CAMBRIA COUNTY HealthChoices

CAMBRIA COUNTY
RESOURCE GUIDE

Need Help Fast? Read Me First!

In Imminent Danger? Call: 911.

If you believe you or someone else is in imminent danger of death or serious injury, call 911 right away. Responders will include police and emergency medical technicians. A Crisis Intervention Team (CIT)-trained officer can be requested and may be available to offer you further mental health support.

In Crisis? Call Cambria County Crisis: 877-268-9463

Cambria County Crisis provides 24/7 crisis intervention services for Cambria County. These services are available to anyone who telephones, walks in, or requests the Crisis Team (mobile crisis) to come to their home, school, or anywhere in the community.

The Cambria County REACH Walk In Center is open 11 AM to 7 PM Monday through Friday. The goal of the REACH Walk In Center is to make a positive difference in the lives of the individuals living with mental illness who reside in Cambria County through the coordination of supportive services for individuals and families seeking aid and intervention for individuals experiencing a mental health crisis or behavioral health emergency.

Location:

110 Franklin St.

Suite 105

Johnstown, PA 15901

988 Lifeline

If you need to talk, the 988 Lifeline is here. The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States and its territories. The 988 Lifeline is comprised of a national network of over 200 local crisis centers, combining local care and resources with national standards and best practices.

Crisis Intervention Team (CIT)

A Crisis Intervention Team (CIT) is an innovative program of police-based crisis intervention involving community health care and advocacy partnerships based on a nationally recognized model developed by the Memphis Tennessee Police Department.

Under this model, police officers receive extensive training provided by community mental health professionals, family and consumer advocates and experts in related fields in

responding to citizens experiencing a behavioral health crisis. The emphasis is on mental health knowledge, crisis resolution skills, and access to community services.

After implementation of this program, communities have reported significant reductions in police officer and mental health consumer injuries as well as decreased numbers of arrests and increased health care referrals. Also reported, there have been dramatic reductions in the need for intensive police interventions such as SERT/SWAT because the CIT trained officers are able to arrive and effectively de-escalate potentially dangerous situations.

CIT helps to enable citizens, police, county crisis teams, the mental health care system, and the criminal justice system to work together effectively and promote more appropriate responses to individuals who have mental illnesses that become justice involved.

The Laurel Highlands Region CIT Program proudly serves Cambria, Somerset, and Bedford Counties in Southwestern Pennsylvania.

Find out more at laurelhighlandscit.org.

Introduction

Cambria County Health Choices, in partnership with Magellan Behavioral Health of Pennsylvania, is pleased to offer this Resource Guide as a tool for members, providers and community members alike, who may be seeking linkage to a variety of support and services for themselves or someone they care about.

Although comprehensive, we recognize it is not exhaustive of all the resources in our community and that there may be resources that are not yet captured within the guide. We envision this resource guide as a living document that will evolve moving forward with an identified plan in place to update it quarterly to ensure that information about related resources is as up to date as possible as well as incorporating additional resources as they are identified.

This resource guide is largely the result of Magellan's Alexis Miller, Member and Family Advocate, Cambria County, who has worked tirelessly as a visionary and champion of the creation of resource guide to serve as a reference tool for those whose work it is day in and day out to identify and coordinate linkage to much needed supports, services, and resources for not only the behavioral health community but for all residents of Cambria County.

It is our hope that this resource guide is a useful tool in helping the residents of Cambria County navigate the challenges that are met when attempting to find support, services, and assistance when they encounter barriers to living a healthy, happy, meaningful, fulfilling life.

If you know of a resource available in the community that is not included in this resource guide, please contact Alexis Miller, millera9@magellanhealth.com. We are excited to see this guide expand and grow as we work together as a community to assist others in empowering themselves and/or others.

Sincerely,

Tracy G. Selak, B.A.

Executive Director
CountyCambria County Health Choices

Tracy Shultz, MS

Director of Operations, Cambria
Magellan Behavioral Health of Pennsylvania

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Where to Start

PA Navigate

PA Navigate is an online tool that connects Pennsylvanians with community-based organizations, county and state agencies, and healthcare providers, for referrals to community resources that help them meet their most basic needs such as food, shelter, transportation, and more.

PA Navigate also allows individuals to refer themselves for services and facilitates greater connection and communication between healthcare providers and organizations that serve shared populations.

Find out more here: panavigate.org.

2-1-1

If you need to connect with resources in your community, but do not know where to look, PA 211 is a great place to start. From help with a utility bill, to housing assistance, after-school programs for kids, and more, you can dial 211 or text your zip code to 898-211 to talk with a resource specialist for free. Their specialists will listen to your needs and give you information on programs in your community that might be able to help.

You can visit their search page at search.pa211.org to explore programs available in your community by categories such as financial assistance, housing, and food.

Types of Insurance Coverage

Private Insurance:

- Coverage through you, your parents, or your spouse's employer under a group health plan
- Benefits, coverage, and costs may vary depending on plan
- May be referred to as your "primary plan" since coverage for services should be sought through this plan first
- Individual coverage of you through an "exchange" plan through the Affordable Care Act (ACA). Depending on your income, the federal government can help with the cost of this coverage.
- Individual coverage if not offered through the ACA. This coverage may be more or less expensive than ACA coverage.

Private Pay:

- You pay the provider directly based on an agreed upon rate.

- Provider may not take insurance or may not work with your specific insurance
- You cannot be reimbursed if you choose to privately pay for services

Medical Assistance:

- Funded by the federal government and administered by the state of Pennsylvania
- May offer some services not offered by private insurance
- Coverage is typically based on income, but you can qualify regardless of income if you are under 18 years old and have a disability
- MA can also help with payment for services not fully covered by private or primary plans such as co-pays and deductibles
- MA covers both physical and mental health needs. But they are separate plans. Each covers different services.

The Cambria County Assistance Office (CAO) determines eligibility for entitlement programs funded and administered by the Pennsylvania Department of Human Services (DHS). An application, available at the office or mailed out upon request, must be filed. Eligibility is based on need as determined by income and resource guidelines.

There are two ways to apply for or renew your benefits.

1. Online through COMPASS: https://www.compass.dhs.pa.gov/home/#/
2. In person at the Cambria County Assistance Office
    i. 729 Goucher St
    Johnstown, PA 15905
    (814) 533-2491
    Open 7 AM – 5 PM Monday through Friday

Cambria County HealthChoices

Managed Care

HealthChoices is Pennsylvania's Medical Assistance managed care program. There are two main parts to HealthChoices: physical health care and behavioral health care.

Behavioral health services include mental health services and substance use disorder services. These services are provided through Behavioral Health Managed Care Organizations (BH-MCOs) that are overseen by the Department of Human Services' (DHS) Office of Mental Health and Substance Abuse Services (OMHSAS). Magellan Behavioral Health of Pennsylvania, Inc. (Magellan) is the BH-MCO that works with the Cambria County HealthChoices program. You may never have behavioral health or substance use concerns. However, it is your right to know what services are available to you. As a BH-MCO, Magellan

manages your benefits in coordination with network providers. Magellan does not provide direct care. Magellan helps to arrange your care. This makes it easier for you to get help with your mental health and drug or alcohol concerns.

Staff at Magellan's Member Services can help you. Magellan's goal is to make behavioral health services easier to get for:

- Children and Teens
- Adults
- Families

Magellan will help you:

- Learn about and get the services you need
- Find a provider
- Get answers to your questions
- Get a referral for care
- Coordinate your care (i.e., text messaging, etc.)

If you have concerns, Magellan can help you:

- Make a complaint
- Get a review of a decision made about your health complaint or concern Magellan's

Member Services are available 24 hours a day, seven days a week, and can be reached at:

- 1-800-424-0485

County Services

Cambria County Behavioral Health & Developmental Supports Program

Central Park Complex

110 Franklin St, Suite 300

Johnstown, PA 15901

(814) 535-8531

The Cambria County Behavioral Health & Developmental Supports Program's mission is to view a new horizon of hope and recovery, empowering every individual to direct their treatment and rehabilitation in a manner that is responsive to their individual needs and values, and which promotes a satisfying and sustainable lifestyle.

Behavioral Health & Developmental Supports services provided:

- Administrative Case Management – everyone who enters the system is assigned a case manager who will assist the individual in identifying and linking to appropriate and necessary services.
- Blended Case Management Services - a specialized, more intensive level of case management afforded to individuals living with serious mental illness. Offers support and linkage to needed community resources; the intensity of the case management is defined by the needs presented.

Cambria County Intellectual Disabilities program provides:

- Early Intervention – Serves children with developmental delays from birth to three years of age with a variety of services to meet the family's needs. It is an entitlement program for all individuals who meet the specified criteria.
- Congregate Care – Provides a safe and supervised environment that promotes socialization and recreation interaction while the individual's family is at work. Primary hours are from 3:00 pm to 6:00 pm, Monday through Friday.
- Socialization Recreation – Offers recreational activities including summer camps, swimming and bowling to consumers.
- Respite Care - Professional sitters provide service in the consumer's home to allow caregivers relief. Short term respite (40 hours a month) or Long term respite (30 days a year) in or outside of the home is also available.
- Adult Training Facility/Daycare – Provides enhancement of daily living skills, prevocational skills, personal function skills and recreation to the consumer.
- Workshops/Vocational Rehabilitation – Sheltered employment for consumers who are interested in enhancing their vocational/employment skills. Job coaching, job support and assistance with job finding are available through Transitional Employment Training.
- Residential Facilities Lifesharing – Facilitates and sponsors adult placement from full care to supported living arrangements for consumers who are interested in developing independent/semi-independent lifestyles. Life sharing is placement of adult consumers with host families who provide a protective and supportive environment.
- Adult Minimal Supervision (AMS) – An agency staff person visits the home of an MR individual who lives alone to provide supports with their independent living situation. Staff assure there is adequate food, bills are paid, medications are taken and appointments being kept etc.

*The above services are contingent upon eligibility requirements and available funds. Medical assistance is accepted.

Cambria County Drug and Alcohol:

Cambria County Drug & Alcohol Program has been designated by the Commonwealth of Pennsylvania as the administrator of drug and alcohol services at the county level – they are the "single county authority." When you call, you will be screened and scheduled for an evaluation. You will be assigned a case manager who will collaborate with you to determine what kind of treatment would work best, and to get that treatment as soon as possible.

Location:

Central Park Complex

110 Franklin St, Suite 300

Johnstown, PA 15901

(814) 536-5388

Hospital Services

Conemaugh Health System – Behavioral Health Unit

Conemaugh's Behavioral Health Unit is devoted to helping patients heal mentally and emotionally by providing exceptional, evidence-based behavioral healthcare that improves the lives of those needing support. Their behavioral health unit provides dedicated inpatient care for adults ages 18+. The unit offers 24-hour supervised psychiatric treatment and clinical support for mental health issues.

Conemaugh's behavioral health unit features:

- 29 adult patient beds
- Licensed, compassionate medical and clinical providers
- Healing environment designed to ensure patient safety
- Evidence-based group therapy
- Consultation and activity rooms

The journey to wellness starts with an assessment – a confidential conversation with one of their experienced behavioral health professionals. After a consultation with a medical professional, you will be recommended a personalized plan of care.

Referrals can be made by physicians, psychologists, psychiatrists, social workers, ministers, nurses, home health agencies, nursing homes, family members or caregivers, teachers and other community partners. Individuals may self-refer.

Those experiencing a behavioral health crisis, such as thoughts of harm to self or others, should call 911 immediately or visit the Emergency Department for evaluation.

Location:

1086 Franklin St.

Johnstown, PA 15904

(814) 534-1077

The Meadows Psychiatric Center

The Meadows Psychiatric Center, a 119-bed private behavioral health care facility on a spacious 52-acre rural campus is located minutes outside State College in Central Pennsylvania. As an integrated behavioral health care delivery system, The Meadows provides comprehensive mental and behavioral health treatment services to children, adolescents, adults, and older adults.

Help and hope are only a call away. It is never too late to get help. Call The Meadows at 800-641-7529.

Location:

132 The Meadows Drive

Centre Hall, PA 16828

https://themeadows.net

Clarion Psychiatric Center

Located on 14 acres in Western Pennsylvania, Clarion Psychiatric Center's secure, serene facility serves patients ages 10 and older in a positive, affirming therapeutic environment. Their treatment programs are designed for children, adolescents, and adults who face psychiatric, behavioral, or emotional problems. Clarion Psychiatric Center is available 24/7. Call 814-324-0500 for a no-cost, confidential assessment.

Location:

2 Hospital Drive

Clarion, PA 16214

https://clarioncenter.com

Hospital Admissions

A mental health crisis may require a hospital stay. It is important to know about the several types of hospital admissions.

Voluntary Psychiatric Admission:

- Voluntary admission to an acute inpatient psychiatric hospital (also known as a "201") occurs when a person goes for psychiatric evaluation and the evaluating mental health provider and patient agree that the patient would benefit from hospitalization and meets criteria for hospitalization.
- The patient is required to sign a consent form that is sometimes called a "201." The 201 form documents the patient's rights and describes the inpatient hospital experience. By signing the form, the patient agrees to being hospitalized on a locked unit.
- If the patient later requests discharge, the hospital can hold the patient on the unit for up to 72 hours until a mental health professional can evaluate the patient for safety concerns. The patient will be discharged if the evaluating mental health professional determines that the patient is safe for discharge. If the mental health professional evaluates the patient and feels that they are at risk of harm to self/others or unable to care for self, the mental health professional can convert the admission to an involuntary admission ("302"). The patient will then be brought to mental health court within 5 days, and the court will determine whether the patient can be legally held on a psychiatric unit.

Involuntary Psychiatric Admissions:

- Involuntary admission to an acute inpatient psychiatric hospital (also known as a "302") occurs when the patient does not agree to hospitalization on a locked inpatient psychiatric unit, but a mental health professional evaluates the patient and believes that, as a result of mental illness, the patient is at risk of harming self or others, or is unable to care for self. The person must pose a "clear and present danger" to self or others based upon statements and behavior that occurred in the past 30 days.
- There are two parts to a 302: evaluation and admission.
- Any person (including police and doctors) can petition or request an involuntary psychiatric evaluation for another person. The person requesting the evaluation is known as the "petitioner." A request for an evaluation can be made by calling a mobile crisis team to come to the petitioner's home. The petitioner will describe the behavior that is concerning that they witnessed in the past 30 days that show

the patient poses an imminent danger to self or others. The description will then be reviewed by the Office of Mental Health and the petition for evaluation will either be approved or denied. Petitions by police officers and doctors do not require approval by the Office of Mental Health. If the petition is approved, the petitioner will be given further instructions about how to have the person transported for an involuntary psychiatric evaluation (patients are usually transported by police). The person will then be evaluated by a mental health professional and the mental health professional will determine whether the person meets the requirements for an involuntary admission to an acute inpatient psychiatric hospital

Consent for Mental Health Treatment, Act 65

Children under 14 years of age must have their parent's or legal guardian's permission to get mental health care. Children 14 years or older do not need their parent's or legal guardian's permission to get mental health care. They can consent to mental health care and have the right to decide who could see their records if they consent to the mental health care. All children can get help for alcohol or drug problems without their parents' or legal guardian's permission. In addition, a parent or legal guardian can consent to mental health care for a child who is 14 years old or older, but under 18 years of age.

It is important for everyone that supports a child to work together and be part of the planning for the child's care. Everyone that supports a child should, whenever possible, share information necessary for the child's care.

The chart below explains who can consent to treatment.

If the child is	**Then he or she**
Under 14 years of age	Must have parent's or legal guardian's permission to get mental health care
14 years of age or older	Can get mental health care without parent's or legal guardian's permission
Any age	Can get help with alcohol or drug problems without a parent's or legal guardian's permission

There are a lot more details and specifics to know about Act 65 and the Mental Health Procedures Act. If interested in learning more, please visit the online Resource Guide to see "Act 65 of 2020: Consent for Mental Health Treatment of Minors" here.

Mental Health Advanced Directives

A mental health advance directive is a document that allows you to state the mental health care you want if you become physically or mentally unable to decide for yourself. There are two types of mental health advanced directives: Mental Health Declarations and Mental Health Powers of Attorney. If you have either a Mental Health Declaration or Mental Health Power of Attorney, you should give it to your mental health care providers and a trusted family member or friend so that they know your wishes.

Mental Health Declaration:

A Mental Health Declaration is a document that you create. It can include:

- What kind of treatment or care do you prefer.
- Where you would like to have your care take place.
- Any specific instructions you may have about your mental health treatment.

Your provider must have a copy of your Mental Health Declaration to follow it. Your Mental Health Declaration will be used if you are physically or mentally unable to make decisions for yourself. You may revoke or change a Mental Health Declaration.

Mental Health Power of Attorney:

A Mental Health Power of Attorney is a document in which you give someone else the power to make mental health treatment decisions for you if you are physically or mentally unable to make decisions for yourself. It also states what must happen for the Power of Attorney to take effect. To create a Mental Health Power of Attorney, you may but do not have to get legal help. You may revoke or change a Mental Health Power of Attorney.

Help with creating Mental Health Declarations and Mental Health Powers of Attorney:

If you would like to have a Mental Health Declaration or a Mental Health Power of Attorney, or both, and need help creating one, you can contact an advocacy organization such as the Mental Health Association in Pennsylvania toll-free at 1-866-578-3659, or email info@mhapa.org. They will provide you with forms and answer any questions.

Types of Mental Health Services:

*Note: This is not a fully extensive list of services available. These are the most common types of services used.

CASE MANAGEMENT SERVICES

Case management services are designed to help adults and children achieve success in their recovery from a variety of mental health diagnoses. The goal of case management

services is to assist individuals in accessing, monitoring, and coordinating a personalized plan of care and recovery. Case Managers are available to provide face-to-face consultations in the office, at your home, or other appropriate community locations to meet specific needs. Each consultation is targeted at providing individuals with support in achieving identified goals or needs, whether they are educational, employment, social, medical, housing, transportation, or other services that might be required to promote healthy lifestyles and progress towards recovery.

Cambria County Case Management Services Providers:

- Alternative Community Resource Program
    - Johnstown Location:
        - 131 Market St. Johnstown, PA 15901
        - (814) 535-2277
    - Ebensburg Location:
        - 118 W High St. Ebensburg, PA 15931
        - (814) 472-9330
- Cambria County Mental Health Center
    - 110 Franklin St. Suite 300. Johnstown, PA 15901
    - (814) 535-8531
- Merakey Cambria Hills Center
    - 358 Industrial Park Rd. Ebensburg, PA 15931
    - (814) 472-6105
- Nulton Diagnostic and Treatment Center
    - 214 College Park Plz. Johnstown, PA 15904
    - (814) 262-0025

OUTPATIENT MENTAL HEALTH SERVICES

- Adelphoi Village Incorporated
    - 557 Manor Dr. Ebensburg, PA 15931
    - (814) 846-4214
- Alternative Community Resource Program
    - Johnstown Location:
        - 119 Walnut St. Johnstown, PA 15901
        - (814) 534-0745
    - Ebensburg Location
        - 118 W. High St. Ebensburg, PA 15931
        - (814) 472-9330
- Cambria Somerset Counseling LLC

    - 1360 Eisenhower Blvd. Johnstown, PA 15904
    - (814) 262-7140
- Cen Clear Children's Services
    - 1466 Beaver Valley Rd. Flinton, PA 16640
    - (814) 342-5678
- Choices Clinical Counseling LLC
    - Counseling Office
        - 1405 Eisenhower Blvd. Johnstown, PA 15904
        - (814) 659-1136
    - Psychiatric Office
        - 2517 Bedford St. Johnstown, PA 15904
        - (814) 241-7990
- Christian Counseling Associates of Western PA
    - Ebensburg Location:
        - 100 E Highland Ave. Ebensburg, PA 15931
        - (724) 396-1510
    - Johnstown Location:
        - 112 Leventry Rd. Johnstown, PA 15904
        - (724) 396-1510
- CJT Counseling PC
    - 110 Lincoln St. Ebensburg, PA 15931
    - (724) 549-3470
- Clarvida
    - Ebensburg Location:
        - 325 Industrial Part Rd. Suite 102, Ebensburg, PA 15931
        - (814) 419-8046
    - Johnstown Location:
        - 321 Main St. Suite 3C and 3G, Johnstown, PA 15901
        - (814)262-0768
- Community Guidance Center
        - 212 Schoolhouse Rd. Ebensburg, PA 15931
        - (814) 472-8432
- Croyle Nielsen Therapeutic Associates
    - 303 Budfield St. Johnstown, PA 15904
    - (814) 266-3196
- Conemaugh Counseling Associates
    - 320 Main St. 2nd floor, Johnstown, PA 15901

    - (814) 534-1095
- Dr. Mary Berge and Associates
    - 1765 Goucher St. Suite 150 Johnstown, PA 15905
    - (814) 535-8586
- Footsteps Psychological Services
    - 547 Schoolhouse Rd. Johnstown, PA 15904
    - (814) 619-0522
- Hope Rising Integrative Counseling
    - 1153 W High St. Suite 2. Ebensburg, PA 15931
    - (814) 341-8905
- Indiana Healthcare Physician Service
    - Johnstown Location:
        - 374 Theatre Dr Suite 2B. Johnstown, PA 15904
        - (888) 452-4762
    - Nanty Glo Location:
        - 3840 William Penn Ave. Nany Glo, PA 15943
- McLeary Professional Counseling
    - 1360 Eisenhower Blvd, Johnstown, PA 15904
    - (814) 831-6694
- Mount North
    - 1105 Scalp Ave, Johnstown, PA 15904
    - (833) 668-6861
- New Insights Therapy
    - (412) 501-4060
    - Miranda@newinsightstherapyllc.com
- Nulton Diagnostic & Treatment Center
    - Headquarters:
        - 214 College Park Plaza, Johnstown, PA 15904
        - (814) 262-0025
    - Johnstown Location:
        - 333 Main St. Suite 4F, Johnstown, PA 15901
        - (814) 254-4905
    - Ebensburg Location:
        - 313 W High St. Ebensburg, PA 15931
        - (814) 419-8083
- Pediatric Care Specialists
    - Johnstown Location:

        - 110 Main St. Johnstown, PA 15901
        - (814) 266-8840
    - Richland Location:
        - 1322 Eisenhower Blvd. Johnstown, PA 15904
        - (814) 266-8840
    - Ebensburg Location:
        - 131 Casale Ct. Ebensburg, PA 15931
        - (814) 266-8840
- Pressley Ridge
    - 445 Schoolhouse Rd. Johnstown, PA 15904
    - (814) 262-9514
- Resolutions Counseling & Mediation Services
    - 2691 William Penn Ave. Johnstown, PA 15909
    - (814) 254-4499
- Shippenville Project Point of Light
    - 170 4th Ave Hastings, PA 16646
    - (814) 205-4004
- SWiTCH Mental Health Services
    - 903 Old Scalp Ave. Johnstown, PA 15904
    - (814) 713-1840
- Victim Services Incorporated
    - 307 Vine St. Johnstown, PA 15901
    - (814) 288-4961
- Westmont Family Counseling Ministries
    - 789 Goucher St. Johnstown, PA 15905
    - (814) 536-0798

Peer Support Services

Peer support is when people who have experiences like yours help you. They share their experiences of living with behavioral health and/or substance use challenges. Peer support comes from people who want to help you recover and be well. This can mean helping you build a circle of support you can count on. Getting peer support helps people living with behavioral health issues and physical health problems. It helps them live better, healthier lives in the community.

What Peer Support IS:

- ✓ Goal-based, structured, and purposeful
- ✓ Provided by trained peer specialists with lived experience

- ✓ Flexible – at home, in the community, or via telehealth
- ✓ Covered by Medicaid at no cost to you
- ✓ Built on genuine connection and understanding

What Peer Support ISN'T:

- × Therapy, clinical treatment, or medication management
- × Limited to office visits (they come to you)
- × A passive service – this is active, goal-driven work
- × A replacement for your other providers
- × One-size-fits-all. They custom-create a plan for you

Cambria County Peer Support Providers:

- Alternative Community Resource Program
  - 131 Market St, Johnstown, PA 15901
  - 814-535-2277
- Independent Family Services, Inc.
  - 636 Scalp Ave, Johnstown, PA 15904
  - 814-262-0007
- Peerstar LLC
  - 214 College Park Plaza, Johnstown, PA 15904
  - 845-422-7288

Family-Based Mental Health Services:

Family-Based Mental Health Services (FBMHS) are intensive, in-home, and community-based treatment programs for children and adolescents (up to age 21) with serious emotional or behavioral challenges. These services aim to keep families together, avoiding out-of-home placement, and include 24/7 crisis support, family therapy, and case management, typically requiring caregiver participation. This service can be received through 20 years of age.

FBMHS Providers:

- Alternative Community Resource Program
  - 317 Power St, 2nd Fl. Johnstown, PA 15906
  - (814) 361-2414
- Independent Family Services
  - 636 Scalp Ave, Johnstown, PA 15904
  - (844) 625-7297
- Nulton Diagnostic and Treatment Center

- 214 College Park Plaza, Johnstown, PA 15904
- (814) 262-0025

Community-Based Intensive Treatment

Community-Based Intensive Treatment (CBIT) provides support to individuals transitioning back into the community following an inpatient hospital stay. CBIT is a high-intensity program in which a group of multidisciplinary mental and physical health staff provide services primarily in an individual's natural setting.

Services Provided for CBIT Participants:

- Intake into program within 24 hours of client-acceptance
- 7 & 30-day medication management appointment with CBIT Psychiatrist
- Weekly Wellness Appointments with Team Nurse to monitor physical health and mental health symptoms
- Monthly Assessments to monitor transition readiness, quality of life, depression, and client social determinants of health (SDoH) needs.

CBIT Provider:

Nulton Diagnostic and Treatment Center

214 College Park Plz. Johnstown, PA 15904

(814) 262-0025

Psychiatric Rehabilitation:

Psychiatric Rehabilitation teaches skills in living, learning, working, and socializing on a one-to-one basis or in small groups. Individual choice is maintained in addressing the skills needed.

Goodwill of the Southern Alleghenies

540-542 Central Ave. Johnstown, PA 15902

(814) 536-3536

Intensive Behavioral Health Services

Intensive Behavioral Health Services (IBHS) provides specialized, evidence-based therapeutic care for children and young adults (up to age 21) with mental, emotional, and behavioral needs. Services are delivered in natural settings – home, school, and community – focusing on ABA therapy, individual therapy, and group therapy to improve

functioning and reduce behavioral challenges. These services can be received through 20 years of age.

IBHS has three categories of service:

1. Individual services which provide services to one child
2. Applied Behavior Analysis (ABA) which is a specific behavioral approach to services
3. Group services which are most often provided to multiple children at a specific place

IBHS Providers:

- Alternative Community Resource Program
  - 131 Market St. Johnstown, PA 15901
  - (814) 535-2277
- Assist Incorporated
  - 636 R Scalp Ave. Johnstown, PA 15904
  - (814) 536-7313
- Clarvida
  - 321 Main St. Johnstown, PA 15901
  - (814) 444-1358
- Footsteps Psychological Services
  - 547 Schoolhouse Rd. Johnstown, PA 15904
  - (814) 266-5238
- Journey Center
  - 120 Byron Ave. Altoona, PA 16602
  - (814) 201-2773
- Merakey Cambria Hills Center
  - 358 Industrial Park Rd. Ebensburg, PA 15931
  - (814) 472-6105
- Nulton Diagnostic and Treatment Center
  - 214 College Park Plz. Johnstown, PA 15904
  - (814) 262-0025
- Silver Lining ABA
  - 1732 Lyter Dr. Johnstown, PA 15905
  - (814) 254-4472

Transition to Independence Process (TIP) Model (Ages 16-24)

Merakey is partnered with Cambria County HealthChoices and Magellan Behavioral Health to provide Blended Case Management (BCM) services specific to transition age youth and

young persons through the TIP Model. Merakey is a provider trained on the TIP Model designed to help Cambria County youth and young people, ages 16-26 with serious emotional/behavioral challenges identify and achieve their desired goals. TIP is designed to use the supports within the youth and young person's communities to improve:

- Behavioral and physical healthcare needs
- Family functioning/independent living
- Educational and vocational goals
- Socialization
- Future Planning

For more information, please contact:

- Tip-referrals@merakey.org
- 358 Industrial Park Road, Ebensburg, PA 15931

Partial Hospitalization Program

A Partial Hospitalization Program (PHP) is five days a week for several hours per day. It consists of individual, group, and family therapy. There is also a psychiatrist for medication management. Focused on managing symptoms and maintaining stability, while decreasing a person's risky behaviors.

PHP Providers:

- Alternative Community Resource Program
    - 131 Market St. Johnstown, PA 15901
    - (814) 535-2277

Drug and Alcohol Services:

Inpatient Treatment:

- DreamLife
    - Detoxification Program
    - Partial Hospitalization Program
    - Residential Treatment Program
    - Various Specialty Programs
    - 212 Snyder Rd. Donegal, PA 15628
    - (844) 590-1607
- Peniel Drug and Alcohol Treatment Center
    - Intensive Inpatient Rehabilitation Program for ages 18+
    - Biblically based treatment model

    - 760 Cooper Ave. Johnstown, PA 15906
    - (814) 536-2111
- Pyramid Healthcare Altoona Detox and Residential Treatment Center
    - Medical Detoxification
    - Residential Treatment
    - Medication-Assisted Treatment
    - Dual Diagnosis
    - Veteran's Program
    - For ages 18+
    - 1894 Plank Rd. Duncansville, PA 16635
    - (866) 416-1238
- SpiritLife Drug and Alcohol Rehab Center
    - In-patient non-hospital medically monitored detoxification
    - Long-term and residential care
    - Treatment of co-occurring mental health disorders
    - Medication-Assisted Treatment
    - Individual, Group, and Family Counseling
    - 170 FR Martin Telenson Lane. Penn Run, PA 15765
    - (724) 262-1061
- Twin Lakes Residential Services
    - Adult withdrawal management
    - Adult residential treatment
    - 224 Twin Lakes Rd. Somerset, PA 15501
    - (814) 443-3639

Outpatient Treatment:

- Alliance Medical Services
    - Opioid Treatment Program
    - Intensive Outpatient Treatment
    - Office-Based Opiate Treatment
    - Medication Assisted Treatment (Suboxone, Methadone, Vivitrol, Brixadi, and Sublocade)
    - 1425 Scalp Ave. Johnstown, PA 15904
    - (814) 269-4700
- Crossroads of Johnstown, PA
    - Opioid Addiction Treatment Services
    - Medication Assisted Treatment (Suboxone, Sublocade, Brixadi, Vivitrol)
    - 132 Walnut St. 2nd Floor. Johnstown, PA 15901

    - Call or Text (888) 899-5832
- Impact Counseling Services, LLC
    - Counseling
    - Medication-Assisted Treatment (Suboxone)
    - 815 Rowena Dr. Ebensburg, PA 15931
    - (814) 515-3208
- Independent Family Services Drug and Alcohol Treatment
    - Director: Tony Sansone: asansone@ifsfamily.org
    - 636 Scalp Ave. Johnstown, PA 15904
    - (844) 625-7297
- New Visions Chemical Dependency Program
    - Individual, group, and family counseling
    - Intensive Outpatient Program
    - Underage Drug Awareness Program
    - Adult Drug Awareness Program
    - DUI Program
    - Enhanced Outpatient Program
    - 315 Locust St, 7th floor. Johnstown, PA 15901
    - (814) 534-1627
- UPMC Western Behavioral Health at Twin Lakes – Johnstown
    - Adult intensive outpatient
    - Adult and teen outpatient
    - 132 Walnut St. Johnstown, PA 15901
    - (814) 535-8830

Physical Health Services

*There are more options available than what is provided in the following list. You can also call the number on the back of your insurance card for a provider covered by your insurance.

Dentists:

- Aspen Dental
    - 510 Town Centre Dr. Johnstown, PA 15904
    - (833) 824-3079
- Chestnut Hills
    - 322 Warren St. Ste 150. Johnstown, PA 15905
    - (814) 813-7992
- Dental Care Associates

    - 1415 Eisenhower Blvd. Johnstown, PA 15904
    - (814) 919-5228
- Dr. Peter Korch
    - 4200 Crawford Ave. #105. Northern Cambria, PA 15714
    - (814) 948-9650
- Dr. Woo General Dentistry
    - 171 Lovell Ave #101. Ebensburg, PA 15931
    - (814) 472-4644
- Elite Dentistry of Johnstown
    - 1390 Eisenhower Blvd. Johnstown, PA 15904
    - (814) 535-5244
- Moore Dentistry
    - 111 Industrial Park Rd. Johnstown, PA 15904
    - (814) 266-3151
- New Dimensions Dentistry
    - 1253 Scalp Ave. Johnstown, PA 15904
    - (814) 269-9731
- Somerset Dental Associates
    - 865 Eisenhower Blvd. Johnstown, PA 15904
    - (814) 444-8815

Health Clinics:

- Conemaugh Physician Group – Cresson
    - 823 2nd St. Cresson, PA 16630
    - (814) 886-2911
- Conemaugh Physician Group – Ebensburg Primary Care
    - 861 Hills Plaza Suite 140. Ebensburg, PA 15931
    - (814) 471-9005
- Highlands Health Clinic
    - 315 Locust St. 2nd Floor. Johnstown, PA 15901
    - (814) 534-6242
- IRMC Northern Cambria Primary Care
    - 4210 Crawford Ave. Suite 1. Northern Cambria, PA 15714
    - (814) 948-2653
- Portage Health Center
    - 3670 Portage St. Suite 105. Portage, PA 15946
    - (814) 736-9614

- Richland Community Health Center/WindberCare Physicians
    - 1511 Scalp Ave. Johnstown, PA 15904
    - (814) 262-8489
- Saint Benedict Rural Health Center
    - 564 Theatre Rd. Carrolltown, PA 15722
    - (814) 344-8480

Urgent Care:

- iCare Urgent Care
    - 100 Susan Dr. Johnstown, PA 15905
    - (814) 255-1963
- iCare Urgent Care
    - 411 Theatre Dr. Johnstown, PA 15904
    - (814) 266-3934
- iCare Urgent Care
    - 167 Zeman Dr. Ebensburg, PA 15931
- MedWELL Urgent Care Center, East Hills
    - 1450 Scalp Ave #1000. Johnstown, PA 15904
    - (814) 269-5200
- UPMC – GoHealth Urgent Care
    - 1221 Scalp Ave. Johnstown, PA 15904
    - (814) 809-2030

Emergency Room:

- Chan Soon-Shiong Medical Center at Windber
    - 600 Somerset Ave. Windber, PA 15963
    - (814) 467-3719
- Conemaugh Memorial Medical Center - Emergency Room
    - 1086 Franklin St. Johnstown, PA 15905
    - (814) 534-9000
- UPMC Altoona Emergency Department and Trauma Center
    - 620 Howard Ave. Altoona, PA 16601
    - (814)889-3315

Early Childhood Resources

Beginnings, Inc. provides support, education, skills training and resources for parents and children including physical therapy, occupational therapy, speech therapy, special instruction, dietitian services, teacher of the deaf services, court appointed special

advocates (CASA), parenting classes, and in-home parenting education services. Contact at (814) 539-1919 or 111 Market St. Johnstown, PA 15901.

Cambria County Child Development Corporation (CCCDC) offers child care services to families throughout Cambria County, Pennsylvania including; Ebensburg, Johnstown, Cresson, Loretto, Patton, Lilly, South Fork, Ferndale, and Conemaugh Township. Contact CCCDC at (814) 472-6341.

Early Head Start provides family-centered, full-year services designed to promote the development of the youngest children; to engage parents in their roles as primary caregivers and teachers of their children; and to help parents move toward self-sufficiency. Early Head Start offers weekly home visits and group activities to parents with children Prenatal to age 3. Income guidelines apply. Contact Professional Family Care Services at (814) 255-5615.

Learning Lamp provides quality tutoring, preschool, childcare, before/after school care, and alternative education programs for children. They also provide early intervention for children with learning disabilities and education for their parents. Contact at (814) 262-0732 or 2025 Bedford St. Johnstown, PA 15904.

Nurse-Family Partnership, a maternal and early childhood health program, utilizes Registered Nurses to provide weekly home visits for first-time moms. They must register before 28 weeks of pregnancy. Home visits focus on health and development of both the baby and the mother and continue until the child's second birthday. Income guidelines apply. Contact Home Nursing Agency at (833) 315-4358.

Aging Resources

Cambria County Area Agency on Aging promotes the well-being, dignity, independence, and safety of aging adults by providing assessments, caregiver support programs, in-home services, legal aid, and senior activities. Contact at (814) 539-5595 or 110 Franklin St. Suite 400. Johnstown, PA 15901.

Johnstown Senior Center offers free lunch and low-cost meals to seniors as well as activities and opportunities for socialization throughout the week. Contact at (814) 535-8634 or 550 Main St. Johnstown, PA 15901.

Senior LIFE Johnstown provides an ideal alternative to nursing homes, allowing members to receive services such as rehabilitation, in-home care, and transportation while remaining independent and at home. Contact at (877) 998-LIFE (5433) or 401 Broad St. Johnstown, PA 15906.

Transportation Services

CamTran is Cambria County's public transportation authority. CamTran is the urban service area in the Greater Johnstown and surrounding areas. CamTran+ is the rural service area servicing the northern tier of Cambria County. You can access CamTran bus schedules on their website www.camtranbus.com. Furthermore, you can download the myStop app to see real-time GPS bus tracking, arrival times, and trip planning. CamTran fares are now managed through CamTran PAY. Riders can use the mobile app or a reloadable smart card to pay their fare, purchase passes, and manage their account. Visit the CamTran Transit Center Bus Stop Shop at 551 Main St. Johnstown, PA 15901 or call (814) 535-5526 for assistance.

John Murtha Johnstown-Cambria County Airport is a civil-military airport three miles northeast of Johnstown, in Richland. All flights to and from the airport are via United Express. With flights to Chicago O'Hare (ORD) and Dulles International (IAD), the airport offers easy access to any destination, domestic or international. The airport also offers car rentals through Hertz. If you have extra time, check out Balance Restaurant for some grub. Take advantage of their free parking as well. Learn more about the Johnstown airport at www.flyjst.com or book a flight at https://www.united.com/en/us.

Johnstown station is an Amtrak intercity rail station in Johnstown, Pennsylvania. It is served by the daily round trip of the *Pennsylvanian*. Plan your trip to Pittsburgh, New York City, or cities in between at https://www.amtrak.com/home. Visit the Johnstown train station at 47 Walnut St. Johnstown, PA 15901.

The Medical Assistance Transportation Program (MATP) provides non-emergency transportation to medical appointments and pharmacies, at no cost to you if you need help to get to your appointment or to the pharmacy. Transportation services are typically provided in the following ways:

- Where public transportation is available, the MATP provides tokens or passes or reimburses you for the fare for public transportation.
- If you can use your own or someone else's car, the MATP may pay you an amount per mile plus parking and tolls with valid receipts.
- Where public transportation is not available or is not right for you, MATP provides rides in paratransit vehicles, which include vans, lift-equipped vans, or taxis. Usually, the vehicle will have more than one rider with different pick-up and drop-off locations.

The MATP provider for Cambria County is CamTran. You can apply online at FindMyRide PA at https://www.apply.findmyride.penndot.pa.gov. You can schedule a ride by calling

CamTran at 1-800-252-3889 no later than 2:00 PM the business day prior. The Call Center is open between 8:00 AM and 4:00 PM Monday through Friday.

Pennsylvania Department of Transportation – Drivers License Center, Johnstown can assist with driver services, licenses, photo IDs, REAL IDs, driver testing, and much more. Visit at 536 Walters Ave. Johnstown, PA 15904 or call 1 (800) 932-4600.

Community Services and Support

The Healing Patch Children's Grief Program offers supportive services to grieving children and families who have experienced a significant death. All services are available free-of-charge. Services include: family session peer support groups, young adult groups, family grief workshops, school services, and community resources.

Location:

20 Sheraton Dr.

Altoona, PA 16601

1-800-445-6262 (24/7)

The Peer Empowerment Network (PEN) Drop-In Center is a safe, supportive, and welcoming space for individuals 18 and older who are living with or recovering from a mental health condition. Our goal is to foster an atmosphere of acceptance where individuals feel valued, empowered, and supported in their journey toward self-worth, dignity, and self-respect.

Address:

514 Somerset Street

Johnstown, PA 15901

What PEN Offers:

- Socialization
  - PEN provides planned activities designed to encourage social interaction, strengthen social skills, and promote tolerance and acceptance of others. Check out their monthly calendar here: https://www.pendropincenter.org/calendar.html
- Peer Support
  - At the PEN Center, individuals connect with others who share similar experiences, such as navigating hospitalizations, medications, therapy, and daily challenges of mental health recovery. Through shared understanding in

encouragement, our members build a strong support system that helps them through difficult times. Many find that emotions like fear, anxiety, and frustration are universal human experiences – not something that sets them apart. At PEN, individuals realize they are not alone and have the power to make choices that shape their own lives.

- Community Resource & Linkage to Services
    - PEN provides linkages to community resources and mental health services, ensuring individuals have access to the support and care they need. Whether you need assistance with housing, employment, healthcare, or additional mental health services, their team is here to help connect you to valuable resources in the community
- Education & Wellness
    - PEN offers a variety of educational workshops and resources on:
        - Understanding mental health and substance use recovery
        - Medication management
        - Nutrition and healthy living
        - Coping with difficult emotions
        - Life skills and independent living
    - Through education and peer learning, individuals gain practical tools to enhance their well-being and actively engage in the community.

Faces and Voices of Recovery (FAVOR) Laurel Highlands is a non-profit Recovery Community Center (RCC) focusing on recovery from substance use conditions for individuals, families, and the community. FAVOR Laurel Highlands bridges the gap before, during, and after formal treatment. Replacing environmental factors such as people, places, and things while strengthening other areas of one's life is crucial for an individual in early recovery. FAVOR is a safe place filled with individuals in long term recovery, offering hope that recovery is not only possible but probable with the proper supports in place. Individuals can build connection while developing life skills and integrating into the community. Loved ones in our community are also feeling the devastation caused by substance use. They are often uneducated and confused on the best route to take to help their loved one, all while experiencing trauma from seeing the downward spiral of substance use. Educating parents before their child's substance use disorder reaches severe criteria can prevent years of painful experiences.

FAVOR's events calendar can be found here:
https://www.favorlaurelhighlands.org/calendar/

Location:

226 Fairfield Avenue

Johnstown, PA 15906

Small Town Hope Inc. serves and supports the health and wellness of the pediatric population by creating and supporting unique programs designed to inspire, educate, and strengthen the dynamics of the family. Find out more at www.smalltownhope.org

The Cambria County Library System consists of 14 independent libraries in Cambria County. Each library features its own programs, mission, and Board of Directors. One library card provides access to all 14 libraries. Patrons can use their card at any member library location to borrow items or enjoy programs. The libraries work together to allow patrons to request an item from one library and pick it up at another. Local libraries have a variety of programs for youth and adults. Find your closest library here: https://www.cclsys.org/

Advocacy Groups

Cambria County Community Support Program (CSP) is a collaborative group of individuals with lived experience, family members, professionals, and community partners who promote mental health recovery, inclusion, and empowerment for all. Cambria County CSP follows recovery-oriented, person-centered principles that guide our efforts to advocate for system improvements, reduce stigma through education, and support individuals in achieving their fullest potential as valued members of our community.

Cambria County CSP advocates for mental health awareness, positive change in the mental health system, the reduction of stigma around mental illness, and the celebration of recovery.

Members work together to create a supportive community where individuals with mental illness can live successfully by coordinating with local service providers, educating the public on the mental health issues that impact those in recovery, and participating in recovery-oriented events.

Interested in participating? Join CSP at a meeting! You can help make a meaningful difference in the lives of individuals living with serious mental illness by becoming involved. Cambria County CSP meets at 1:00 PM on the third Thursday of each month at Peer Empowerment Network and via zoom for those unable to attend in person.

Cambria County Health and Welfare Council is a nonprofit organization that promotes the general health and welfare of residents of Cambria County. Their mission is to form a collaborative community network to mobilize resources to strengthen lives. If you would like to join, you can meet with them on the first Wednesday of every month (except July) at

8:30 AM via zoom and in-person at the Community Choices Building (119 Jari Drive). Find out more at www.cambriacountyhealthandwelfare.org.

Cambria County Suicide Prevention Task Force is a coalition of area mental health professionals, providers, and agencies, along with attempt survivors and family members of those lost to suicide. The Cambria County Suicide Prevention Task Force was created to support those affected by suicide, provide education, training, and understanding by collaborating with the community to prevent suicide, and reduce the stigma associated with suicide.

You can find out more here: www.cambriasuicideprevention.org

Consumer/Family Satisfaction Team (CFST) is a peer-led program dedicated to strengthening mental health and substance use services in Cambria County. CFST operates in every county across Pennsylvania. The local team is made up of individuals with lived experience – including current or former service recipients, family members, and individuals in recovery. Through confidential, voluntary surveys conducted in person or by telephone, we gather direct feedback from individuals receiving behavioral health services. This information is shared in aggregate with local providers, Magellan Behavioral Health of Pennsylvania, and Cambria County leadership to support service quality, identify trends, and improve system performance. CFST is housed in the PEN Drop-In Center.

CFST can take surveys Monday – Thursday 10:00 AM – 3:00 PM. Walk-ins are welcome.

Phone: 814-254-4342

Email: CambriaCFST@outlook.com

*For safety and liability reasons, children under the age of 18 are not permitted to accompany parents or caregivers into the office during survey completion. If bringing a child is unavoidable, please contact us to arrange a phone survey.

Hope Beyond Hurt Trauma-Informed Coalition is a coalition of organizations, professionals, and community members working together to prevent adversity, promote healing, and build resilient communities across the Laurel Highlands. Their work is guided by six Action Teams – Criminal Justice, Data and Evaluation, Marketing and Outreach, Physical and Behavioral Health, Training and Education, and Youth Advisory. Together, local leaders, professionals, community members, youth, and people with lived experience strengthen systems, expand opportunities, and help individuals, families, and communities thrive. Find out more at www.hopebeyondhurt.org.

Food Resources

Food Pantries:

- **Cresson Pantry** - Serves Ashville, Cresson, Dysart, Gallitzin, Lilly, Sankertown, Penn Cambria School District, Munster, Tunnelhill - Open 9-12 p.m. Thursdays - Located at 115 Ashcroft Ave.,
- **Cresson Dorothy Day Outreach Center** - Serves Cassandra, Coupon, Loretto, Marsteller - Open 9-11:30 a.m. Tuesdays & 1-3:30 p.m. Thursdays - Located at 115 St. Mary Street, Loretto
- **Ebensburg SVDP** - Serves Cambria Township, Colver, Ebensburg, New Germany, Revloc, Summerhill - Open 9-12 p.m. Thursdays - Located at 3133 New Germany Rd, Ebensburg
- **Forest Hills Food Pantry** - Serves Beaverdale, Dunlo, Elton, Mine 42, St. Michael, Salix & Sidman - Open 9-11 a.m. 3rd Thursday of month - Located at 1021 Forest Hills Dr., Salix
- **Franklin Street Food Pantry** - Serves Center Town, Conemaugh Boro, Kernville, Woodvale & Prospect - Open 9:30-11:30 a.m. Tuesdays - Located at 510 Locust St., Johnstown
- **Good Samaritan** - Serves Barr Township, Northern Cambria, Susquehanna Township, West Carroll Township - Open 10-12 p.m. 2nd & 4th Thursday of month - Located 3703 Campbell Ave., Northern Cambria
- **Greater Johnstown Christian Fellowship** - Serves Belmont Ave., Geistown & Richland - Open 9-11:50 p.m. on Mondays - Located at 3429 Elton Rd., Johnstown
- **Interfaith** - Serves Belsano, Conemaugh, Mundys Corner, Nanty Glo, Twin Rocks, Vinco, Blacklick, East Taylor, Cardiff, Parkhill & Jackson Township - Open 10-12 p.m. 4th Saturday of month - Located at 625 Simmons Lane, Johnstown
- **Moxham Food Pantry** - Serves Ferndale's lower Franklin St., Hornerstown, Krings, Lorain Boro, Moxham, Belmont homes, Riverside & Luxor Gardens – Open 10 AM – 3 PM Tuesdays & Thursdays - Located at 550 Central Ave., Johnstown
- **Patton SVDP** - Serves Ashville, N. Cambria, Fallentimber, Patton, Emeigh & Glendale area (partial) - Open 9-11 a.m. 1st Wednesday & 3rd Thursday of month - Located at 500 Railroad St., Patton
- **Portage Area** - Serves Cassandra, Portage, Summerhill & Wilmore - Open 12-2 p.m. 4th Wednesday of month - Located at 813 Jefferson Ave., Portage
- **South Fork** - Serves South Fork Boro area only, Mineral Point, South Fork & Wilmore - Open 8 to 12 p.m. 3rd Saturday - Located at R315 Main St., South Fork
- **St. Vincent de Paul** - Serves Camoset Village, Ferndale, Ideal Park, Krings, Riverside, Tire Hill, Somerset Pike & 8th Ward - Open 2:30-6 p.m. 2nd Monday of month - Located at 927 Franklin St., Johnstown

- **St. Bernard SVPD** - Serves Ashcroft, Bakerton, Carrolltown, E. Carroll Twp., Elmora, Hastings, Nicktown, Riley, St. Benedict, St. Bonafice, Watkins, West Carroll Twp. & Blandburg - Open 9-11:00 a.m. 1st & 3rd Wednesday of month - Located at 139 Huber St., Hastings
- **St. Clement Pantry** - Serves Lower Yoder, Old Westmont, Southmont Blvd., Upper Yoder & Westmont - Open 9 a.m. to noon 1st & 3rd Friday of month - Located at 114 Lindberg Ave., Johnstown
- **Walnut Grove Pantry** - Serves Daisytown, Dale, Geistown, Lower end of Richland Twp., Oakland, Walnut Grove & Solomon Homes - Open 9-11:30 a.m. 1st & 3rd Thursday of month - Located at 1068 Bedford St., Johnstown
- West End - Serves Benshoff Hill, Brownstown, Cambria City, Minersville, Morrellville, Oakhurst, Tanneryville – Open 9-11 a.m. 1st and 3rd Thursday of the month – Located at 1348 Virginia Ave, Johnstown

Children and Families:

- **Cambria County Backpack Project –** Serves weekend meals to children in all public school districts in Cambria County, Bishop McCort elementary and high school, CAP Head Start locations, Silver Lining ABA, Mom's House, and Soaring Heights through Grade 12 who exhibit symptoms of chronic hunger. Program works with partner schools and organizations. For info, email Kristen@ccbackpack.org.
- **Pennsylvania WIC Program –** 800-942-9467. Community Action Partnership of Cambria County WIC Office – 516 Main St, 6th Floor, Johnstown, PA – 814-539-7141
- **Famers Market Nutrition Program –** Can be accessed at WIC offices. Seniors can go to Area Agency on Aging Offices

Seniors:

- **Meals on Wheels –** Serves low-cost home delivered meals to homebound people age 60 and over – Call 814-539-5595
- **Senior Food Box Program –** Call Food For Families at 814-535-3315

Seasonal Famers Markets:

- **Downtown Johnstown Farmers Market –** 9 AM – 2 PM Fridays downtown from May-October. You can redeem SNAP benefits to buy fresh local produce here. Call United Way at 814-535-2563 with questions.
- **Ebensburg Farmers Market –** 9 AM – 12 PM Saturdays at Penn Ebensburg Park from July – September

- **Westmont Community Farmer's Market –** 9 AM – 12 PM Saturdays at the Westmont Presbyterian Church from May – October

Community Meal Programs:

- **Family Kitchen –** 11:30 AM to 12:30 PM Monday – Friday at 231 Bedford St, Johnstown, PA – Call 814-539-7811
- **Salvation Army-Johnstown –** 4:00 – 4:30 PM Monday – Friday at 576 Vine St, Johnstown, PA – Call 814-539-3110

Emergency Pantries:

- **Salvation Army –** 11:00 AM – 2:30 PM Tuesday, Wednesday, and Thursday at 576 Vine St, Johnstown
- **St. Vincent de Paul Family Kitchen –** 8 AM – 2 PM Monday – Friday at 231 Bedford St. Johnstown – Call 814-539-7811

Veterans:

- **Veterans Leadership Program Military Share Drive Up Food Distribution –** Hiram G. Andrews – 727 Goucher St, Johnstown. Dates vary monthly – visit veteransleadershipprogram.org/events for dates

Drive-Up Distribution:

- Held by the Greater Pittsburgh Community Food Bank at the Johnstown Galleria. Dates vary monthly. www.Pittsburghfoodbank.org

Pet Food Pantries

- Arbutus Church Pet Food Pantry – 1201 Erickson Drive, Johnstown, PA 15904
    - Open the second Saturday of every month from 10 AM – 12 PM.
- Human Society Food Pantry – 743 Galleria Drive Extension, Johnstown, PA 15904
    - Food pick-up is the first Wednesday of every month from 12 PM – 5 PM in the lobby while supplies last
- St. Mark's Episcopal Church – 335 Locust St, Johnstown, PA 15901
    - The Pet Food Pantry is open three days per month from 9:30 AM to 12:30 PM. Check their Facebook page or website for exact dates at www.saintmarksjohnstown.com

Housing Resources

Emergency Shelters:

- Women's Help Center (For Women and Children)
    - Emergency shelter services are currently available for women and their children who are experiencing homelessness in Cambria County. The shelter takes a low-barrier approach for entry and provides a variety of services to help individuals obtain housing, employment, and other essential services to become independently housed. The shelter is open 24/7 with calls and walk-ins accepted. ALL referrals for shelter must go through the Coordinated Entry system. Individuals MUST call 211 to register.
        - 809 Napolean St. Johnstown, PA 15901
        - (814) 536-5361
- Adult Peer Led Shelter (For adult men and women)
    - This innovative program offers 2 sites for emergency shelters with a behavioral focus for adults experiencing homelessness. This shelter program is staffed primarily by individuals who are Certified Peer Specialists with lived experience with behavioral health. This low-barrier shelter offers a variety of intensive services aimed at helping individuals locate housing and work on self-identified goals. The emergency shelters are open 24/7. Bed availability at the emergency shelter sites varies and may change daily. Individuals are encouraged to come in person to the Women's Help Center site to speak to the team about what services are currently available. If the emergency shelter is at capacity, the team will assist in identifying other resources.
        - Women's Help Center (for adult women)
            - 809 Napoleon St. Johnstown, PA 15901
        - Cambria House (for adult men)
            - 899 Bedford St. Johnstown, PA 15902
        - For both options call (814) 536-5361

Breaking the Barriers provides Transitional Housing services for individuals with mental health or substance use disorders. They also offer Community Based Case Management services where coordinators provide case management support or resources for individuals 18 years of age or older enrolled with HealthChoices. Visit www.breakingthebarrierscc.org or call 814-262-8835.

The **Cambria County Assistance Office** can provide an emergency shelter allowance with a grant of up to $400. Recipients must show ability to pay for future rent. They must apply through the Cambria County Assistance Office or statewide at (877) 395-8930.

Cambria County Behavioral Health and Developmental Supports Program can screen individuals and refer them to a housing program that best meets their needs. This could be

Bridge Housing, Transitional Housing, and/or Case Management services. Call (814) 535-8531 for assistance.

Community Action Partnership of Cambria County can help individuals with rental assistance, security deposits, and utility assistance. Call (814) 536-9031 or visit https://www.capcc.us/community-services/

The **Greater Johnstown Landlord Association** coordinates a Bridge Housing program that can provide rental assistance for up to one year for individuals who can be self-sustaining in one year. They must be homeless or at imminent risk of homelessness. The GJLA also offers a list of landlords to contact about housing. They offer informal landlord and tenant conflict resolution and advice. Call (814) 619-4493 or visit http://gjlandlords.com/

The **Johnstown Housing Authority** provides housing to low-income families in eleven Public Housing complexes. They have specialty housing designed for the elderly and disabled. Their Housing Choice Voucher Program/Section 8 Housing provides rental subsidy to very low-income families and individuals throughout Cambria County. This provides applicants an opportunity to choose housing on the open market from private landlords who participate in the program. Call (814) 535-7771 or visit http://www.jhaonline.org.

Pennsylvania Homeowner Assistance Fund provides funding for homeowners to prevent and/or ease mortgage delinquencies, defaults, displacement, and utility disconnection. Eligible individuals must have a household income at/below 150% of the area median income; income reduction or increase in living expenses. Find out more information here: https://pahaf.org/am-i-eligible/

Self-Determination Housing of Pennsylvania/Inglis acts as the statewide 811 Project Rental Assistance Waitlist administrator. This program is for individuals with extremely low income with disabilities. They also offer the Keystone Communities Program/PA Accessible Housing Grant which allows for home modifications for eligible individuals with disabilities to remain independent in their homes. For more information, contact Beth McKeown at Beth.McKeown@inglis.org. For more information on all of these programs, contact SDHPInfo@inglis.org or visit https://www.inglis.org/programs-and-services

The **Veterans Leadership Program** offers assistance for homeless veterans or veterans who are at risk of becoming homeless. They offer grant or per diem (bridge housing). There are scattered sites in Altoona and Johnstown areas, with 10 beds to temporarily house veterans while searching for housing. Eligible individuals must have served active duty outside of training and have a discharge that is not Dishonorable or General Court Martial. There are no income limits and individuals do not need to be VA eligible.

Victim Services offers apartment-style shelter for victims of domestic violence and/or human trafficking. VS assists victims of sexual assault and violent crimes with navigating housing assistance programs. Call (814) 288-4981 or visit https://www.victimservicesinc.org.

Clothing Resources

Cambria County Clothing Boutique helps our community's students have access to seasonally appropriate, school appropriate clothing. CCCB partners with local schools to get clothing to students.

Located at: 705 Chestnut St. Johnstown, PA 15906

Call: (910) 850-3633

PA WORKWEAR is a program of the Pennsylvania Department of Human Services. Through PA WORKWEAR, Goodwill provides the proper clothing job seekers need for job training, interviews, and their first days at their new jobs. For more information, contact (814) 248-9576 or info@gogoodwill.org.

Employment Resources

Pennsylvania CareerLink is part of the Pennsylvania Department of Labor & Industry's initiative to transform the landscape of how jobseekers find family sustaining jobs and how employers find the skilled candidates that they need. Through this initiative, a user-friendly, premiere job-matching system has been created to help bridge the gap that currently exists between jobseekers and employers. In PA CareerLink, jobseekers can search for and apply for openings across the Commonwealth or narrow it down to their own town. You can create and upload a resume and make yourself available to thousands of employers. PA CareerLink will also recommend jobs for you based on your preferences.

248 Main St. Suite 100, Johnstown, PA 15901

Phone: 814-534-2500

HSaly@pa.gov

Manpower of Johnstown offers personalized guidance for job search and career advice; seeks temporary and permanent local employment opportunities for those in need of work. Contact at (814) 266-2364 or 248 Main St. Suite 100, Johnstown, PA 15901.

Office of Vocational Rehabilitation counselors assist disabled individuals with obtaining, maintaining, or advancing employment through personalized services, including vocational

guidance and counseling, goal setting, creating individualized plans for employment, job placement and more.

Sargent's Personnel Agency, Inc. offers workers access to numerous temporary and permanent placement opportunities and lists local jobs directly on their website. Contact at (814) 536-7877 or 210 Main St. Johnstown, PA 15901.

Sustainable Employment for Adults with Disabilities (SEADS) Garden Center is a nonprofit organization that employs adults with cognitive disabilities. Contact at (814) 254-4167 or 215 Blair St. Johnstown, PA 15905.

Spherion Staffing and Recruiting connects individuals with employers for temp-to-hire and direct-hire needs; offers career development training and virtual job fairs/webinars. Contact at (814) 266-2816 or 1397 Eisenhower Blvd. #300. Johnstown, PA 15904.

Goodwill provides walk-in services on Mondays through Fridays from 9 AM – 4 PM. Goodwill staff are available to assist individuals who want to improve their reading and math skills, work toward their GEDs or diplomas, obtain basic computer training, create or update their resumes, explore careers, apply for jobs, and ultimately be successful in finding and retaining employment. For more information, call (814) 536-3536 ext. 296.

Bridges Ministry Bridges to Success program serves as a catalyst for individual development and the transformation of our community. The Getting Ahead program is a sixteen-week group program that assists individuals who are struggling with economic instability to gain the skills, knowledge, and tools to create a new future. Individuals will meet in a safe and supportive environment and learn how to evaluate and build their resources. Bridges to Success also includes Bridges Financial Management courses, Job Readiness Workshops, and Workplace Stability Workshops. Call (814) 539-2633 ext. 200 or email office@bridgescm.org to request an application.