



Medical Home Initiative Southwest CT
For Children & Youth with Special Health Care Needs
1351 Washington Boulevard - 4th Floor
Stamford, CT 06902
Tel: 203-276-7552 Toll Free: 866-239-3907 Fax: 203 276-2134

In view of COVID-19, please see below (and attached) for helpful resources:

- 211 Infoline
- Meals for Students
- Norwalk Food Resources
- HUSKY - Intensive Care Management & Transportation

1. 211 Infoline

- *Available 24 hours/7 days a week – connects callers to a variety of resources including utility assistance, food, housing, child care, after school programs, elder care and crisis intervention.*

2. HUSKY Member Benefits

- Intensive Care Management Referrals (800) 859-9889 ext. 2023:
Nurse Care Managers and Community Health Workers are available to assist HUSKY members who have complex or chronic health conditions manage their health. Intensive Care Management also helps HUSKY members access medical and community services.
- Non-Emergency Medical Transportation – Veyo (855) 478-7350:
HUSKY A, C, D eligible members can call at least 2 business days in advance of medical appointment to schedule transportation. Various modes of transportation assistance available, including bus passes, livery and wheelchair accessible vehicles or mileage reimbursement.

3. COVID-19 Hotlines

- *Nuvance Health COVID-19 Community Hotline: 888-667-9262; open daily, 8 am - 6 pm*
- *Stamford Hospital Call Center: 203-276-4111; open daily, 7 am - 7 pm*
- *Yale New Haven Health Call Center: 833-ASK-YNHH; open daily, 7 am - 7 pm*

To help support and feed families, beginning Monday, March 16, Norwalk Public Schools and Chartwells will provide free daily breakfast and lunch to all students age 18 and under. To help limit exposure and promote social distancing, meals will be delivered to a majority of students via school bus at bus stops.

Starting Monday, a bus driver and a food service worker will stop at each regularly scheduled bus stop to deliver meals to students. The food service worker will exit the bus and hand a bag containing breakfast and lunch to each student at the stop. Buses will operate on a two-hour delayed schedule. Those who are interested in receiving meals should be at their bus stop two hours after their normally scheduled morning pick-up time. Meals will be delivered directly to special education students who receive door-to-door transportation.

Walkers and any student age 18 and under can also pick up meals outside of the schools they attend. Pickup time will be anytime between 12:30pm to 1:30pm daily. There will be no food drop-off at Side By Side Charter School. Side By Side students are welcome to pick up meals at Columbus Magnet School.

NPS asks families to be patient during the early days of food delivery and drop off as processes are being finely tuned. Students and their families are also reminded to practice social distancing as recommended by the Centers for Disease Control, standing 6-feet apart from others when possible. Families are urged to refrain from gathering after they have picked up food.

School PTO and PTA groups have been working hard across the city to collect extra food supplies for those who need it. These items have been donated to local community organizations including Open Door and Person to Person.

Questions about meal delivery times or site distribution should be directed to the NPS Transportation Office 203.854.4074 or Dining Services 203.854.4156.

Worried about Feeding Your Family During the COVID-19 Outbreak?

These Norwalk organizations offer pantry and/or meal services. Please call ahead to confirm details, as things are changing quickly.

Person 2 Person

76 South Main Street
203-939-1650

Days/Hours Open:
Mon-Fri 9-4 pm

Open Door Shelter

4 Merritt Street
203-866-1057

<https://www.opendoorshelter.org/>

Days/Hours Open:
Mon-Fri 9:30-11:30 am

Meals on Wheels (Delivered Meals)

11 Allen Road
203-847-3115

<https://www.norwalkseniors.org/>

Days/Hours Open: Delivery available
Mon-Fri for homebound/disabled

Norwalk Salvation Army

14 Byington Place
203-866-2125

<https://p2phelps.org/>

Days/Hours Open:
Mon-Fri 10 am - 2 pm
(by appointment)

Bridgeport Rescue Mission (Takeaway Meals)

Various Locations | 203-333-4087 | <https://bridgeportrescuemission.org/>

13 Day St.	Tuesdays at 6 pm
Meadow Gardens (49 Meadow St.)	Thursdays at 6 pm
Roodner Court (261 Ely Ave.)	Fridays at 6 pm
Mt. Zion Church (96 South Main St.)	Sundays at 1 pm



Food Pantries

New Life Church

- 146 Main Street / 203.286.9820
- **Days/Hours Open:** Wednesday 6-7:15pm
- **Eligibility:** Residents of Norwalk
- **Documents Needed:** None
- **Freq of Visits:** As needed

Norwalk Community College

- W101A (Norwalk Community College) / 203.857.3369
- **Days/Hours Open:** Mon-Fri hours vary
- **Eligibility:** Current NCC student
- **Documents Needed:** NCC Student ID
- **Freq of Visits:** Twice a month, receive a total of 20 items per month

Norwalk Salvation Army

- 14 Byington Place / 203.866.2125
- **Days/Hours Open:** Mon-Fri 11-2pm
- **Eligibility:** Working families, families who have been laid off during the year, currently in shelter or have been in last 90 days, on state assistance with lost, stolen, or late check, elderly persons, pregnant teens
- **Documents Needed:** Photo ID, current bill for proof of residence in Norwalk

Open Door

- 4 Merritt St / 203.866.1057
- **Days/Hours Open:** Mon-Fri 9:30-11:30am (call ahead or walk in to make appointment to fill out an application form)
- **Eligibility:** Residents of Norwalk
- **Documents Needed:** Household size; Proof of address; Photo ID; Birth certificates for anyone in the household under age 18

Person-to-Person

- 76 S. Main St / 203.939.1650
- **Days/Hours Open:** Mon-Fri 9-4pm
- **Eligibility:** Residents of Norwalk
- **Documents Needed:** Photo ID, and proof of household size and address
- **Freq of Visits:** Once a month

St. Matthew Church

- 216 Scribner Ave / 203.838.3788
- **Days/Hours Open:** Wed 9:30-12pm (Sept. - June)
- **Eligibility:** Residents of Norwalk
- **Documents Needed:** Photo ID for proof of residence
- **Freq of Visits:** As needed



A Guide to Accessing Food in Norwalk

Meals

Norwalk Gurudwara Sahib (Congregate Meals)

- 622 West Ave / 203.807.8484
- **Days/Hours Open:** Fri and Sun Breakfast (8-10am), Lunch (1-3 pm)
- **Eligibility:** Anyone
- **Documents Needed:** None
- **Freq of Visits:** Unrestricted

Norwalk Senior Center (Congregate Meals)

- 11 Allen Road / 203.847.3115
- **Days/Hours Open:** Mon-Fri Lunch 11-45
- **Eligibility:** Anyone
- **Documents Needed:** None
- **Freq of Visits:** Unrestricted
- **Cost:** \$ 3-5 Donation

Open Door (Congregate Meals)

- 4 Merritt St / 203.866.1057
- **Days/Hours Open:** Everyday: Breakfast (7-8am), Mon-Sat: Lunch (1-2pm), Dinner (6-7pm), Sun: Dinner (3:30-4:30pm), Sunday Sandwiches (6-7pm)
- **Eligibility:** Anyone
- **Documents Needed:** None
- **Freq of Visits:** Unrestricted

Bridgeport Rescue Mission (To-Go Meals)

- 203.333.4087
- **Address / Days & Hours Open**
- 13 Day St. / Tuesdays 6pm
- Meadow Gardens (49 Meadow St.) / Thursdays 6pm
- Roodner Court (261 Ely Ave.) / Fridays 6pm
- Mt. Zion Church (96 South Main St.) / Sundays 1pm
- **Eligibility:** Anyone
- **Documents Needed:** None
- **Freq of Visits:** Unrestricted

Meals on Wheels (Delivered Meals)

- 11 Allen Road / 203.847.3115
- **Days/Hours Open:** Delivery available Mon-Fri
- **Eligibility:** Resident of Norwalk; No age restriction; Homebound/disabled determined by home visit
- **Food:** Two meals, lunch and dinner delivered. Weekend meals will be delivered on Thurs. and Fri.
- **Cost:** Sliding scale fee

St. Philip Church

- 23 France St / 203.847.4549
- **Days/Hours Open:** Fri 9-11am
- **Eligibility:** All individuals in need
- **Documents Needed:** None
- **Freq of Visits:** As needed

St.Thomas the Apostle Church (St.Vincent DePaul Food Pantry)

- 203 East Ave / 203.866.1644
- **Days/Hours Open:** Mon, Tue, Thur, Fri 9-11pm, Last Sat of month 10-12pm
- **Eligibility:** Residents of Norwalk
- **Documents Needed:** Photo ID, current bill with Norwalk address to prove residency.
- **Freq of Visits:** Once a month

Triangle Community Center

- 650 West Ave / 203.853.0600
- **Days/Hours Open:** Mon-Fri 10am-6pm
- **Eligibility:** All individuals in need
- **Documents Needed:** Not necessary, Just a full legal name to sign in
- **Freq of Visits:** As needed

Mobile Food Pantries

Filling in the Blanks (CT Food Bank Mobile Food Pantry)

- Ben Franklin Center (66 Bayview Ave) / 203.469.5000
- **Days/Hours Open:** 10:30 - 11:30 am, 4th Saturday of each month, serving up to 300 families
- **Eligibility:** None
- **Documents Needed:** None

The Norwalk Health Department makes every effort to keep this list up to date. Please check with individual agencies to confirm details. Contact Theresa Argondezzi at targondezzi@norwalkct.org with corrections.

Last Updated: September 2018.

For more information about getting healthy food in Norwalk, please visit www.211ct.org and www.healthylifeproject.org.



Medical Home Initiative Southwest CT
For Children & Youth with Special Health Care Needs

1351 Washington Boulevard, 4th floor
Stamford, CT 06904
Tel: 203-276-7552 Fax: 203-276-2134

Dear Colleague:

We are the Medical Home Initiative Team of the Southwest Region of Connecticut. We know and have collaborated with many of you, yet we wanted to reach out and review the resources we would like to help provide for you and your patients.

As many of you realize, we do care coordination for Children and Youth with Special Health Care needs. This includes Children and Youth ages 0 through 20 who have or are at increased risk for a:

- **Physical**
- **Developmental**
- **Behavioral**
- **Emotional**

condition and require health and/or related services of a type or amount beyond that generally required by children of the same age.

Our team consists of: Physician Champion, Madhu Mathur; Nurse Care Coordinator, Margot Laedlein; Social Work Care Coordinator; Eileen Kelly-Gombos; and Administrative Assistant, Donna Molitor.

While the majority of the referrals originate from the primary care provider (usually the pediatrician or family medicine practitioner), we accept referrals from a number of sources, such as schools and community organizations.

Our team assists with:

- Care coordination for arranging specialist appointments; and
- Therapeutic interventions and various diagnostic tests.

Addressing practical needs such as:

- Access to resources for assistance paying for medications, medically necessary equipment, and special nutritional supplements.
- Provide support resources for families (e.g. The United Way of Connecticut's Child Development Info line, CMHI at FAVOR, support groups).
- Linkage with housing assistance.

Please feel free to contact us for resources and/or refer your patients to us for care coordination. We look forward to hearing from you. Thank you for your support.

Sincerely,

THE MEDICAL HOME INITIATIVE TEAM

Madhu Mathur, MD, MPH
Eileen Kelly-Gombos, LCSW
Margot Laedlein, APRN
Donna Molitor, BS



SMART RECOVERY DURING COVID 19!

**FEEL OVERWHELMED OR ANXIOUS?
USING ALCOHOL & DRUGS TO COPE?**

SMART Recovery peer groups help you develop self-management and coping skills to make positive changes in your life or help a loved one.

FREE online groups (audio or video) with facilitators right here in Southwest CT:

- Ages 18 & up: Tuesdays, 6pm-7:30pm
- Teens: Wednesdays, 4pm-5:30pm
- Family & Friends: Thursdays, 6:30-8pm



<https://meetings.ringcentral.com/j/6651939516>
Click meeting link on thehubct.org/calendar

Questions: Contact Amy at aestreicher@thehubct.org

Visit turningpointct.org/smart or thehubct.org/freepeersupport



FREE ONLINE MENTAL HEALTH RESOURCES DURING THE CORONAVIRUS EPIDEMIC

**FEELING ANXIOUS OR DEPRESSED?
YOU ARE NOT ALONE!**

Although in-person support groups are not meeting during the Covid-19 pandemic, you still have options to connect ONLINE through audio or videoconferencing. Check out the FREE options below. Be #coronastrong

NEED TO CONNECT?

- Talk to a peer specialist at Soundview Warmline, 800-921-0359, daily from 5pm-10pm
- Free online forums and 1-on-1 chats at www.7cups.com
- Older adult check-in at Greenwich Community Connections, 203-862-6700

SUPPORTS FOR YOUNG ADULTS?

- CT's Young Adult Warmline:
 - Call 1-855-6-NOPENOW daily from 12pm-9pm. (Other times: call Patricia at 860-549-2435)
- NAMI Young Adult Connection
 - Community check-in, daily from 3:30-4:30pm. Info: Val at valpoutre@namict.org

SPECIALIZED SUPPORT GROUPS:

- SMART Recovery videoconference meetings: Ages 18+, Tuesdays at 6; Teens Wednesdays at 4; Family & Friends, Thursdays at 6:30 - join at: meetings.ringcentral.com/j/6651939516
- Hearing Voices Network: Info: Skye at skyline@advocacyunlimited.org

IN A CRISIS?

- Text the Crisis Text Line at 741741
- Call the National Suicide Lifeline at 800-273-TALK
- Call The Trevor Project (LGBTQ support): 866-488-7385
- Dial 2-1-1, select option 1 for CT's mobile crisis
- Call 911 and ask for a Crisis Intervention Trained (CIT) officer

Find more resources and behavioral health treatment options at www.thehubct.org/treatment

