



# **The Sickle Cell Foundation of Tennessee**

## **Sickle Cell Collaborative Conversations: Breaking Down Silos**

### **Resource Guide**

#### Tennessee

<https://tn211.myresourcedirectory.com/index.php>

211 is the Tennessee community service help line. Clicking on the above link brings you to a page that offers many resources. The large number of resources might be overwhelming when doing a web search, but a 211 call could be more straightforward and helpful.

<https://tnhra.org/>

This is the Tennessee Association of Human Resource Agencies. This site allows one to select their county of residence and then see available resources for that region. Many HRA services are for older adults, but there are still many other resources that could help people with sickle cell disease such as public transportation, education/employment, and utility/housing assistance. While I like the idea of this site for having a simple search for available resources, this site is lacking. First, there is no Human Resource Agency that serves Memphis. Many other large cities in Tennessee receive services from their HRA, but there is none in Memphis. Another problem is that some regions have a wide variety of resources available to them while other regions have little to no usable/accessible resources.

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

This is an awesome and useful site. Following the above link take you to a page that asks for your zip code. After entering zip code it shows all available helpful resources in the area. Services and resources include food, housing, goods, transit, health, money, care, education, work, and legal options. The site is very easy to use and navigate and provides contact information for all services and resources provided. I would recommend this site.

<https://benefitscheckup.org/>

I also really like this site as well. This site was created by the national council on aging to help provide resources to older adults. However, I was able to go through the site with my information and I found many potential benefits available to me. The site is very easy to navigate and there are options for medication benefits, health care, income assistance, food/nutrition, housing/utilities, tax relief, veterans, employment, transportation, education, discounts, and other assistances.



## West Tennessee

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

The Southwest human resources agency has a rural public transportation at a somewhat low cost. This site also offers many other services such as financial assistance, housing/utility assistance, and meal assistance. One problem that I noticed with these services is that they are only applicable to certain counties in southwest Tennessee. These services are more focused on rural sections of West Tennessee.

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

This is the Delta Human Resources Agency that serves counties directly outside of Memphis. They offer somewhat affordable transportation options.

<https://nwtd.org/nwthra/>

Similar to other regional human resource agencies, the Northwest Tennessee Human Resource Agency (NWTTHRA) offers affordable public transportation to people in their region. There are a variety of other resources offered as well.

## Middle Tennessee

<http://www.mchra.com/>

This goes to the Mid-Cumberland Human Resources Agency which comprises of most of upper middle Tennessee including Nashville. They offer affordable public transportation options and workforce services.

<https://www.schra.us/>

This is the South Central Human Resources Agency. They cover 13 counties around the lower parts of middle Tennessee. There are no public transportation resources, but there are a variety of other potentially useful resources provided such as employment services and utility assistance.

<https://uchra.org/>

This is the upper Cumberland Human Resource Agency. They have one of the better/easily accessible human resource sites for Tennessee. They offer affordable public transportation services that seem very comprehensive. One interesting thing about this human resources site is that they are working on a searchable resource database which could be enormously helpful for users.



## East Tennessee

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

This is a program exclusive to East Tennessee residents. The East Tennessee Human Resources Agency (ETHRA) offers affordable transportation options for individuals in the region. They offer a public transportation option using their own vans to transport individuals. They also offer a ride to work program that one can apply to gain assistance on getting to and from work.

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

This is the first Tennessee Human Resource Agency which is centered around Johnson City TN. They offer a few resources such as a childcare food program which financially reimburses nutritious meals for children. Unlike other human resource agencies in TN, this one does not have a transportation service.

<https://www.sethra.us/>

This is the Southeast Tennessee Human Resource Agency which includes Chattanooga. They offer services similar to other human resource agencies such as housing and utility assistance, employment and education assistance, and public transportation services. There are also a variety of nutrition and food services that some other HRAs do not provide.

## Employment

<https://www.dol.gov/agencies/whd/fmla>

This is the FMLA site that offers general information regarding the Family and Medical Leave Act. Individuals with sickle cell disease would likely be eligible for 12 workweeks of leave in a 12-month period for having a serious health condition that makes the employee unable to perform the essential functions of his or her job.

[https://www.sicklecellsociety.org/wp-content/uploads/2019/07/FINAL\\_Guide-To-Sickle-Cell-and-Employment-Version\\_1\\_2019.pdf](https://www.sicklecellsociety.org/wp-content/uploads/2019/07/FINAL_Guide-To-Sickle-Cell-and-Employment-Version_1_2019.pdf)

A PDF from the Sickle cell society in the UK detailing employment with SCD. Great resource for both working individuals with sickle cell as well as employers with sickle cell workers. Includes an explanation of what to expect from a worker with SCD and how to accommodate work for them.

<https://health.usf.edu/-/media/Files/Medicine/Orthopaedic/Sickle-Cell/AmericanswithDisabilitiesAct.ashx#:~:text=The%20Americans%20With%20Disabilities%20Act%20does%20not%20require%20you%20to,employer%20knows%20you%20are%20disabled.>



This link goes to a PDF detailing how SCD fits within the Americans with Disabilities Act. This 3-page document is pretty informative but also wordy.

<https://sickle-cell.com/living/workers-health-rights>

Easy to read article detailing the SCD workers' rights. Includes information on the ADA and FMLA.

<https://www.ssa.gov/benefits/disability/>

The above link takes you to the social security website where one can learn about disability benefits and apply for disability if needed. This would be for individuals who are fully unable to work due to SCD.

[https://www.wrp.gov/wrp?id=wrp\\_home](https://www.wrp.gov/wrp?id=wrp_home)

This is the workforce recruitment program (WRP). This connects employers with college students and graduates who have disabilities. This could be a great resource for college educated individuals with sickle cell disease to find accommodatable work.

<https://askjan.org/index.cfm>

This is the Job Accommodation Network. It provides free guidance to employees and employers on ways to improve and provide accommodations for individuals with disabilities.

<https://www.whatcanyoudocampaign.org/where-to-learn-more/resources-for-job-seekers-and-employees/>

This link shows a page from the Campaign for Disability Employment. There is a list of resources for job seekers and employees. There are lots of good resources listed here for job seekers with disabilities.

<https://www.disabilitybenefitscenter.org/disability-work/sickle-cell-anemia>

This link goes to the Disability Benefits Center site which specifically and clearly details the criteria for one with sickle cell disease to qualify for disability. This could be a helpful site to assist those with sickle cell disease who need to get on disability.

## Food

<https://www.freefood.org/s/tennessee>



Freefood.org is a website that provides details concerning local food banks, food pantries, or soup kitchens. This site organizes available food resources by city and state throughout the country. For example, there are 5 shown available food resources in Memphis on this site. There are likely more food resources located in Tennessee, but this at least organizes some major food resources throughout the state.

<https://www.foodpantries.org/st/tennessee>

Similar to Freefood.org but provides perhaps a more comprehensive list of food pantries and food banks in Tennessee.

<https://www.picktnproducts.org/listview/farmers-market.html>

This site provides locations for Farmers Markets throughout Tennessee. SNAP EBT benefits are available at 40 farmers' markets in Tennessee. Tennessee State University created a comprehensive newsletter explaining farmers markets and SNAP benefits in Tennessee. They also listed all SNAP participating farmers markets in Tennessee. The newsletter can be found here: [https://www.tnstate.edu/snap-ed/TSU\\_SNAPEd\\_2020\\_Farmers%20Market%20Finds%20on%20a%20Dime\\_newsletter.pdf](https://www.tnstate.edu/snap-ed/TSU_SNAPEd_2020_Farmers%20Market%20Finds%20on%20a%20Dime_newsletter.pdf)

<https://www.fns.usda.gov/contacts/contact-map>

This link brings you to the USDA contact map of the United States. When selecting Tennessee, a pop-up window on the right shows available nutrition assistance programs such as WIC and SNAP. Each listed program has a contact number associated with it and ways to apply for the program. Program applications are available in multiple languages.

<https://www.fns.usda.gov/partnerships/provide-nutrition-education>

This link is also from USDA and has useful resources for nutrition education

<https://www.hungerfreeamerica.org/en-us/usda-national-hunger-hotline>

This is the link to Hunger Free America that operates the USDA National Hunger Hotline. This hotline is used for immediate food assistance. The hotline numbers are 1-866-3-HUNGRY (1-866-348-6479) or 1-877-8-HAMBRE for Spanish speakers.



## Mental Health

<https://www.midsouthcounseling.com/>

This site is Midsouth Professional Counseling. This group is focused in Tennessee with counselling options found in East Memphis, Midtown Memphis, Germantown, Brentwood, Bartlett, Cordova, and Chattanooga. This Counseling can be helpful towards handling a variety of mental health issues such as depression, anxiety, and drug/alcohol addiction. (Might remove)

<https://www.samhsa.gov/find-help/national-helpline>

This is the SAMHSA national helpline which is a completely free and confidential service from the U.S. Department of Health and Human Services. This website and hotline can help individuals find the mental health services that they might need. Services are offered in both English and Spanish. This is mainly focused for individuals with substance abuse disorders.

<https://suicidepreventionlifeline.org/>

This site contains the suicide prevention lifeline which offers support to people in distress. There are also a variety of resources for individuals and friends/family of individuals contemplating suicide.

<https://www.tn.gov/behavioral-health.html>

This is from the Tennessee Department of Mental Health and Substance Abuse services. This site provides many mental health resources for the people of Tennessee. Some of the services provided include: crisis services, mental health services, substance abuse services, and hospital services. This would be a good place to start for an individual that is both looking for mental health services in Tennessee and does not have health insurance.

<https://www.nami.org/Your-Journey/Individuals-with-Mental-Illness/Finding-a-Mental-Health-Professional>

This site comes from the National Alliance on Mental Illness NAMI. This could be a very useful tool for individuals seeking mental health care or a mental health professional. It lists 5 important steps for one to take to find the care they need.

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

This link goes to the Tennessee Association of Mental Health Organizations TAMHO. A variety of mental health services can be found on their site using the Access to Services function. This tool could be helpful for individuals to start finding health services in their county.

<https://aimhitn.org/>



This is the Association of Infant Mental Health in Tennessee (AIMHITN) who focus on the mental health of children from birth to age 5. The goal of this group is to promote optimal social and emotional development of infants and young children. This might be a useful resource for children with sickle cell disease who are starting to understand sickle cell disease and its lifelong effects. Resources provided by this group can easily be searched on the Tennessee Child Care Resource and Referral Network (listed under childcare in this document).



## Childcare

<https://www.tn.gov/content/dam/tn/human-services/documents/Smart%20Step%20Child%20Care%20Flyer%20PILO%20edit%20October%202021.pdf>

Above is flyer advertising the Smart Steps Child Care Payment Assistance by the TN Department of Human Services. This program is centered on parents who work at least 30 hours a week or attend post-secondary education program. They must have a child between 6 weeks of age and 5 years and their household gross income must be below the 85<sup>th</sup> percentile of TN State median income. Seems like a good program to help working SCD individuals find childcare.

<https://www.tn.gov/humanservices/for-families/child-care-services/child-care-payment-assistance.html> This has more information than the flyer and offers applications and instructions in multiple languages.

<https://tnccrr.org/>

The Tennessee Child Care Resource and Referral has a very useful and well-organized website. Here, one can use a simple childcare search to find childcare and resources nearby. Child mental health services and resources can also be found in this website under AIMHiTN Resources.

## Vaccinations

Would resources that help to quell one's fear of needles be helpful?

<https://www.cdc.gov/vaccines/programs/vfc/parents/index.html>

This is a program called Vaccines for Children. Medicaid-eligible or uninsured/underinsured individuals can use this program to get free vaccinations for their children. The link above brings one to the information page for parents. The information is also available in Spanish.

<https://www.disabilityrightstn.org/resources/news/june-2021/free-in-home-covid-19-vaccines-for-tennesseans-wit>

This is a great recent resource for people with disabilities in TN. Using the number provided on the site, Tennesseans with disabilities can get a free COVID-19 vaccine administered at their home by a healthcare worker. Vaccines are also given to caregivers and anyone else living in the same household.

<https://covid19.tn.gov/covid-19-vaccines/availability/>

This site provides information on COVID-19 vaccine locations throughout the state of TN. Appointments can also be made at this site. Information regarding the vaccine can be found here.





## Transportation

<https://tenncarriers.com/riders/>

This link goes to the Tennessee Carriers web page. This service provides non-emergency medical transportation which includes trips to healthcare providers, pharmacy visits, mileage reimbursement, or bus tickets to those who qualify.

<https://www.tn.gov/tdot/multimodal-transportation-resources/office-of-public-transportation/public-transit-services1.html>

This link provides a useful list of the public transportation options offered throughout TN. Clicking on any of these options allows one to plan and schedule public transportation.

## Physical Activity

<https://sickle-cell.com/exercise>

This is more information, but it is well written article describing exercise for people with sickle cell disease. It gives some recommendations for the types of activities considered safer for people with sickle cell disease.

### Health Parks Healthy Person TN

I do not have a link for this resource because it looks like the website is still under construction. There is an app called Healthy Parks, Healthy Person. It allows one to track their exercise and gain points for each activity. With enough points, one can redeem Healthy Parks merch such as a shirt or a hat. I think it is a neat idea that could encourage people to take a quick walk every now and then.

<https://tnstateparks.com/>

This link goes to the home page for Tennessee State Parks. Here, one can search for any state parks close to their location to plan an outdoor activity. There is also a list of activities and events planned by the state parks that could be exciting.

<https://memphisparks.com/>

This is the Memphis Parks site that details each of the parks found in Memphis and their locations. One can find activities and events at each of these parks.

<https://www.nashville.gov/departments/parks>



This is the Parks and Recreation website for Nashville. It is a pretty informative site offering a park finder and many other forms of physical activity in the Nashville area.

[https://knoxvilletn.gov/government/city\\_departments\\_offices/parks\\_and\\_recreation](https://knoxvilletn.gov/government/city_departments_offices/parks_and_recreation)

This is the Parks and Recreation site for the city of Knoxville. It is similar to other parks and recreation sites allowing one to access local city parks and activities.

<https://chattanooga.gov/parks/parks>

The Chattanooga parks and outdoors site offers a park locator map and information about local parks and trail in Chattanooga.

<https://www.mapmywalk.com/us/tn/>

This comes from a site called Map My Walk. I actually use this site personally and it is very helpful. The above link takes one to a list of Tennessee cities that have walking trails recorded by others. It shows a detailed map of routes that others have used in the area for exercise. There is also a function to create one's own route on the site. This can give mileage and elevation information on any created route. This could be very useful for someone to find and create a walking route in their neighborhood.

## Housing

<https://thda.org/>

The Tennessee Housing Development Agency provides resources and education towards buying and owning a home. There are resources for buying a home, helping homeowners (financial assistance, foreclosure prevention, energy assistance), resources for renters and section 8/housing choice voucher programs.

<https://www.hud.gov/states/tennessee/renting>

This site is from the U.S. Department of Housing and Urban Development (HUD). It offers rental help by providing information on subsidized apartments and public housing/housing choice vouchers (section 8). Public Housing contract information for each county in Tennessee can be found on this pdf:

[https://www.hud.gov/sites/dfiles/PIH/documents/PHA\\_Contact\\_Report\\_TN.pdf](https://www.hud.gov/sites/dfiles/PIH/documents/PHA_Contact_Report_TN.pdf)

The HUD also offers links to the public housing authorities throughout Tennessee. The list of public housing authorities can be found here:

<https://www.hud.gov/states/tennessee/renting/hawbsites>

<https://ahrhousing.org/>



Good resource for middle TN residents. Affordable housing resources Inc is a nonprofit organization that provides resources for foreclosure prevention, homebuyer education, mortgage lending, and new home construction.

<https://www.develop901.com/housing>

Housing resources for Memphis and Shelby County. Offers services to residents such as down payment assistance and housing rehabilitation programs.

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

The Green and Healthy Homes Initiative is a great group that works to make healthier and safer homes. Their vision is addressing the social determinants of health and racial equity through healthy housing. Direct services are offered to the Memphis-Shelby County region through a partnership with Le Bonheur.

## Internet

<https://www.fcc.gov/lifeline-consumers>

This is a federal service titled Lifeline presented by the Federal Communication Commission. The purpose of this program is to help low-income individuals pay for monthly telephone and internet services. This link takes one directly to a page where they can learn more about lifeline and there are also links to apply for the program.

<https://www.fcc.gov/acp>

This is a recent resource created by the FCC called the Affordable Connectivity Program ACP. Eligible households can get a discount up to \$30 on their monthly internet bill. They also help contribute money towards the purchase of a device such as a laptop or tablet. This service can combine with the lifeline benefits. For example, one can use lifeline to help pay for their monthly phone plan while using ACP for their internet service.



## Caregivers

<http://caregiversrespite.org/>

This site contains resources and support to caregivers to give them a moment of rest when needed. They offer a resource center full of information that can help caregivers and support groups.

<https://www.caringcompanions.com/>

This is a Memphis based caregiver organization that provided trained caregivers for those who need one. They offer a free in-home consultation.

[www.caregiversrefresh.com](http://www.caregiversrefresh.com)

This was a link mentioned in the collaborative conversations, but I cannot find the site. Perhaps they meant caregiversrefreshcenter.com which I describe later.

<https://caregiver.va.gov/>

This link goes to the VA caregiver support program. This program is meant to support caregivers of veterans who were injured in the line of duty. This may not be very applicable to sickle cell individuals as sickle cell disease disqualifies individuals from serving in the military.

<https://www.caregiversrefreshcenter.com/>

Similar to caregivers respite, this group offers services to assist caregivers and give them a necessary break.



## Information

<https://www.onscdvoice.com/>

This is a site meant to connect, educate, and empower the sickle cell community of care. On this site, there is an easy method to join the community to hear from others or share one's voice. There is also an impressive amount of helpful information about sickle cell disease and recent advancements.

<https://www.stjude.org/treatment/disease/sickle-cell-disease/educational-resources.html>

Educational resources from St. Jude Children's Research Hospital.

<https://sickle-cell.com/depression-anxiety>

Informative article about sickle cell disease, depression, and anxiety. Depression and anxiety are common for individuals with SCD and can cause worse health outcomes. This article helps individuals identify depression and it mentions a few treatment options.

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

This is a national organization called Change Lab Solutions that can provide resources and information on legal approaches towards improving health equity.

<https://sicklecellspeaks.com/managing-sickle-cell/overcoming-misconceptions/>

From St. Jude Coordinators, provides information on common misconceptions surrounding sickle cell disease.

<http://kidsconqueringscd.org/programs/warrior-stories/>

From St. Jude Coordinators, great site where people with sickle cell disease share their personal stories about living with sickle cell disease.

[https://www.cdc.gov/ncbddd/sicklecell/documents/factsheet\\_scicklecell\\_status.pdf](https://www.cdc.gov/ncbddd/sicklecell/documents/factsheet_scicklecell_status.pdf)

From St. Jude Coordinators, this resource provides information on sickle cell screening. Clarifies how one can get screened if they have not already.

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-About-Racial-Bias.aspx>

From St. Jude Coordinators, provides information on how to talk to one's children about racial bias. Could be highly useful for parents with children who have SCD.



<https://www.sicklecelldisease.org/wp-content/uploads/2020/09/SCD-Transition-Family-HCT-TOOLKIT.pdf>

From the St. Jude Coordinators, this is a very useful document containing information for anyone transitioning to adult care. As this is a very important time for people with sickle cell disease, going through this document could be very useful.