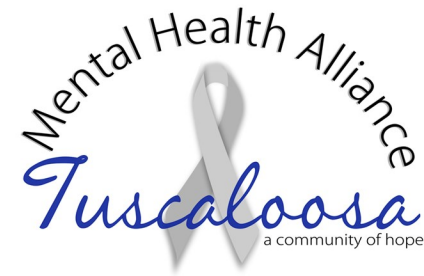


CONSUMER AND FAMILY NAVIGATION GUIDE TO MENTAL HEALTH SERVICES TUSCALOOSA COUNTY



*Provided in cooperation with the members of the
Tuscaloosa Mental Health Alliance and the Crisis
Intervention Committee*

www.tuscaloosamha.org

*Created through cooperation of members of the Tuscaloosa Mental Health Alliance in
January of 2011
Revised in August of 2013*

National Suicide Prevention Line 1-800-273-TALK (8255)

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Notes

Dear Consumer and Family Member:

This handbook is designed to help you navigate Tuscaloosa County's Mental Health and Community Services Systems so that you can be prepared in dealing with recovery. We have included information concerning mental health agencies, crisis services, community support, and definitions of important terms.

This handbook has been created by the Crisis Intervention Committee and members of the Tuscaloosa Mental Health Alliance.

While this book is provided to educate you about the services in your community, it by no means covers every agency available, as we are blessed with a wide range of service agencies designed to help meet the needs of our residents. Should you not be able to find what you are looking for here, be sure to ask questions of the main providers described in this booklet, who may be able to refer you to other services available for you. Good reference numbers to remember include the following:

211 – Information and Referral line, a community Health and Social Service line of the United Way Agency, giving access to resources across your community

311 – One Call to City Hall, for reporting problems or concerns concerning the city of Tuscaloosa

411 – The Telephone Information Directory

611 – For Cell phone services

711 – For deaf and hard of hearing customers that need to access TTY (Text Telephone) services

811 – The number to call before you dig to prevent damage to underground cable lines

911 – Emergency Number for Fire, Police, or Ambulance

Notes

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Commonly used Mental Health Definitions:

Recovery – The processes through which people are able to live, work, learn, and participate fully in their community.

Confidentiality – The right to keep your health information private. You can sign a release stating what information can be shared and whom it can be shared with. Under certain circumstances the law lets service providers give limited information about you to protect you from hurting yourself or others. A family member cannot have access to your records, but they may provide information to the mental health worker.

Treatment Compliance – Following the directions of your physician and mental health care team on taking your medications and following up with appointments.

Involuntary Hospitalization – You can be hospitalized on an acute inpatient psychiatric unit if you are considered a danger to yourself, a danger to others, or acutely psychotic or disabled and unable to provide for your own care.

AMA (Against Medical Advice) – Leaving the hospital prior to the physicians' recommendation. A request may be made to leave AMA; however, the nurse is legally obligated to contact the physician prior to your leaving to receive a direct order for your release. If you are considered a danger to yourself or others, then involuntary hospitalization applies.

Petition for Commitment – A court petition that can be filed by any person that has witnessed an action that is considered dangerous to the consumer or others, to request longer term hospitalization. Petitions are filed through the Community Mental Health system and may be accepted or rejected for consideration in Probate Court.

Probate Court – The legal court system that decides the disposition of a consumer that has a petition for commitment filed on them. The County Probate Court Judge presides in this decision, and hears input from the consumer, the physician or mental health worker, and family. The consumer has the right to have legal counsel present, and provided for them if necessary, during this process.

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Inpatient Psychiatric Services

North Harbor Pavilion 205-330-3111

@ Northport Medical Center

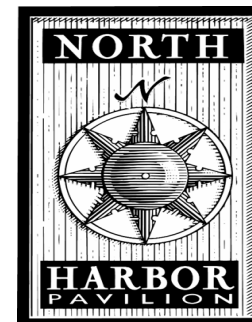
2700 Hospital Drive

Northport, AL 35476

North Harbor is a 54 bed acute care inpatient psychiatric facility on the campus of the Northport Medical Center. North Harbor provides multidisciplinary and comprehensive inpatient psychiatric care for adults, age 19 and older, suffering from a range of mental illnesses. These may include, but are not limited to: depression, anxiety, bipolar disorder, or schizophrenia. North Harbor has separate units for psychiatric intensive care, high risk patients, general adult psychiatric care, and geriatric psychiatric patients with special needs.

Admission to North Harbor is made by referral only, from a psychiatrist with admission privileges to Northport Medical Center. A patient may be a direct admit through the doctor's office, or admitted from the Northport Emergency Department after a psychosocial and medical assessment is completed, and acceptance received by an admitting psychiatrist.

North Harbor also has outpatient services available through an on-staff Psychologist for continuing individual and family therapy or psychological testing.



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Who is eligible for the agencies services?

For Medicaid Waiver or Case Management Services you must have the following:

- Documentation of an IQ score of below 70 prior to the persons' 18th birthday. Accepted documentation is an IQ test by a licensed psychologist or psychometrist. If a person is over the age of 18 and has not been tested since they were in school, they will need testing done after the age of 18 also.
- Documentation that a person has significant limitations in learning, personal independence, and/or social responsibility that are expected for his/her age level and cultural group as determined by an evaluation by Ability Alliance staff.
- Documentation that the individuals level of adaptive and intellectual functioning occurred before the age of 18, per history taken by the Ability Alliance staff. All medical and school records should also be provided.
- Medicaid eligibility is needed for waiver services. If you are not currently receiving Medicaid services you may still be eligible for a waiver.
- Final eligibility determination for services is made by Region II Community Services of the Department of Mental Health's Developmental Disabilities Division.

How do I apply for services?

- To apply to Ability Alliance for case management and placement on the waiting list for waiver services, contact the Call Center of the Alabama Department of Mental Health, Division of Developmental Disabilities @ 1-800-361-4491
- For emergency referrals, call the Intake Coordinator at Ability Alliance @ 205-333-1577, ext. 206
- Referrals for transportation services through the Together We Ride program, contact Ability Alliance @ 205-333-1577, ext 213. Individuals are eligible for this program if their disability occurred prior to age 22.

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Commonly Used Acronyms:

- AA** – Alcoholics Anonymous
- CSP** – Community Service Programs
- DBSA** – Depression and Bipolar Support Association
- DHR** – Department of Human Resources
- IRCMHC** – Indian Rivers Community Mental Health Center
- ID** - Intellectual Disabilities (formerly referred to as mental retardation)
- MHA** – Mental Health Association
- NAMI** – National Alliance for the Mentally Ill
- SOS** – Survivors of Suicide Support Group
- SSDI** – Social Security Disability Insurance
- SSI** – Supplemental Security Income
- TES** – Temporary Emergency Services
- VAMC** – Veterans Administration Medical Center

Consumer Advocacy:

Alabama Disabilities Advocacy Program (ADAP)

205-348-4928

AL Department of Mental Health Advocacy

1-800-367-0955

National Alliance for the Mentally Ill (NAMI)

Tuscaloosa Chapter – 205-752-5774

Office of Consumer Relations

1-800-832-0952

People First of Alabama

1-251-709-1479

Wings Across Alabama

1-888-946-4725

Tuscaloosa Mental Health Alliance*

www.tuscaloosamha.org

* The Tuscaloosa Mental Health Alliance is a nonprofit action team organized to provide a structured arena for addressing mental health issues, concerns and services in our local community. The Task Force includes over 50 agencies, businesses and organizations that provide mental health, support, and outreach services. The structure includes a steering committee and working sub-groups for Crisis Intervention, Children's Services, Community Awareness, Housing, Returning Combat Veterans, and Fund Development.

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How Do I Access The Services I Need?

If you are experiencing a **crisis**, you should immediately:

- Dial 911
 - Call your Doctor or therapist; or
 - Contact the local Community Mental Health Center @ **391-3131**, or
 - Contact the National Suicide Prevention Line @ **1-800-273-8255**
- You may also go to the Emergency Room at the Northport Medical Center to be evaluated for psychiatric needs and referral for services.

If you feel you need **non-emergency** Mental Health Services and want to see a therapist, you may:

- Contact the local Indian Rivers Community Mental Health Center (*see description) @ 391-3131
- Call a private therapist of your choice for an appointment. Therapist listings are found in the phone book under *Counselors-Licensed* or *Marriage and Family Therapists*.
- Christian counseling services are available through the Counseling Ministry Professionals @ 345-5885
- The University of Alabama Counseling Clinic at 348-1193

What Will The Services Cost?

Indian Rivers Community Mental Health Center requires a \$25.00 intake fee, accepts all insurances including Medicare and Medicaid, and has a sliding scale based on income.

Private psychiatrists and therapists accept private insurances, and each office will have to be contacted individually to inquire about what they accept.

Counseling Ministry Professionals charge a sliding scale fee based on income.

The University of Alabama Department of Counselor Education offers free services on a limited basis. You may be put on a waiting list.

Developmental Disability Services

Ability Alliance of West Alabama (AAWA) @ 205-333-1577

1002 McFarland Blvd.
Northport, AL 35476

Ability Alliance of West Alabama is the gateway for accessing ALL services for individuals with intellectual disabilities served by the Department of Mental Health's Developmental Disabilities Division in Bibb, Pickens and Tuscaloosa counties in West Alabama. It is incorporated under Act 310 of the state legislature to plan, develop and provide services to individuals with intellectual disabilities.

The Agency is certified by the Department of Mental Health's Developmental Disabilities Division.

What type of services does the agency provide?

- Single point of entry into services provided either directly or indirectly by the Department of Mental Health's Division of Developmental Disabilities. This includes services by agencies such as the Arc of Tuscaloosa, Indian Rivers ID Services, Resources for Independence, Volunteers of America, and many other private providers in the area.
- Assessment and evaluation for eligibility determination for the state's waiting list for waiver services provided by the Developmental Disabilities Division of the Department of Mental Health under the Medicaid Home and Community Based Services.
- Case Management and follow along services for individuals that meet the eligibility criteria
- In Home and individual support services directed by individuals and family (waiver)
- Together We Ride Transportation services for employment services and community inclusion
- Crisis Intervention and Behavioral Supports for individuals served by the Home and Community based waivers administered by the Division of Developmental Disabilities of the Department of Mental Health

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Tuscaloosa's One Place

867 Redmont Drive
Tuscaloosa, AL 35404 (205)-462-1000

Working with families to lead them toward self-sufficiency. Services include:
Referrals for food, clothing, utilities
Parent Education Programs, Baby Talk
Fatherhood Initiative
Career Development and GED classes
Marriage Enrichment programs/Healthy Relationships
English as a second language classes
Hispanic Providers network
Disaster Case Management
After School and Summer programs for children
All Tuscaloosa County residents are eligible, and there is no cost for services.

Region II Community Services

Region II Community Services (RCS II) is one of five (5) offices of the Alabama Department of Mental Health, Division of Developmental Disabilities (DD) that provides assistance to persons with intellectual disabilities in accessing services. RCS II serves the following thirteen (13) county catchment area in West and Northwest Alabama:

- | | |
|---------|------------|
| Bibb | Marion |
| Choctaw | Pickens |
| Fayette | Sumter |
| Greene | Tuscaloosa |
| Hale | Walker |
| Lamar | Winston |
| Marengo | |

Persons seeking services should contact the Alabama Department of Mental Health (ADMH) Call Center at 1-800-361-4491. Additional services provided by RCS II include eligibility determination of persons seeking or maintaining enrollment on the ID and Living at Home Waivers, placement of eligible persons on the statewide waiting list, technical assistance and monitoring of contract agencies.

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***Indian Rivers Community Mental Health Center**

Indian Rivers provides services to adults and children who have mental illness, mental retardation, and substance abuse. Services include Adult Outpatient programs, medication assistance, Crisis Stabilization Unit, ACT team, Residential Services, Day programs, Supported Employment, Adult Case Management, Adult Foster Care.

Satellite offices are located in Pickens and Bibb Counties.

Admission Instructions:

- Call 391-3131 for an intake appointment. You cannot come as a walk-in appointment.
- The fee for initial intake is \$25.00 due at the time of your appointment, unless you have insurance with a lesser co-pay.
- Bring a complete list of any psychiatric or substance abuse hospitalization in the last 5 years including address, phone and fax number, and name of treating physician.
- Bring proof of income for yourself and any other adult in the household, to help determine eligibility for discounted services and medication assistance program. Acceptable forms of income include:
 - Food stamp award letter
 - Prior year tax return
 - Social Security benefits letter
 - W-2 forms
 - Divorce papers showing child support payments
- If you are not working, you must provide the income of the person helping to support you

If you have Medicaid that covers your medications, you will not need proof of income, but be sure to have your card with you.

If you have any insurance other than BC with a group number of 13000 or 14000, please contact your insurance company to make sure you are eligible for services at Indian Rivers. You will not see a doctor or receive medications at your intake appointment.

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Outpatient Services for Mental Health

Family Counseling Service @ 752-2504
DCH Employee Assistance Program (EAP) @ 759-7890
University of Alabama Psychology Clinic @ 348-5000
UMC Betty Shirley Clinic @ 348-1770
Tuscaloosa Christian Counseling @ 752-7557
North River Counseling Center @ 391-9777
Capstone Family Therapy Clinic @ 348-8154
North Harbor Pavilion Counseling Services @ 333-4087

Emergencies Numbers

Tuscaloosa Police Department @ 349-2121
Northport Police Department @ 339-6600 or 333-3013
Tuscaloosa County Sheriff's Department @ 752-0616
Tuscaloosa Fire Department @ 349-1100 or 248-5420
Northport Fire Department @ 339-7100
American Red Cross @ 758-3608
Temporary Emergency Services @ 758-5535

Crime Victim Service

Adult, Elder, Child Protective Services (DHR) @ 554-1100
AL Attorney General Office of Victim Assistance @ 1-800-626-7676
AL Coalition Domestic Violence Hotline @ 1-800-650-6522
AL Crime Victims Compensation Coalition @ 1-800-541-9388
Tuscaloosa County District Attorney Victim Services @ 349-1252
Victims of Crime and Leniency @ 1-800-239-3219
Turning Point @ 758-0808 – Domestic violence and rape crisis services, shelter, and counseling.
King's Home @ 678-8331 – Christian residential program for female victims of domestic violence.

Housing Services/Utilities Assistance

Tuscaloosa Housing Authority (*see description) @ 758-6619
Northport Housing Authority @ 752-8171
Community Service Programs @ 758-4756
YMCA @ 345-9622
VA Homeless Domiciliary @ 554-2000, X1-3395/3396
Habitat Tuscaloosa @ 349-4620
Project Share (Housing Authority) @ 758-6619
Temporary Emergency Services (TES) @ 758-5535
Tuscaloosa Homebuilders Association @ 345-7253

Tuscaloosa Housing Authority (THA)

2117 Jack Warner Pkwy, Suite #2
Tuscaloosa, AL 35401 (205)-758-6619

To apply for **Public Housing** at THA an applicant can pick up an application at the main office in Tuscaloosa, between the hours of 8AM to 5PM, and return the completed application on Tuesdays or Wednesdays between 9:30AM to 3:30PM. Applicants will need to bring the following information with them (all requirements are listed on the cover sheet of the application):

- 2 background checks at the Municipal Court and the Court House (cost is \$10.00 each for every family member 18 years and older)
- Picture ID for all adults in the home 18 years and older
- Social Security card for all family members
- Birth Certificates for all family members
- Proof of income for all adults in the household 18 years and older
- Background check from current landlord (sheet provided with application)

The waiting list for public housing is 1 to 1½ years long.

Family Services

Catholic Family Services @ 759-1268
Tuscaloosa's One Place *see description @ 462-1000
Community Service Programs @ 752-5429
Temporary Emergency Services @ 758-5535
Alabama Goodwill Industries @ 752-1895
West Alabama Food Bank @ 333-5353
Christian Ministry Center @ 752-8399
Community Soup Bowl @ 752-2421
Family Resource Center @ 462-1000
Salvation Army (food and clothing only) @ 553-1601
United Way @ 345-6640

Children's Services

Children's Rehab Services @ 759-1279
Boys and Girls Club of West Alabama @ 553-3879
Big Brothers/Big Sisters @ 758-5734
Brewer Porch Children's Services @ 348-7236
Child Abuse Prevention Services @ 758-1159
Police Athletic League @ 366-9944
United Methodist Children's Home @ 556-1512
Early Intervention (AL Dept. of Rehab) @ 759-1279
Kids and Kin Programs @ 535-0718
UA Child Development Resources @ 348-2650 or 800-791-5437

Vocational Rehab/Employment/Literacy/Adult Education/GED

Department of Rehab Services @ 554-1300
Shelton State Adult Literacy Program @ 391-2671 (Ask for Julia Chancy)
Indian Rivers Supported Employment Program @ 391-3131
Tuscaloosa Career Center @ 759-2576
*Easter Seals @ 759-1211
Tuscaloosa Center for Technology @ 759-3649
*Requires referral from Department of Rehabilitation Services

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Legal Services

Alabama State Bar Volunteer Lawyers Program @ 1-888-857-8571, or
334-269-1515
Legal Services Alabama @ 1-800-403-4872, or 1-877-393-2333

Support Groups

Alcoholic Anonymous

Call for schedule of local AA groups at Bradford 750-0027

Autism Society of Alabama

Covenant Presbyterian Church
1-877-4AUTISM

Bereavement Support Groups

2nd Wednesday at 2:00 pm and Last Thursday at 5:30 pm
Through Hospice of West Alabama 205-523-0101

Bradford Health Services Parent Support Meetings

Every Thursday at 6:00 pm
205-750-0227

Cancer Support Groups

Ashley Stripling @ DCH Cancer Treatment Center
205-759-7877

Celebrate Recovery

Church of Tuscaloosa
205-759-8050

Child Abuse Prevention Services of Alabama

205-758-1159

Compassionate Friends

For parents who have had a child die at any age
Joanna Jacobs @ 205-554-0735

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DivorceCare

First United Methodist Church & First Baptist Church
205-292-1411 Dennis.Harkey@yahoo.com

Emotions Anonymous

For any person with a mental health diagnosis @ Friendship House
205-345-1534

GRASP (Grief Recovery after a Substance Passing)

Meets 2nd Monday of the month at 6:00 pm at Bradford Health Services
Debbie St. John, Coordinator 205-657-7284

The Moodies

For persons with Bipolar Disorder or Depression
Meets twice a month at 6:00 pm at Friendship House
205-310-0070 (Paul Elmore) or 205-553-3137 (Anne) and www.moodies.org

NAMI (National Alliance for the Mentally Ill) Connection

Mental Illness Recovery Support Group, Melissa Young 205-249-0931
Meets 2nd Monday each month at 6:00 pm at 1st Presbyterian Church

NAMI Tuscaloosa Chapter and Family to Family Education group @ 752-5774

NAMI-UA College Chapter @ 348-5083

People First of Alabama @ 709-1479

Survivors of Suicide (SOS)

Contact person: Mary Turner 205-247-5011
Meets 3rd Thursday of each month at 7:00 pm
Trinity United Methodist Church on Bryant Drive

West Alabama AIDS Outreach

Support Group and counseling @ 759-8470

Women for Sobriety

Meets Tuesdays at 5:30 pm at Holy Spirit Church
Contact: Karen @ 205-718-4097

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Bradford Health Services

515 Energy Center Blvd.
Northport, AL 35473 (205)-750-0227

Bradford Health Services is a community oriented, private health care corporation that offers residential/inpatient treatment, intensive outpatient programs, and long-term continuing care. All programs are completely confidential. A key feature of Bradford's commitment to quality outcomes is providing a minimum of two years of free continuing care to anyone successfully completing the treatment programs. Treatment is offered to adolescents and adults and includes family members in all levels of care. Bradford has a free **Emergency Consultation Service (ECS)** available 24/7. Confidential consultations can be provided at the Northport Office with no appointment necessary. When requested, on-site consultations can also be done at hospitals, medical offices, jails, and juvenile settings.

Bradford also offers unique programs such as a **Parent Support Meeting** which meets every Thursday night at 7PM. This is a support meeting for parents, grandparents or friends of persons with substance abuse issues and offers guidance and information to those trying to improve their families circumstances. They also offer the **Concerned Person's Education Program** to educate friends or family members about the process of addiction and codependency, with a goal of learning to intervene and set boundaries.

Substance Abuse Services

Indian Rivers Mental Health Center @ 391-3131
A Woman's Place @ 333-9184
Phoenix House @ 758-3867 – A residential halfway house for individuals with substance abuse problems.
Bradford Health Services @ 750-0227 *see description
VA Medical Center @ 554-2000 X1-3395
Self-Recovery @ 1-866-255-3350 Inpatient Substance Dependence treatment in Demopolis and Jacksonville, AL
The Journey Rehab facility (located in the Clay County Hospital in Ashland, AL) @ 256-354-1121

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What Do I Need To Know About My Medication?

- Take only the medication your doctor prescribes for you.
- Know what you are taking and why you are taking it.
- Keep a list of all your current medications on your person at all times.
- Know the side effects of your medicine. Call the doctor's office right away for any odd side effects.
- If you have more than one doctor, all your doctors need to know about all your medicines.
- Check with your doctor before taking any over-the-counter medicine.
- Take medicines exactly as they are prescribed.
- Alcohol and street drugs do not mix with your medicine; these can cause severe side effects and death.
- Order medicine refills before they run out. Plan ahead.
- Never take anyone else's medicine, or give anyone else your medicine.
- Do not stop taking your medicine without consulting your doctor first.
 - You could experience severe withdrawal effects or a severe rebound of your symptoms.

Medication Resources

- Alabama Prescription Card @ 800-718-7266
- Walgreens Prescription Savings Club @ 1-866-922-7312
- Walmart/Sam's Prescription Program – check with your local Walmart/Sam's Pharmacy for details or go to walmart.com/pharmacy
- Publix – offers free antibiotics and other medication, check with local store pharmacy
- Contact the drug manufacturer of the medication you are taking about their prescription assistance programs
- Request generic prescriptions samples from your doctor's office

Geriatric Services

- West Alabama Area Agency on Aging @ 333-2990 or 345-5545
- Caring Days/Alzheimer Family Support Group @ 752-6840 or 764-1166
- FOCUS on Senior Citizens @ 758-3393
- Legal Counsel for the Elderly @ 348-4960
- Meals on Wheels @ 469-0376 or 752-5429 ext. 228 or 758-4756
- Senior Rx (for medication assistance) @ 1-800-243-5463
- Elder Care Hotline @ 1-800-458-7214
- AL Commission on Aging @ 1-800-243-5463

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***Tuscaloosa Veterans Administration Medical Center (TVAMC)**

All veterans are encouraged to enroll in the VA Health Care System.

TVAMC provides psychosocial residential treatment programs, inpatient acute and recovery psychiatric services, inpatient physical rehabilitation, hospice, home based and ambulatory primary care, and community living center for long term. TVAMC also provides Mental Health Intensive Case Management and a Homeless Domiciliary Residential Rehab Treatment program. Specific Mental Health Services include:

- Outpatient Mental Health Recovery – General Mental Health Clinic, Dementia Clinic, Geropsychiatry Clinic, Nursing Home Consultation, Community Residential Care (CRC) Clinic, Clozaril Clinic, and 30-day follow-up after discharge
- Specialty Services for PTSD, substance use disorders, sexual trauma, dual diagnosis disorders
- Community Advancement Program – Genesis Psychosocial Rehab and Recovery Program, Mental Health Intensive Case Management, Vocational Rehab
- Mental Health Residential Rehab Treatment Programs which provide 24 hour supportive therapeutic treatment for patients with psychosocial skill deficits related to their psychiatric disorders.
- MAPS – Mental Illness, Addiction and PTSD Services Day Program
MAPS is an outpatient program that offers group and individual therapy daily, promotes healthy lifestyle and education to the veteran.
Contact number – 205-554-2000, ext. 2691 for a screening appointment.

To begin the enrollment process, first complete an Application for Health Care Benefits. You can submit this form online at www.1010ez.med.va.gov/sec/vha/1010ez, or print the form and mail to:

VA Medical Center
Business Office-Eligibility
3701 Loop Road East
Tuscaloosa, AL 35404

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You can also bring the form to the Eligibility Office located on the VA Campus on the ground floor of Building 135. Please include the following items with your application:

A copy of both sides of your current insurance card (including Medicare or Medicaid)

A copy of your DD214, armed Forces Report of Transfer or Discharge
Purple Heart recipients only: a copy of your award letter if "Purple Heart" is not noted on your DD214

To speak to someone in the Eligibility Office, please call 205-554-2000 or 1-888-269-3045, ext. 2228 or 3746.

To schedule an appointment with a primary care provider call 205-554-2010 or 1-888-651-2685. You should be able to see your primary care provider within 1 to 2 business days.

Medical Assistance

Maude Whatley Health Center @ 758-6647 or 349-3250
Tuscaloosa County Health Department @ 562-6900
University Medical Center @ 348-1770
Good Samaritan Clinic @ 343-2212
Poison Control Center @ 1-800-222-1222 OR 345-0600
West Alabama AIDS Outreach @ 759-8470
Medicaid Waiver Program through the West Alabama Area Agency on Aging @ 333-2990
Alabama Medicaid Agency @ 391-6779 or 391-6770
MedNet West @ 553-4661
Poison Control @ 345-0600

Services for the Deaf, Hard of Hearing or Sight Impaired

Alabama Institute for the Deaf and Blind, Region V office
@ 345-2883
Alabama Dept of Rehab Services for deaf/HOH and blind/visually impaired
Vocational Rehab for the Deaf and Blind @ 554-1300
Hayden Stewart (counselor for Blind); Allysa McVay (Counselor for Deaf)
OASIS (Visual impairment services for Older Alabamians) @ 334-293-7136; Deaf services @ 334-293-7009
Easter Seals @ 759-1211

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Transportation Assistance

Medicaid Recipient Services @ 1-800-362-1504
Whatley Health Transportation Services @ 758-6647, X3015
Tuscaloosa Transit Authority @ 343-2300
Together We Ride @ 205-333-1577 ext. 213
Kid One Transport @ 1-800-543-7143 OR 1-800-978-1000
Easter Seals @ 722-1004

Disability Application Information

To Apply:

The local Social Security Disability Service Office is located in the Federal Building at 2005 University Blvd., Tuscaloosa, AL 35401

To apply for disability, please call 877-480-4988 to set up an appointment time and be screened for eligibility before coming to the office

You can also apply on-line at www.socialsecurity.gov

Information you will need to provide:

Social Security card/number

Valid ID and proof of birth date

Verification of income, residence, military history, mortgage or rent payments, property deeds of vehicle title/registration, bank account statements, CD's/stock/IRA's, etc.

How to check on the status of your application:

Call the local office

Contact your attorney, if one has been assigned to you for a pending disability hearing

If you are in the hospital, an Outsource Group representative may be able to verify your current status

Social Security Disability Insurance/Supplemental Security Income

Donna Bowden, Social Security Disability Programs Specialist in Montgomery, AL @ 1-800-441-7607

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