

Community Health Resources

Charlestown | Hopkinton | Richmond



April 2022



charihoyouth.org/health

Hi Chariho Community!

A healthy lifestyle is not just the absence of disease or illness - it's a state of physical, mental, and social well-being. We believe that **everyone deserves the chance to be as healthy as possible**. In order to achieve physical and mental well-being, we must combat the non-medical factors that influence our health outcomes.

Here at the Chariho Youth Task Force, we promote health at every size and work to educate, empower, and engage youth and adults to promote physical and mental well-being. **This resource has been compiled to provide you with local resources to assist you whether you are in crisis, or just looking to make changes or improvements in your current circumstances.** Have questions? Be sure to reach out!

A handwritten signature in black ink that reads "Amy Neilson". The script is fluid and cursive.

Amy Neilson, CCHW | Community Health Worker

Amy@Charihoyouth.org | 401-212.2741

What determines health?



Social Conditions

Social inequities occur when a person or group is treated unfairly because of race, gender, class, sexual orientation, or immigration status



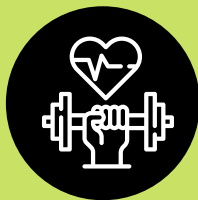
Economic Conditions

Institutions such as governments, churches, corporations, or schools use their authority to create unequal opportunities among groups of people



Environmental Conditions

Where you live affects your health. Lower-income neighborhoods tend to be in poor social-economic and physical conditions



Health Behaviors

Smoking, poor nutrition, and lack of exercise are all behaviors that may lead to poor health. Health knowledge also influences health behaviors



Disease or Injury

Chronic disease or injury can result from inequities and health behaviors. Genetics also influences health differences.



Morbidity or Mortality

Your social status, education, the zip code you live in, and health behaviors all affect life expectancy



With support from:





CHARIHO
Youth
TASK FORCE

educate.
empower.
engage.



We envision a society driven toward physical and mental well-being created through collaboration, education, and activism to promote a positive community climate

Substance use Prevention. Mental Health Promotion.



Get Involved

Sign up for our newsletter, join us for a community hike, or attend a monthly coalition meeting.



Mental Health Resources

Crisis-based supports, local resources, or stress reduction techniques right at your finger tips.



Substance Use Education

Take a moment to learn something new about alcohol, tobacco, and other drugs.



Strong Arms Support Group

Twice monthly virtual support group for those who have lost a loved one to addiction.

Amy Neilson, CCHW | Amy@CharihoYouth.org | 401.212.2741



@CharihoCHW



CharihoYouth.org/health



CHARIHO
COMMUNITY
HEALTH WORKER

General

Assistance



UNITED WAY OF RHODE ISLAND 2-1-1

Phone: 211 Web: unitedwayri.org/get-help/2-1-1

211 is a free, confidential service where trained professionals can connect you with housing, food, affordable childcare, and much more. You can call or chat with staff or use their website to find resources you need.



Tri-County Community Action

Phone: (401) 351-2750 Web: tricountyri.org

4350 S County Trail, Charlestown, RI 02813

Tri-County offers a broad range of social, health, education, job training, prevention, and other emergency and supportive services to community residents from birth throughout all life cycles.



Jonnycake Center of Westerly

Phone: (401) 377-8069 Web: jonnycake.org

23 Industrial Dr, Westerly, RI 02891

Jonnycake Center of Westerly provides services in cooperation with other agencies in our service area to assist people through crisis situations & work with each individual to find a path out of dependency toward self-sufficiency. Our services include but are not limited to, on site food pantry, voucher referral to shop in our thrift store and financial assistance program.

Food

Assistance



RICAN - Rhode Island Center Assisting Those in Need
805 Alton Carolina Road,
Charlestown, RI
[\(401\) 364-9412](tel:(401)364-9412)
rhodeislandcan.org

The Rhode Island Center Assisting those in Need (RICAN) is a non-profit organization dedicated to providing emergency food, clothing, and other vital support to neighbors in crisis in Washington County. They also have a thrift store that helps support the food pantry.

Food Pantry Hours:

Wed 9:30 - 11:30 am & 6:30-7:30 pm

Thur 9:30 - 11:30 am

Fri 2:00 - 3:00pm



PANTRY ON THE LANE
70 Bowling Lane, Bradford, RI
[\(401\) 465-7745](tel:(401)465-7745)
Check Facebook for updates
[@pantryonthelane](https://www.facebook.com/pantryonthelane)

A weekly food pantry in Bradford, Rhode Island for Bradford and surrounding towns as well as any in need.

Pantry Hours:

Saturdays 9:30am - 1:30pm



JONNYCAKE CENTER OF WESTERLY
[\(401\) 377-8069](tel:(401)377-8069)
23 Industrial Drive
Westerly, RI 02891
jonnycake.org

Qualified residents may receive a one week supply of food for each member of the household every thirty days.

The Jonnycake Center has a large thrift store and offers many other social service supports. Visit their website for details.

Housing

Assistance



Emergency Housing Assistance | United Way 2-1-1

Phone: Dial 211 Web: unitedwayri.org/get-help/2-1-1

United Way 2-1-1 in Rhode Island is a 24/7 social and human services helpline that offers free and confidential referrals to programs and services throughout the state. Dial 2-1-1 for immediate assistance from a specialist or **visit their website** for more information.



Rhode Island Housing

**Phone: (401) 457-1234 Web: rihousing.com
info@rihousing.com**

RIHousing works to ensure that all people who live in Rhode Island can afford a healthy home that meets their needs. They offer information on affordable housing, homebuyer education, rental and mortgage assistance programs. This is the home of the Rent Relief RI program.



RI Coordinated Entry System

Phone: (401) 277-4316 Web: rihomeless.org/ces

If you are currently, or about to be facing homelessness, you can call, or chat with a coordinated entry agent who can assist you in finding a shelter or other accommodations.

Health & Wellness



Wood River Health Center

Offices in Hope Valley and Westerly

Phone: (401) 539-2461 Web: woodriverhealthservices.org

WRHS is dedicated to providing high-quality and affordable medical, dental and behavioral healthcare and additional services to community residents with fees adjusted based upon a patient's ability to pay. Additional services include Women, Infant, and Children (WIC), Care Management, and more.



Gateway Healthcare - PIPBHC for Families and Children Program

4705 Old Post Rd, Charlestown, RI 02813

(401) 364-7705 | Lifespan.org

Promoting the Integration of Primary and Behavioral Health Care (PIPBHC) is a community health program located in Charlestown that helps families bridge the gap between physical and mental health. PIPBHC services are centered on the entire family's health not just the individual client. Additionally, PIPBHC offers a variety of treatments and referral options to clients and their families to best manage their symptoms and health conditions. Their goal is to improve overall family functioning and wellness. They also assist families in accessing services that address barriers related to housing, social connectedness, childcare, education, employment, food security, and income/benefits.

Veteran

Assistance



**RI Department of
Veterans Services**
vets.ri.gov
(401) 921-2119

The official state of Rhode Island department dedicated to the men and women who have served in the US Armed Forces.



**Operation Stand Down
Rhode Island**
osdri.org
(401) 383-4730

Operation Stand Down is an independent 501(c)(3) non-profit organization and Rhode Island's primary nonprofit resource for homeless and at-risk veterans. Their mission is to strengthen the veteran community by providing crucial wrap-around services.



**Heroes Horizons
Hopkinton, RI**
heroes-horizons.org
401-377-2950

Heroes Horizons was created to assist local veterans with day to day needs through hands-on volunteer programs and to raise awareness for veteran's suicide. Other programs include utility assistance, legal help, and home repair.

Public Libraries

Library cards are free to all Rhode Island residents. Your library card is good at every public library in the state. In addition to traditional library materials, you can find free programs, free wi-fi, computer access and more



Cross Mills Public Library
4417 Old Post Rd
Charlestown, RI
(401) 364-6211
crossmills.org



Langworthy Public Library
24 Spring St
Hope Valley, RI
(401) 539-2851
langworthylibrary.org



Clark Memorial Library
7 Pinehurst Dr.
Richmond, RI
(401) 364-6100
www.clarklib.org



Ashaway Free Library
15 Knight St,
Ashaway, RI 02804
(401) 377-2770
ashawaylibrary.org

Senior Centers



Charlestown Sr. Community Center

100 Park Lane Ninigret Park

Charlestown, RI 02813

(401) 364-9955

charlestownri.gov/senior_community_center



Hopkinton Senior Services

Crandall House

188 Main St.

Ashaway, RI 02804

(401) 377-7795

hopkintonri.org/senior-services



Richmond Senior Center

1168 Main St. 2nd Floor

Wyoming, RI 02898

(401) 491-9404

richmondri.com/176/Community-Senior-Center



charihoyouth.org/health

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