

# A Hand Up- Johnston County, Oklahoma

Compiled by Hands at Work

( If you need a broader search- go to “Be a Neighbor” towards the end of this listing. It covers multiple counties)

**\*\* This list is for agencies and organizations- please do not pass it out to individuals. Thank you.\*\***

Agency Contact	Clothing	Food	Housing Emergency Rent Assist.	Transportation	Support / Groups/ Pregnancy	Medical	Misc.	Counseling
The Closet Ministry	X				X bedding Clothes			
Our Neighbor's Cupboard Food Bank		Monthly pick up Proof of residency & Photo ID / Senior citizens bi-monthly food pick-up	Rent help info.					
SODA Southern Oklahoma Dept. of Aging	See chart at end of listing for full listing	x		x			X Legal Ombudsman Family Care-giver support + others	

<b>INCA</b>	Free Clothing Bank	Emergency Food Bank	Emergency Housing- Homeless Prevention  Housing: Mannsville Apts.  Housing /utility deposits  Homeless Emergency Shelter/hotel	Jamm Bus  Soonercare Rides  <u>NOTE:</u> INCA will take a homeless person or jail released person to a bus stop or shelter		Medical Lending Closet	0-3 yrs. Early Headstart  3-5 yrs. Headstart  Free Income Tax Prep Assist.  Volunteer Program  Community Service  Internships  Opioid Abuse Awareness presentation s for schools, civic organizations etc.  Rx Assistance to help underinsured or uninsured at reduced or no cost to the patient *** And Medicare Counselor to	
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<b>Murray State College</b>		Student food pantry			Student organizations		In person GED classes	Education and Financial Aid Counseling
<b>Crisis Control Center</b>  <b>Community Health Workers (Health Dept.)</b>	x  X * Free clothing resources/referrals	x  x *SNAP (food stamp) enrollment  *Food Bank referrals & resources	**Assistance for Homeless  X * Section 8 housing choice voucher assistance  *help with finding utility bill assistance  **	X *Referrals for transportation  *Sooner Ride	x  X *Diabetes Support group  *Referrals to other support groups	x  X *SoonerCare/Medicaid enrollment  *State programs: car seats, Child Guidance, WIC & more  * Medicare plan referrals	X *eyeglass lens & frames  *Social Security application assistance  * Resource search	x  X * Diabetes Education classes & support group
<b>Clark.com</b>							Online courses	
<b>QLink</b>							Free phones or internet	
<b>Teen Challenge</b>					X			



People 1st Industries							Jobs	
Southern Oklahoma Nutrition Program		Mon-Fri. Lunches Onsite or delivered						
Veterans (see list)				X	X	X	X	X
						.		
Calvary Bible Church							Womens' Ministry Group	
Pregnancy See contact Information								

## **Contact Information**

### **Abuse and Domestic Violence**

#### **CASA (580) 226-0009 (Ardmore location)**

Advocate for the best interest of abused, neglected and deprived children in the court system. CASA volunteers research and investigate in order to be the eyes and ears for the judge and the voice for the child that is under the protection of the court.

#### **Crisis Control Center (Domestic violence, sexual violence, stalking) 24hr. Hotline (580) 924-3030**

115 North 12th Ave C, Durant, OK 74701 (women and children from Johnston County can use this agency)

**Services:** shelter/food & clothing, crisis intervention, hospital advocacy, rape response, advocacy, counseling for women, counseling for youth and social services referrals for abused women and children

#### **OKDHS Abuse and Neglect Hotline 1-800-522-3511**

24 hr. Statewide hotline to report abuse and neglect

#### **Domestic Violence Advocate (Chickasaw Nation\*\*) - 580-272-5580**

706 W Main Tishomingo, OK 73460 \*\*Does not have to be Chickasaw to seek assistance

#### **Carter, Johnston, Love and Marshall County Victim Advocate - \*\*\*\*24 Hour Crisis Hotline - 580-226-6424**

#### **Sara's Project - Crisis Prevention and Support**

Victim support/Family Advocate/Forensic Interviewer/ Suicide Prevention Training for agencies

(580) 226-7283 office (580) 319-4833

816 16th Avenue NW, Ardmore, OK 73401

### **Calvary Bible Church**

Womens' Meeting for women of all ages-single, married, divorced, widowed. We meet at 10:00 am on Mondays in the Fellowship Hall 9700 US Highway 377 S, Tishomingo, OK 73460 (580) 371-9296

### **Community Health Worker**

@ County Health Department  
Tanya Humphrey, BS, NDTR, CLT  
405-862-6734

[Tanya.humphrey@health.ok.gov](mailto:Tanya.humphrey@health.ok.gov) Serving Johnston, Marshall, & Love Counties \*\*\*Note on car seats below



**Note on car seats:** the Health Department will hold events for car seat and booster seat checks in which they can show how to properly install them. They can provide car seats for those that qualify at no cost. To qualify, usually families with small children that are on some form of government assistance such as Sooner-Care, WIC, or food stamps are eligible. At the events the child must be present with a legal guardian or the expectant mother within 6 months of delivery. They have to show proof of government assistance. If someone needs a car seat they can contact Tanya Humphrey and she can put them in contact with someone that can help or let them know about the next car seat event.

CHW can help with applications and referrals for these services and more:

Health Insurance, utilities and housing, drug/alcohol treatment, job search, mental Health/counseling, food and clothing, childcard, health and wellness, state and federal benefits: including SNAP and SoonerCare, COVID19 testing and vaccines.

**Clark.com** [https://clark.com/education/where-to-take-free-online-courses/?utm\\_source=Clark.com&utm\\_campaign=c7360611bd-](https://clark.com/education/where-to-take-free-online-courses/?utm_source=Clark.com&utm_campaign=c7360611bd-EMAIL_CAMPAIGN_2023_01_29_11_02&utm_medium=email&utm_term=0_-c7360611bd-%5BLIST_EMAIL_ID%5D)

[EMAIL\\_CAMPAIGN\\_2023\\_01\\_29\\_11\\_02&utm\\_medium=email&utm\\_term=0\\_-c7360611bd-%5BLIST\\_EMAIL\\_ID%5D](https://clark.com/education/where-to-take-free-online-courses/?utm_source=Clark.com&utm_campaign=c7360611bd-EMAIL_CAMPAIGN_2023_01_29_11_02&utm_medium=email&utm_term=0_-c7360611bd-%5BLIST_EMAIL_ID%5D)

### **Closet Ministry and Thrift Store**

205 W. Main Street Tishomingo (580) 371-6767  
Tuesday-Saturday Noon-5pm



### **County Schools and Churches**

Many schools and churches have a food pantry and clothing closet for their students/members

### **Counseling Agencies**

<b>Agency Information</b>	<b>Address and phone number</b>	<b>Clients served</b>	<b>After hours Hotline</b>
Cornerstone Counseling	603 West Main (580) 371-0433	all	no
Counseling Incorporated	102 North Neshoba (580) 371-3551	Children and families	no
Lighthouse Behavioral Wellness Center	1000 South Byrd (580) 371-3019	all	Yes
Refuge Behavioral Health	201 South Murray (580) 371-0321	all	no
NSight for Life, LLC	1313 N.16th Avenue, Durant, OK 74704 (580) 634-2332		

### **DHS**

1003 E Main Street Tishomingo (580) 371-4000

Energy Bill Assistance for low income

Food Assistance ( See income table at end of doc)

### **Education:**

#### **GED: Murray State College ( Ardmore Literacy Program)**

- 1 Murray Campus Tishomingo  
Clyde Hall Rm. 205 Mon. & Tues. 8:30-11:30 am (580) 798-6176

#### **GED: Johnston County Library ( 580) 371-3006**

Excel Adult High School (online)  
(580) 223-3164  
Free to qualifying individuals

**GED: Online with Epic Charter School for ages 21-25 [Pathways Interest Form \(google.com\)](#)**

**Free IT training: Goodwill Industries (online)** See QR Code on last sheet to scan

### **Employment:**

People First Industries in Durant is an agency whose mission is to secure or furnish life incentives and gainful employment to employable citizens of the county not presently in the workforce because of mental and/or physical disabilities.\* ( Note: employment at PFI will not cause the person to lose their SSI or disability check). **Transportation is provided for Tishomingo area.** [580.924.8509](tel:580.924.8509) | [info@peoplefirstinc.org](mailto:info@peoplefirstinc.org)

### **Family Resources ( Chickasaw Nation)**

The Achaaka “Thrive” Home Visiting Program is accepting referrals for participants in Johnston and Murray Counties.. This new program will help families with resources and skills to raise children who are physically, socially, and emotionally healthy and ready to succeed.

Family Home Visiting Educators:

Windy Dees (580) 436-3980 Ext 82831 Mobile (580) 399-8131

[windy.dees@chickasaw.net](mailto:windy.dees@chickasaw.net)

Shydelle Cavener (580) 436-3980 Ext 82832 Mobile (580) 235-6448

[shydelle.cavener@chickasaw.net](mailto:shydelle.cavener@chickasaw.net)

### **Grocery Assistance**

- **Regional Food Bank of Oklahoma - SNAP application: online at [rfbo.org/snap](http://rfbo.org/snap) or call 405-600-3168**
- **Our Neighbors’ Cupboard - 107 North Neshoba, Tishomingo (580) 219-0665 Office**
  - **Mondays and Tuesdays 4pm-6pm**
  - **Thursdays 9am-noon**
    - **Bring photo ID and proof of residency in Johnston County. ( ie. water or electric bill)**
- **INCA 202 South Capital, Tishomingo (580) 371-2352**

### **Housing**

#### **Sober Living/Transitional Housing Programs**

#### **House of Hope**

##### **Milburn**

Women and women w/children sober living/transitional housing

Contact: Jaime Utley ( 580) 618-7081

#### **Men’s House**

##### **Milburn**

Men’s sober living/transitional housing

Contact: Ivan Richeson (580) 371-8526 or Daniel Pullim (405) 206-2784

**Tishomingo Housing Authority** ( public, senior, and disabled apartments) 580-371-2543 < Tishomingo and Green Acres Apts.>

**Oakview Pioneer Village I, Oakview Pioneer Village II and Deer Meadows Apartments, Deer Meadows Apartments II**

(855) 269-8182 office hours: Monday-Thursday 8:30-2pm

### **INCA**

202 South Capital Tishomingo (580) 371-2352 Wanda Gray  
Atoka (580) 889-5193 Debbie Perkins

### **Job Training**

- **WIOA- Young Adult Programs ( Serving ages 16-24 not currently enrolled in school)**  
**Murray State College –Patton Hall room 116, Tishomingo, OK 73460 (580) 365-0664**
  - **Daily one on one coaching**
  - **Resume writing help**
  - **Job search strategies**
  - **Job application guidance**
  - **Portfolio building**
  - **Interview skill building**
  - **Financial literacy training**
  - **PAID internships**
  - **Job placement and retention assistance**
  - **Participation incentives**

### **INFANT CRISIS SERVICES**

BabyMobile offers food OR formula, and diapers for families birth-3 years old.  
Travels through Oklahoma on a schedule.  
Has a stop in Madill, OK.

[Infantcrisis.org](http://Infantcrisis.org) (Search for BabyMobile Schedule)

### **JOBS**

See People First Industries

### **Legal Aid Services of Oklahoma, Inc.**

(580) 226-4863  
115 West Broadway Street, Ardmore, OK 73401

### **Literacy -**

Help with GED or high school equivalency test  
Speaking and reading English

- Call 1-877-389-6874 for information ( Dollar General Literacy Foundation)

### **MEAP\***

Medical Equipment Assistance Program ( loaning of medical equipment)  
32 Mill Street NE  
\*Ardmore  
Trey Burkhalter  
(580) 490-1833 Store pick up only Tues-Thurs. 9-noon and 1:30-4 pm

### **NA/AA Meetings**

#### Calvary Baptist Church Family Life Center

- 9700 Hwy. 377 South Tishomingo
  - Monday 7 pm Steppin Out NA
  - Tuesday 7 pm Rockin Recovery
  - Thursday 7 pm Rockin Recovery

#### Overcomers (NA) 609 South Byrd St. Tishomingo

Monday, Tuesday and Thursday 7 pm

### **Native American- contact that Nation's headquarters**

Chickasaw Nation (405) 253-8200

Choctaw Nation (800) 421-2707

Cherokee Nation (918) 453-5000

### **Nutrition Classes**

Sherri Conwell -OSU Extension Office

sherri.conwell@okstate.com (580) 678-1179

### **Our Neighbor's Cupboard, INC**

Food Bank

107 North Neshoba Tishomingo

Monday 4-6 pm Tuesday 4-6 pm Thursday 9-noon

Amber Wooley (580) 465-3869

Bring picture ID and proof of Johnston County residency ie. water bill

### **Pregnancy Resources**

Children 1st ( Brooke Pruitt- Madill Health Dept.) supports 1st child pregnancy ( has to be less than 29 weeks)

Pregnancy Center 308 North 2nd Durant (580) 920-2229 support of pregnancy

Hope Pregnancy Center 921 North Washington, Ardmore ( 580) 223-7232



**QLink** [www.enroll.qlinkwireless.com](http://www.enroll qlinkwireless.com)

Free phone or wireless to qualifying individuals

### **RESPIRE**

The Oklahoma Caregiver Coalition's mission is to improve the supports and experiences over the lifespan of family caregivers through education, advocacy, and access to resources.

1. Resources for family caregivers
2. Respite options for various types of caregivers (foster care, post adoption, veteran, and multiple others.)

<https://okcares.org/>

### **Rehab Resources—State Funded**

**See listing below**

**OKLAHOMA STATE FUNDED REHABS**

Grand Tulsa 844-458-2100 (coed)

Men's FirstStep OKC 405-799-7540 (men only)

Catalyst (Community House) OKC 405-230-1131 (coed)

Catalyst Enid 580-540-8954 (men only)

Jesus House OKC 405-232-7164 (coed)

Salvation Army Rehab OKC 405-236-3677 (men only)

Monarch in Muskogee 918-682-7210 (women and women and children, young adult)

Vallient House 580-203-3600 Konawa (men and women not coed)

Hope Women's Center in Purcell 833-697-1947 (women)

Roadback Lawton 580-357-8114 (coed)

Northwest Treatment Center Waynoka 580-824-0674 (women and Women with children)

Rose Rock Vinita/Pensacola 918-256-9210 (women)

Palmer Addiction Recovery Services (TWCC) 918-430-0975

Salvation Army Tulsa 918-583-6119 (men)

The Oaks McAlester 918-421-3500 (coed)

Oakwood Springs OKC 405-438-3000 (coed)

START Program St. Anthony's (detox) 844-813-4425 (coed)

Northcare Edmond (crisis stabilization) 405-858-1700

Northcare Guthrie (crisis stabilization) 405-85-1750

TRC OKC (detox) 405-525-2525

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### **SMOKING? Want to quit?**

**Call 1-800-QUIT-NOW to ask about free or reduced-cost quit medicines.**

1. Quit coaches can help connect you with quit-smoking medicines through community programs.
2. They may also be able to provide you with free medicines directly, for example by sending some nicotine patches, lozenges, or gum to your home.

### **SODA-Southern Oklahoma Department of the Aging**

Toll Free # 1-800-211-2116

Wilnet Martinez (580) 920-1388 Ext. 110

- Nutrition Program
- Transportation
- Evidence Based Health Promotion
- Legal Services ( age 60+)
- Long Term Ombudsman
- Plus Additional Services

### **Southern Oklahoma Nutrition Program**

Dora Lawson ( Madill and Tishomingo coordinator) (580) 371-9116 Tishomingo Site

Monday-Friday 11am lunch served at Ravia Community Center –cost? Donation ( no donation is required though) Also: daily delivery

Application:

- Age 60+
- Address
- Phone
- Physical Activity survey
- No other information is taken–there is **NO** financial criteria
- If you are under the age of 60 and are taking care of an older person that you live in the same house with– your meals are provided also.

## **Suicide and Crises Hotline**

Call 988 24hr. Suicide and crises hotline

Student Suicide Education Programs: Speak Stand Save. <https://www.speakstandsave.com/>

We found that encouraging students to be aware of warning signs and to speak up to a trusted adult about depression, suicide, grief, abuse and bullying is the first step to saving a life. These students save each other; we just give them the tools and resources to do it.

**Veterans Crisis Hotline** 1-800-273-8255 24hrs./7 days

## **Teen Challenge of Oklahoma \*\*\***

Adult & Teen Challenge of OK | Christian Rehab Center for Men, Women and Teens ([okteenchallenge.com](http://okteenchallenge.com))

4835 S Peoria Ave, Tulsa, OK 74105 • (918) 512-8110

\*\*\* Remember there is both a men's and women's transitional shelter here in Johnston County, **House of Hope and Men's House** in Milburn. They are not affiliated with Teen Challenge.

## **Youth/Teens**

### **Juvenile Diversion**

580-565-2874 (This is NOT an emergency number.)

Follow "Juvenile Diversion - Johnston, Marshall, Murray County" on Facebook to see activities for youth.

Juvenile Diversion, in Johnston/Marshall/Murray Counties, is an innovative program. It was designed to help divert youth to services. However, it also looks at the needs of ALL youth in the community to encourage the development of responsible, healthy, prosocial, and productive citizens. If you are looking for some creative approaches to helping youth get connected in their community, this may be the resource for you.

Juvenile Diversion can:

- Discuss local resources for youth based on their needs.
- Explore ways for youth to increase connectedness in their community.
- Provide education and in-service presentations
- Provide presentations geared to teen groups
- Promote positive activities for youth and families in our communities.

### **Veterans**

**Davis-Moore American Legion Post 164** 201 South Capitol Avenue, Tishomingo, OK 73460

Meetings held 2nd Tuesday of the month at 6:30pm

Veterans Service Officer- Hayden Wood (580) 579-6943 ( free local help with loans, disability claims, burial, VA claims etc.)

### **Dale K. Graham Veterans Foundation**

1233 W Lindsey St, Norman, OK 73069 (405) 550-8806

The Foundation was founded with the mission of serving veterans and their families. We fight tirelessly for all veterans and their families and provide a comprehensive approach to veterans services that includes: accredited VA claims assistance, transportation, financial assistance, and referral management.

**(SEE “RESPITE” SECTION ABOVE FOR RESPITE CARE FOR FAMILY CAREGIVERS OF VETERANS.)**

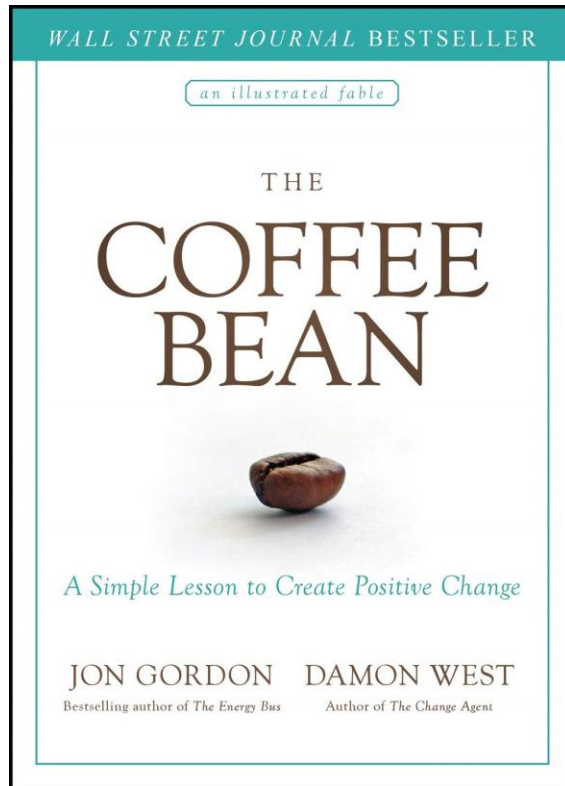
***Veterans Crisis Hotline***

***1-800-273-8255    24hrs./7 days***

***Need a broader geographical search—go to this website. You can search by county/zip code:***

**<https://beaneighbor.ok.gov/s/>**

## Extra Resources:



## Videos:

[Your Power Is On the Inside - Be The Coffee Bean \(youtube.com\)](#) for adults/teens

[Dr. Jay reads The Coffee Bean for Kids \(youtube.com\)](#)  
book read outloud for kids

[Eggs ,Carrots and Coffee Beans Story | Stories for Teenagers | @EnglishFairyTales \(youtube.com\)](#)

Video for kids/teens



Food

Select



Housing

Select



Health

Select



Mental Health

Select



Clothing

Select



Family Support

Select



Employment Pathway

Select



Schooling/Mentorship

Select



Transportation

Select



Spiritual Guidance

Select

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Keep scrolling for DHS Emergency Food Assistance Chart





***The Emergency Food Assistance Program (TEFAP)***  
***200% Federal Poverty Guidelines***

**Income Eligibility Guidelines (July 1, 2023 – June 30, 2024)**

Please use the following figures when determining if recipients are eligible to receive USDA commodity foods under TEFAP

<b># of Household Members</b>	<b>Annual</b>	<b>Monthly</b>	<b>Weekly</b>
1	\$29,160	\$2,430	\$565
2	\$39,440	\$3,287	\$764
3	\$49,720	\$4,143	\$963
4	\$60,000	\$5,000	\$1,163
5	\$70,280	\$5,857	\$1,362
6	\$80,560	\$6,713	\$1,561
7	\$90,840	\$7,570	\$1,760
8	\$101,120	\$8,427	\$1,960
For each additional family member, add:	+ \$10,280	+ \$857	+\$199