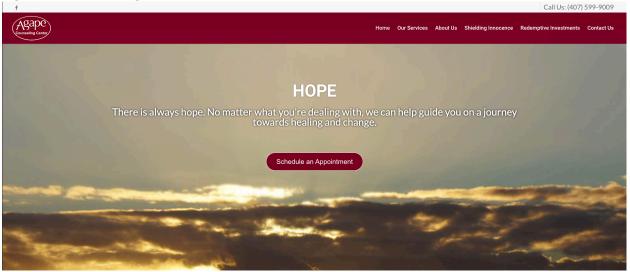
"Michael and Rachel's deep understanding of the Gospel and their commitment to seeing it lived out in the lives of their clients makes them unique. Not only will you find yourself growing and healing emotionally, but they will challenge you to greater spiritual depth, too. I've seen them grow to become top clinicians in the Orlando area. I could not recommend Michael and Rachel more highly!"

--- Chuck DeGroat, PhD, Professer at Western Seminary, Author and Counselor

Make an Appointment



#### Agape Counseling



#### Bio

"A safe place to free your heart from suffering. At Agape Counseling Center, we believe that a trusting relationship is central to healing for you, your marriage, or your family. It is our desire to guide you toward healing while in a safe and caring environment. Our therapists understand the challenges of life and know how to empower you toward change."

#### Location

Winter Park – 4070 Aloma Ave. Suite 1030 Winter Park, FL 32792

#### Services

- Individual Therapy
- Couples Therapy
- Family Therapy
- Video Conference Therapy
- Group Therapy

#### Contact

• Phone: (407) 599-9009

• Email: admin@agapeacc.com

• Website: www.agapeacc.com

#### **Special Services**

- Shielding Innocence "An organization that teaches parents how to prevent sexual abuse from happening to their children. The statistics don't lie — every child is at some level of risk. How can you be sure you're doing everything you can to protect your child?"
- Redemptive Investments "A non-profit organization that receives and gives charitable funds for counseling-related services and endeavors. These include client scholarships, church partnerships, seminars (like Shielding Innocence), and more."

Make an Appointment



#### **Charis Counseling Center**



#### Bio

"Charis offers professional and caring counseling in Orlando and the Central Florida area."

#### Locations

- Orlando Main Office 4776 New Broad St. Suite 195 Orlando, FL 32814
- Southwest Orlando 7575 Dr. Phillips Blvd. Suite 365 Orlando, FL 32819
- Brevard 1067 Cheney Highway Titusville, FL 32780

#### Services

- Individual Counseling
- Pre-Martial Counseling
- Couples Counseling
- Group Counseling

#### Hours

• Mon-Fri: 8:30am – 5pm

#### Contact

- Phone: (407) 894-5202
- Email: info@chariscounselingcenter.com
- Website: www.chariscounselingcenter.com

#### Rates

"We counsel on a fee-for-service basis and currently do not accept third-party payments. Discounted rates are offered with our Student Interns when available."

#### **FAQs**

#### How do I set a free 15-minute phone consultation?

To assist you, many of the therapists offer a free 15-minute phone consultation to potential clients living in Florida. Call the office to set up your phone consultation.

#### How long does therapy last?

Each individual session usually lasts about 50 minutes, although your therapist may sometimes recommend a longer or shorter session. Frequency of sessions (weekly, bi-weekly, monthly,

etc.) will be decided by you and your therapist. The length of therapy varies with each client depending on his/her needs and therapeutic goals.

#### How much do sessions cost?

Fees are established by each therapist with costs ranging from \$100 to \$225 per session. Student interns, when available, offer discounted session rates. If finances are an issue, call or email us to request a reduced rate application.

#### What forms of payment are accepted?

Payment is due prior to each session. You may pay by cash, check, or credit card (AMEX, Visa, or MasterCard) or HSA card.

Make an Appointment



## 

#### Bio

Our counseling approach is rooted in the idea that most of life's greatest joys and difficulties are experienced in relationship. We strive to provide you with a safe and reflective environment in which you can explore and face unhealthy relational patterns both in your outer and inner worlds. Whether you are in crisis mode, seeking relief from past trauma, disillusioned with the daily grind, or simply looking for ways to make your life and relationships more fulfilling, our counseling staff can help you navigate the challenges you face.

#### Location

- 1231 Reformation Dr. Suite 3-273 Oviedo, FL 32765
  - Inside Reformed Theological Seminary

#### Services

- Pre-marital, Martial, and Couples
- Depression, Anxiety, Panic Attacks
- Parenting and Family
- Verbal, Sexual, Emotional Abuse
- Grief and Loss
- Etc.

Contact

Hours

Phone: (321) 244-3308

Mon-Thurs: 1pm – 9pm

Fri: 9am - 1pm

Website: www.ovideocounseling.com

#### **Special Services**

#### **Group Counseling**

Visit us on Facebook for flyers of recent groups that may still have openings. We also recommend psychoeducational groups such as Griefshare at Northland Church and ReGroup at Summit Church.

#### **Telehealth**

Oviedo Counseling Clinic offers counseling sessions over Zoom (or other telecommunication media).

#### Rates

We charge an administrative fee of \$40 per 45-50 minute session. This can be paid in person or via the online portal.

Make an Appointment



## **Pregnancy Centers**

#### Choices Women's Clinic

**└** 407-244-5527 OR TEXT 321-348-780

MAKE AN APPOINTMENT



SERVICES WOMEN MEN ABOUT FAQS CONTACT BLOG DONATE NOW



#### Bio

Our mission is clear, Choices Women's Clinic exists to encourage and equip women and men to make informed pregnancy decisions. We do not benefit financially from any decision a patient makes and **we do not charge** for our services. We believe that women and men are capable of making their own choices when given accurate information.

#### Locations

- Downtown 1851 W. Colonial Dr. Orlando, FL 32804
- UCF/Oviedo 100 Carrigan Ave. Oviedo, FL 32765

#### Services

- Pregnancy Tests
- Ultrasounds
- STI/STD Testing

#### Hours

- Mon-Thurs: 9am 5pm
- Fri: 9am 1pm

#### Contact

- Phone (Downtown): (407) 244-5527
- Phone (UCF): (407) 605-2520
- Text: (321) 348-7809

#### **Special Services**

#### Be Informed

Choices offers women with a plethora of information regarding all aspects of pregnancies. From what to expect in pregnancy to the reality of abortion to offering post-abortion care, Choices wants to provide a full range of information to help women make decisions

#### **For Him**

While Choices is a women's clinic, they are committed to informing the men who are potentially about to be fathers. Choices wants both potential parents to be fully informed in their decisions.

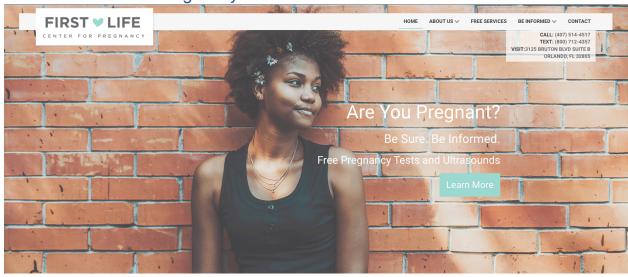
## Make an Appointment



## Make a Donation



First Life Center for Pregnancy



#### Bio

You may be worried about an unplanned pregnancy. If a baby is not in your plans, you may be considering an abortion. We provide pregnancy tests, ultrasound, medical consultation and support. We'll help you get all the facts before you decide whether an abortion is right for you or not. We understand that sometimes you need a place to process everything, to think through all your options, to feel safe to share what's on your mind. Our Staff will provide the information and tools you need to make your decision. **All of our services are free of charge**.

#### Location

 Orlando – 3135 Bruton Blvd. Suite B Orlando, FL 32805

#### Services

- Pregnancy Tests
- Ultrasounds
- Pregnancy Counseling
- Post-Abortion Support
- Material Assistance
- Community Assistance Referrals
- Adoption Referrals
- Post-Miscarriage Care

#### Hours

Mon-Fri: 10am – 3pmSat: 10am – 1pm

#### Contact

• Phone: (407) 514-4517

24/7 Call/Text: (800) 712-4357Website: pregnancyanswers.org

24/7 Chat on website

#### Special Services

#### Be Informed

First Life offers a myriad of information to help potential parents make informed decisions. Details on topics such as abortion information, abortion recovery, emergency contraception, pregnancy, sexual health, info for men, and info for friends.

## Make an Appointment



#### **Abuse Shelters**

National Domestic Violence Hotline: (800) 799-7233
Florida Domestic Violence Hotline: (800) 500-1119

#### Harbor House of Central Florida



#### Bio

"Harbor House works to prevent and eliminate domestic abuse in Central Florida by providing critical life-saving services to survivors, implementing and advancing best practices, and educating and engaging the community in a united front. Harbor House is an innovating organization that guides the way for safer communities everywhere by developing, deploying and modeling best practices to eradicate domestic abuse in Central Florida."

#### Contact

• 24/7 Shelter: (407) 886-2856

• Main Office: (407) 886-2244

 Mail: PO Box 680748 Orlando, FL 32686

Email:

webcontactus@harborhousefl.com

Website: www.harborhousefl.com

#### Hours

Mon-Fri: 9am – 5pm

#### Services

#### **Shelter**

Harbor House is a shelter for those who are survivors of domestic abuse.

#### Information

Harbor House offers a plethora of information on domestic abuse. Steps for survivors to take to seek help, training for those wanting to help, information for friends of survivors, and resources for what to do after abuse has happened.

#### Justice

With an office directly located in the Orange County Courthouse, Harbor House's Legal Advocacy Team offers a wealth of knowledge and expertise to help you with injunctions for protection, translation services, court accompaniment and crisis intervention.

Get Help



Give Help



Donate



#### Samaritan Village



#### Bio

"To provide a safe place where sexually trafficked women can heal from trauma, recover from addiction, and reclaim their lives to become catalysts for change in their communities. Samaritan Village offers a long-term, trauma informed, and holistic care model of rehabilitation for survivors. To see communities where women live free from sexual exploitation, finding restoration and wholeness in Jesus Christ."

#### Contact

Phone: (407) 205-8976

Email: info@samaritanvillage.net

Mail: PO Box 149599 Orlando, FL 32814Website: www.samaritanvillage.net

#### Services

#### **Recovery Program**

Our holistic, trauma-informed therapeutic program and residential facility provides victims of human trafficking a safe and comfortable environment to heal. This process involves: individual counseling, group therapies, addiction support, medical attention, and more.

#### **Events**

Samaritan Village hosts many events to keep people informed on the state of the ministry, nights of prayer, and the state of human trafficking.

#### Apply for Residence



#### Volunteer



Donate



## **Hunger and Homeless Shelters**

#### Orlando Union Rescue Mission



#### Bio

"The Orlando Union Rescue Mission is one of Central Florida's oldest and largest homeless service providers. The Mission provides for immediate physical needs — including food, clothing and shelter — however, our programs are designed to lead the homeless to permanent independence built upon a personal relationship with Christ."

#### Locations

- Women/Children/Families:
   1525 W. Washington St. Orlando, FL
   32805
- Men: 3300 W. Colonial Dr. Orlando, FL 32808

#### Hours

• Mon-Fri: 8am – 4:30pm

#### Services

- Discipleship
- Safe Shelter
- Hot Meals
- Christ-Centered Care
- Education

#### Contact

Phone (Women): (407) 423-2131
Phone (Men): (407) 423-3596
Website: www.ourm.org

#### **Special Services**

#### Safe Shelter

O.U.R. Mission's Family Home provides long-term transitional shelter for single women, single mothers, single fathers, and in-tact families facing homelessness. The facility's clean, home-like atmosphere provides guests private and semi-private rooms and bathrooms. Guests stay free of charge as they work to become stable and self-sufficient.

#### **Hot Meals**

At Orlando Union Rescue Mission, we serve 3 hot, nutritious meals a day, 365 days a year to our quests as well as to anyone in need in the community. In addition, the Mission hosts annual

Easter, Thanksgiving, and Christmas banquets, where we serve between 600 and 1,000 meals, per event, to the homeless and hungry.

#### **Education**

The Career Learning Center (CLC) is a self-paced, educational program for adult residents at O.U.R. Mission Home and men participating in the Men's Home Discipleship Program.

Find Help



Get Involved



Donate



#### Coalition for the Homeless



#### Bio

"Our mission is to transform the lives of homeless men, women and children by providing crucial services to end their crisis of homelessness. We are a low barrier residential shelter with a focus on housing, emergency services, and diversion. We help families and individuals return to stable, permanent homes as quickly as possible."

#### Location

 Orlando: 18 North Terry Ave. Orlando, FL 32801

#### Hours

Supply Drop-off:
 Wed-Fri: 10am – 4pm
 Sat: 9am – 12pm
 Intake Center:
 Mon-Fri: 7am – 3pm

#### Services

- Diversion Services
- Community Dinner
- Showers, Laundry, Mail
- Intake Center
- Case Management
- Childcare

#### Contact

Phone: (407) 652-5300

Email: coalition@cflhomeless.org

Website:

www.centralfloridahomeless.org

#### **Special Services**

#### **Drop-In Services**

Anyone in need of a nutritious meal is welcome to join us for dinner each night of the week. The Community Health Initiative offers shower and laundry facilities as well as mail service to unsheltered homeless men, women, and families.

#### **Shelter Programs**

Each day, we provide safe shelter, nutritious meals, and hygiene items to nearly 500 men, women, and children. Case managers help our guests address their needs, establish goals, and return to stable, permanent housing as quickly as possible. They serve as a crucial support system, providing genuine empathy and respect for those seeking assistance. Case managers possess in-depth knowledge of available resources and proven expertise in guiding clients to stability.

Find Help



Volunteer



Donate



#### Senior Assistance

Sonata Senior Living



#### Bio

"Sonata Senior Living is an Orlando-based developer and operator of innovative senior living communities, offering a combination of independent living, assisted living and memory care, as well as stand-alone memory care communities in Central and South Florida."

Oı	lando Locations	Contact
•	West Orange: 720 Roper Rd. Winter Garden, FL 34787	(407) 442-1505
•	Longwood: 425 S. Ronal Reagan Blvd. Longwood, FL 32750	(407) 674-2851
•	Lake Mary: 410 Caring Dr. Lake Mary, FL 32746	(407) 606-7709

#### Lifestyle Options

#### **Independent Living**

"With spacious apartments, resort-style amenities, exceptional service and a single monthly rental fee that includes cable, Internet, three meals daily, chauffeured transportation and more, we offer hassle-free independent living in Florida at a value rarely found."

#### **Assisted Living**

"At Sonata, assisted living combines the maintenance-free lifestyle you're looking for with the supportive care services you need, all in a single monthly fee for your convenience. Every Sonata location includes 24-hour nursing supervision — demonstrating once again that we go above and beyond when it comes to care."

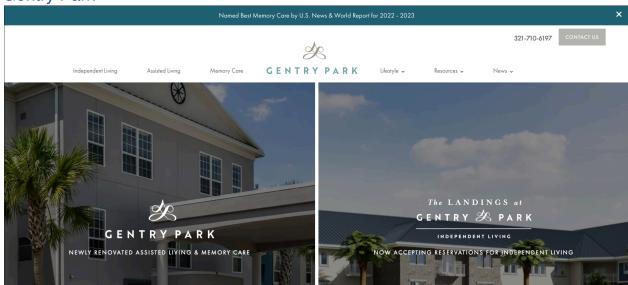
#### **Memory Care**

"At Serenades by Sonata, our truly customized memory care is both designed and built around each resident's individual interests, preferences and tastes by integrating the latest in programming, training and technology to help us meet the unique needs of those with Alzheimer's disease and dementia."

Schedule a Visit



**Gentry Park** 



#### Bio

"Our goal is to enrich the lives of those who call Gentry Park Orlando home. We offer an array of programs and services that focus on whole-body wellness – whether it's creating an opportunity to socialize and make new friendships or participating in daily activities designed to strengthen your body and mind. For more information, visit the Lifestyle page."

Location Contact

Orlando: 3201 Center Pointe Dr. Orlando, (321) 710-6197
 FL 32825

#### Services

#### **Independent Living**

"Independent Living at The Landings at Gentry Park Orlando frees you to live the full life you deserve. Now under construction and accepting reservations, The Landings of Gentry Park offers spacious apartment homes with full kitchens and casually elegant amenity spaces that cater to any number of activities."

#### **Assisted Living**

"Our newly renovated Assisted Living community inspires you to spend more time enjoying what makes you happy, whether it's tending to the garden, shopping in town, going on walks with friends, or enjoying the beautiful Florida sunshine, you can find the freedom you seek without compromising your health or safety."

#### **Memory Care**

"Our Montessori Moments in Time™ program is the cornerstone of Gentry Park's comprehensive approach to memory care and was developed through extensive research and first-hand experience with our residents throughout the years. We strive every day to integrate purpose and meaningful moments into the lives of our memory care residents through a customized program, honoring our residents and their journey with Alzheimer's or other dementia."

# Contact Gentry Park



## Low-Cost Legal Services

#### Community Legal Services



#### Bio

"Community Legal Services is a full service civil legal aid law firm that promotes equal access to justice, which is a core American value. Approximately 50 – 80% of low-income Americans' legal needs go unmet. Our law firm provides professional legal aid to help low-income people protect their livelihoods, their health, and their families. We make it easier for the most vulnerable and disenfranchised Central Floridians to access legal information, gain legal assistance and representation, and to understand their rights."

#### Orlando Location

 122 E. Colonial Drive #200 Orlando, FL 32801

#### Areas of Service

- Covid-19
- Debt
- Disaster
- Workers' Rights
- Medical
- Family
- Housing
- Military

#### Request Legal Assistance



#### Hours

Mon-Fri: 8:30am – 5pm

#### Contact

Phone (Orlando): (407) 841-7777Phone (Helpline): (800) 405-1417

Website: www.clsmf.org

#### **Donate**



## **Government Assistance Programs**

#### **Energy and Water Bill Assistance**



#### Information

Government assistance in paying water and energy bills.

#### Qualifications

Number of People in the Household	Maximum Annual Household Income
1	\$26,036
2	\$34,048
3	\$42,059
4	\$50,071
5	\$58,082
6	\$66,093
7	\$67,595
8	\$69,097
Maximum Income Values are the greater of 60% SMI (family size 1-8) or 150% FPL (Family size 9-20)	

#### Eligibility

- Copy of Photo Identification of the applicant
- Copy of Social Security Cards for all household members (Other documents can be presented if card(s) are not available)
- Current Utility Bill (proof of utility obligation)
- Proof of Income for all household members (proof of income may be but not limited to):
  - Copy of pay stubs for last 30 days
  - Copies of award letters from Social Security, SSI, SSDI, VA, TANF/Wages, etc.
  - Letter or print-out from employer(s)
  - W-2 (tax forms)
  - Statement of financial support from family, friends or other agencies
  - Self-Declaration of income statement (signed) <u>Self Declaration Form</u>

- Certification letter from Section 8/HUD/Orlando Housing Authority showing amounts of monthly Utility Allowance, Reimbursement or proof of Flat Rent. (Applicants must pay the monthly utility amount(s) prior to LIHEAP determining eligibility)
- Copy of Food Stamps Award Letter (if applicable)

**Apply** 



## **Employment Assistance**



#### Information

The Family Self-Sufficiency Program is designed to assist income eligible Orange County residents to achieve economic independence and self-sufficiency. Tuition assistance is available for vocational training, post-secondary education, and state certification that will enable residents to obtain and retain employment.

#### Criteria

- Orange County Resident
- 18 years old (or older)
- US Citizen or Legal Resident
- Income eligible
- Employment seekers who are unemployed or underemployed **and** available to participate in vocational training within 90 days of enrollment.
- Required Documentation:
  - o Photo ID for the applicant and adult household members
  - o Social Security Card for all household members
  - o Proof of Income for all household members
  - Acceptance letter
  - Proof of Orange County residency
  - o Proof of High School Diploma or GED



#### Florida Department of Children and Families

**Abuse Hotline**: (800) 962-2873

Report online: https://reportabuse.dcf.state.fl.us/



#### Bio

"The mission of the Department of Children and Families is to work in partnership with local communities to protect the vulnerable, promote strong and economically self-sufficient families, and advance personal and family recovery and resiliency. We are a highly skilled workforce committed to empowering people with complex and varied needs to achieve the best outcomes for themselves and their families. In collaboration with community stakeholders, we will deliver world class and continuously improving service focused on providing the people we serve with the level and quality that we would demand and expect for our own families."

## Services Contact

Adult Protective Services (407) 765-7482
Foster Care Licensing (407) 317-7771
Human Trafficking (407) 719-4228
Refugee Services (407) 317-7335
Substance Abuse / Mental Health (407) 867-0063

#### Find Help

