



North Louisiana Family Resources

*For pediatricians and their patients and families.
To be used in conjunction with SEEK questionnaire.*

SAFETY

Poison Control – 1-800-222-1222

Free Smoke Detectors

- **NORTH LOUISIANA: Red Cross** - (318) 865-9545 or 1-800-REDCROSS to schedule smoke alarm installation
- **SHREVEPORT: Shreveport Fire Prevention Division** – (318) 673-6740; leave your name, number, and a time when you can be reached to arrange an appointment.
- **BOSSIER: Bossier City Fire Department** – (318) 741-8704; arrange a time to have a new smoke detector installed for free.

Safety Town Car Seat Fittings – (318) 698-7323; drop in Monday-Friday, 2:00-4:00 PM

ADDICTION SERVICES

Do you need help to quit smoking?

- **Feist-Weiller Cancer Center (LSU Health Shreveport)** – (318) 813-2231; tobacco cessation classes are open to LSU Health Shreveport patients, employees, and local communities.
- **Willis Knighton Tobacco Treatment Clinic** - (318) 212-4402 or www.wkhs.com/tobacco; \$30 (free for WK employees; tobacco users enrolled with the Louisiana Smoking Cessation Trust may qualify for coverage of their participation).
- **Christus Health** - www.christushealth.org/services-treatments/cancer-care/smoking-cessation for free cessation guides and workbooks
- **Hotline** – 1-800-QUIT-NOW
- **Shreveport Behavioral Health Services** – (318) 626-5111
- **Free Online Programs** - www.lung.org and www.smokefree.gov.

Do you need help to stop drinking or taking drugs?

- **Council of Alcoholism and Drug Abuse** - (318) 222-8511
- **Active Recovery: Substance Abuse Treatment**
 - Shreveport – (318) 946-8157
 - Bossier – (318) 584-7133
 - Minden – (318) 377-1072
- **Alcoholics Anonymous** – (318) 865-2172 or www.aa-shreveport.org
- **Shreveport Behavioral Health Services** – (318) 626-5111

GUN SAFETY IN THE HOME

Caddo Parish Sheriff's Youth Firearms Education Camp – register at www.caddosheriff.org/content.php?c=100 for children 10-13; transportation provided if needed

Sheriff's Safety Town – www.sheriffssafetytown.org/uploads/documents/brochure_primary.pdf

Project Child Safe – www.projectchildsafe.org/news/ten-tips-firearm-safety-your-home

FOOD AND NUTRITION

Do you need food?

- **Food Bank of Northwest Louisiana** (2307 Texas Avenue, Shreveport) – (318) 675-2400 or www.foodbanknla.org
- **To apply for SNAP (Supplemental Nutrition Assistance Program)** – 1-888-LAHELP-U
- **WIC (SNAP for Women, Infants, and Children)** – 1-800-251-BABY
- **Food Stamps** – 1-888-524-3578, press 3

DO YOU NEED HOUSING?

Hope Connections – (318) 670-4591

DO YOU NEED TEMPORARY CASH ASSISTANCE?

- **Family Independence Temporary Assistance Program (FITAP)** – 1-888-LAHELP-U; provides cash assistance to families with children when the financial resources of the family are insufficient to meet subsistence needs.
- **Kinship Care Subsidy Program (KCSP)** – 1-888-LAHELP-U; provides cash assistance of \$222 per month for each eligible child who resides with a qualified relative other than a parent.

COUNSELING SERVICES

Are you stressed, worried, or sad and need someone to talk to?

- **Northwest LA Behavioral Health Services** – (866) 416-5370; provides community behavioral health services to help individuals and families reach their greatest potential. Services provided include a comprehensive array of mental health, addiction, and co-occurring services.
 - Priority admission and preference of treatment given in the following order:
 - Pregnant injecting drug users
 - Other pregnant substance abusers
 - Injecting drug users
 - All other individuals
 - Accepts Medicare, Medicaid, and most other insurance
- **Center for Children & Families** – (318) 227-8390; therapeutic services, crisis intervention services, and Functional Family Therapy-Child Welfare
- **Samaritan Counseling Center** – (318) 221-6121; individual counseling for depression, anxiety, anger management, self-esteem, ADHD, Bi-Polar Disorder, Autistic Spectrum Disorder and Learning Disabilities.

Other Counseling Services

- **Changing Behaviors** – (318) 675-0224
- **Mental Health Solutions** – (318) 631-1122
- **Metropolitan Circles (Linwood Avenue)** – (318) 636-4194
- **Shreveport Behavioral Health Services** – (318) 676-5111
- **Community Referral Center** – (318) 675-0406
- **Rehab Services of NWLA** – (318) 675-0224
- **Peaceful Alternatives** – (318) 670-8898

DO YOU NEED PARENTING HELP OR ADVICE?

If you are a first-time mom:

- **Nurse-Family Partnership** – (318) 862-9930; specially trained nurses regularly visit first-time moms-to-be, starting early in pregnancy and continuing through the child's second birthday. Serves Caddo, Bossier, and Webster Parishes.
- **JL Counseling** – (318) 759-7865; specializing in postpartum depression and fetal loss

If you are not a first-time mom:

- **Parents as Teachers** – (318) 676-5022; matches parents with trained professionals who make regular personal home visits during a child's earliest years in life, from prenatal through kindergarten. Serves Caddo, Bossier, Webster, Claiborne, Bienville, Red River and Natchitoches Parishes.

Other Parenting Services

- **YWCA (free)** – (318) 550-4417, ask for Alberta Davis
- **Orlise H. Aubrey, LLC** – (318) 861-4357
- **Parent Child Interaction Therapy (ages 2-6)** – (318) 676-5111, ask for MeKisha McCraw, LMSW

CHILDREN'S SERVICES

Are you worried that your child is anxious, sad, or overly emotional?

- **Dr. Pamela McPherson, Shreveport Behavioral Health Services** – (318) 676-5111; Medicare and Medicaid accepted.
- **Volunteers of America's Youth Behavioral Health Services** – (318) 716-7336; for young children experiencing emotional and/or behavioral health problems. Serves any youth age 5 to 17 who receives Medicaid and meets the criteria for outpatient. There is no charge to the family.
- **The Center for Families** – (318) 222-0759; provides counseling to families and individuals including addiction therapy, parenting skills, anger management and grief recovery.
- **David Raines Community Health Centers** – www.davidraineschc.org/locations
 - Shreveport – (318) 425-2252
 - Bossier – (318) 549-2500
 - Provides help to deal with addictions and substance abuse, family, parenting, and marital problems, suicide, stress management, problems with self-esteem and issues associated with aging and mental and emotional health.

Are you worried your child or someone you know suffered either physical or sexual abuse?

- **How can I report abuse or neglect?**
 - Call 1-855-4LA-KIDS toll-free, 24 hours a day, 365 days a year (Department of Children and Family Services).
- **What is abuse or neglect?**
 - www.dcf.louisiana.gov/index.cfm?md=pagebuilder&tmp=home&nid=380&pid=109 - undefined
- **Gingerbread House** – www.gingerbreadhousecac.org
 - If you suspect abuse, call 1-800-4-A-CHILD
- **CARA Center** – (318) 681-7676; referral-based medical assessment.
- **Caddo Parish DA Victim Assistance Quick Contacts:**
 - Victim Assistance – (318) 226-5904
 - Child Support – (318) 226-6871
 - Child Abuse Hotline – (318) 676-7622
 - Report a Crime – (318) 673-7373
 - NWLA Family Justice Center – (318) 584-7171
 - Protective Order, District Court – (318) 226-6776 or 1-888- 411-1333
 - Protective Order, Juvenile Court – (318) 226-6772
 - Ungovernable Child – (318) 425-1883

AT-RISK YOUTH & FOSTER CARE

Louisiana Choices – (318) 221-1807; serves youth who are at risk of or living in out-of-home care and are enrolled in the Louisiana Coordinated System of Care (CSoC). Louisiana Choices provides a care coordinator for each child and family served.

VIOLENCE

Are you or someone you know being abused by your spouse or significant other?

- **You Are Not Alone Domestic Violence Center** – (318) 229-5519
- **Project Celebration** – (318) 256-6242
- **If you need a protective order against your abuser** – (318) 221-1804 or www.shreveportbarfoundation.org/wp-content/uploads/2017/10/Protective-Order-Flyer.pdf
- **If you are currently in danger call 911**

LEGAL ASSISTANCE

Do you need legal assistance?

- **Shreveport Pro Bono Project** – (318) 221-1804