



# **Project Reentry COVID-19 Resource Guide**

Updated April 2020

**Visit:** [www.SADO.org/go/coronavirus](http://www.SADO.org/go/coronavirus) | **Follow:** @SADOREentry  
**Contact:** [reentry@sado.org](mailto:reentry@sado.org) or 313-420-2967

## **Message to the Community**

COVID-19 (Coronavirus) is an extremely contagious virus that can lead to serious illness or sometimes death. Each and every one of us has a responsibility to help prevent the spread. The safety of our community and clients is our top priority, and therefore, we stress the importance of following the guidelines provided by the Center for Disease Control found at [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus) and the State of Michigan at [www.michigan.gov/coronavirus](http://www.michigan.gov/coronavirus).

## **Project Reentry Services During this Time**

In order to prevent the spread, Project Reentry is taking precautions and changing the way we live, work, and communicate. At this time, Project Reentry is not permitted to meet with clients in-person. Our intern team is decreasing their workload and our resources are limited. Project Reentry, however, can still offer other types of non-contact assistance with your reentry needs. As always, if you are in need, please reach out by calling 313-420-2967, emailing [reentry@sado.org](mailto:reentry@sado.org), or messaging us on social media @SADOREentry.

We will continue to hold monthly online reentry workshops, so stay tuned for announcements.

## **Acknowledgments**

These resources were compiled from many online databases and websites. Project Reentry would like to especially thank the following for contributing to this COVID-19 resource guide: Margo Dalal, [Detroit Community Wealth Fund](#) and the University of Michigan Poverty Solutions for sharing [this guide](#).

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# Health and Wellness

## HOW TO GET TESTED FOR COVID-19

Detroit is working to get every resident tested for COVID-19. Residents of Wayne, Oakland, and Macomb county can get tested at the drive through testing site in Detroit, MI.

### Location

Joe Dumars Field House  
1120 W State Fair Ave. Detroit, MI

**Call to Schedule Appointment:** 313-230-0505

### Eligibility

As of April 1, 2020, you must have a prescription from your doctor and a valid I.D. The City of Detroit is working on ways to expand testing for people who do not have a doctor or insurance. The Mayor is soliciting doctors, clinicians, and transportation services to sign up to assist people with out medical care and/or transportation with getting tested. If you don't have a doctor or transportation but need testing, residents are asked to call 313-876-4000 or locate a doctor accepting new patients.

**List of Doctors Accepting New Patients and Testing Information**  
[Detroitmi.gov](http://Detroitmi.gov)

## MEDICAL SERVICES AND TELEMEDICINE

### Telemedicine

Doctors and healthcare networks are providing services over the phone. If you are not in need of urgent care, it is best to stay home and consult with your doctor over the phone. However, emergency departments are open and operating as usual. If you are experiencing a medical emergency you should not hesitate to call 911 or go to your local ER.

### Plum Health Direct Primary Care [Plum Health Website](#)

Plum Health DPC is a great health care option for people who are underinsured or have no insurance. Plum Health DPC is an innovative health network that does not take insurance but rather charges flat monthly membership fee. Being a member of Plum gets you access to primary care, easily scheduling by phone, text, or email, laboratory services, and

prescription services. **Phone:** 313-444-5630. **Location:** 1620 Michigan Ave. Suite 125, Detroit, MI 48216.

**EPIC Primary Care** [EPIC Primary Care Website](#)

EPIC primary care is taking appointments by video and phone. They accept a wide variety of insurances and provide many services including diagnostics, in office lab testing, mental health counseling for individuals and families, and transportation to appointments. **Phone** Southfield and Ferndale: 248-336-4000, Detroit: 313-861-4400. **Locations:** EPIC Primary care has locations in Southfield, Ferndale, and Detroit.

**Oak Street Health** [Oak Street Health Website](#)

Oak Street Health is a large health network providing services to the underserved elderly population and people on Medicare. They provide an array of services including telehealth and transportation to and from appointments. **Phone:** 844-644-4251. **Locations:** Oak Street Health has several locations in MetroDetroit and across the state of Michigan. Please visit [Oak Street Health Website](#)

## **COVID-19 MEDICAL HOTLINES and INFORMATION**

- **Michigan Department of Health and Human Services:** 1-888-535-6136 or email [covid19@mi.gov](mailto:covid19@mi.gov)
- **Beaumont Hospital:** 248-551-7000
- **Detroit Medical Center:** 1-888-DMC-3370
- **Wayne County:** 734-287-7870
- **Oakland County:** 248-858-1000
- **Oakland Co Nurse Hotline:** 1-800- 848-5533
- **Center for Disease Control:** [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)
- **Michigan Government:** [www.michigan.gov/coronavirus](http://www.michigan.gov/coronavirus)
- **City of Detroit:** <https://detroitmi.gov/>

## PHARMACY DELIVERY OPTIONS

If you are in need of a prescription or need a prescription refilled, call your pharmacy and ask about delivery options. If your pharmacy is not offering delivery services, call your doctor and ask them to send the prescription to pharmacy offering delivery services if possible.

### Prescription Delivery Services

- Simple Meds [simplemeds.com](http://simplemeds.com)
- Pill Pack [pillpack.com](http://pillpack.com)
- NowRx [nowrx.com/](http://nowrx.com/)

### Prescription Discounts

Good Rx [goodrx.com](http://goodrx.com)

## WHAT TO DO IF YOU ARE SICK

**If you are sick or have COVID-19 symptoms (shortness of breath, fever, and a dry cough), you should do the following:**

- Stay home and avoid all public interaction; avoid public transportation. (If you have a parole appointment, call your agent.)
- Stay away from others in your home and away from pets as much as possible.
- Call your doctor to ask about testing options. Call the Michigan Department of Health and Human Services (MDHHS) hotline at 1-888-535-6136 if you are unable to get answers. The doctor or call center will advise as to whether you need to seek treatment options. If you are still unable to get answers, reach out to Project Reentry and we may be able to provide guidance.
- Continue to follow all prevention steps outlined below

## 7 STEPS TO STOP THE SPREAD

**Visit the Center for Disease Control's website for details on preventing the spread and what to do if you are sick.**

### **[CDC Prevent the Spread](#)**

1. Wash your hands frequently
2. Avoid touching your eyes, nose, and mouth

3. Cover your cough using the bend of your elbow or tissue
4. Avoid crowded places or anyone that has a fever or cough
5. Stay at home if you feel unwell
6. If you have a fever, cough, and difficulty breathing, seek medical care early- but call first
7. Get information from trusted sources

## **Mental Health**

There are many different ways to take care of your mental health. For some, mental health may look like going to therapy every week, and for others it may be having dinner with friends or working out at the gym. Mental health is unique to individuals, but no matter what it looks like to you, COVID-19 has likely changed your routines. The solution may be the opportunity to explore other tools but a change in routine can also cause distress or become another barrier to receiving care. Therefore, it's important to recognize you are not alone and there are still resources available despite the world on hold.

### **ONLINE SUPPORT COMMUNITIES**

If you are feeling isolated or in need of resources, one of the most accessible resources is the Internet. In times of COVID-19, communities have come together more than ever on the web. There are many online support groups and communities actively sharing resources on social media.

#### **National Alliance on Mental Health Online Support Groups**

Find a support group that matches your mental health needs. [www.nami.org](http://www.nami.org)

#### **7 Cups**

Free online text chat with a trained listener for emotional support and counseling. Also offers fee-for-service online therapy with a licensed mental health professional. Service/website also offered in Spanish. [www.7cups.com](http://www.7cups.com)

#### **The Tribe Wellness Community**

Free, online peer support groups offering members facing mental health challenges and/or difficult family dynamics a safe place to connect. Support groups include Addiction, Anxiety, Depression, HIV/AIDS, LGBT, Marriage/Family, OCD and Teens. <https://support.therapytribe.com/>

### **For Like Minds**

Online mental health support network that allows for individuals to connect with others who are living with or supporting someone with mental health conditions, substance use disorders, and stressful life events.

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

**Online Alcoholics Anonymous Meetings:** [aa-intergroup.org/directory](http://aa-intergroup.org/directory)

**Online Narcotics Anonymous Meetings:** [virtual-na.org/](http://virtual-na.org/)

**MetroDetroit COVID-19 Support Group:** Support and resource sharing, join via Facebook

**Virus Anxiety:** [www.virusanxiety.com](http://www.virusanxiety.com)

## **TELE-THERAPY**

### **Detroit Wayne Mental Health Authority**

Mental health and substance abuse agencies are open and taking appointments for counseling. Counseling is being provided over the phone or video at some agencies. To make an appointment, call 1-800-241-4949.

### **Oakland Community Health Network**

Providing crisis counseling and substance abuse counseling during this time  
Crisis Line: 800-231-1127. Substance Abuse Counseling: 248-464-6363.

### **Macomb Community Mental Health**

Taking intakes and providing tele-counseling and over the phone psychiatry appointments for all outpatient services. Access number: 855-996-2264.

### **Re-Connect Mylife Tele-therapy**

Specializing in depression, anxiety, and trauma. Currently accepting new patients for tele-therapy Accepts a variety of insurance, call first to confirm. Phone: 810-515-1931. [re-connectmylife.com](http://re-connectmylife.com)

### **Wise Mind Psychology**

Specializing in trauma counseling and therapy for individuals who were formerly incarcerated. Accept Medicaid, Medicare, sliding fee, and private insurance. Phone: 734-682-5544



## **MINDFULNESS AND FITNESS**

There are numerous mindfulness and meditation Apps and websites providing free classes, tools, and resources. Many studios and gyms are offering free virtual workout classes too. Search the web or your community COVID-19 support groups for free classes near you.

### **Mindfulness Apps**

“Calm” or “Headspace” for guided meditations

### **Mindful Detroit Yoga and Meditation Series**

Weekly on Thursdays beginning April 2<sup>nd</sup>

12:00pm-12:45pm

FREE| No mat required

Zoom Meeting

Link: <https://zoom.us/j/387522495>, Meeting ID: 387 522 495

### **Orange Theory**

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

If the local gym is closed and you want daily motivation to stay in shape, check out Orange Theory. Orange Theory’s monthly membership averages \$99 but during the shut down, the company is posting daily online workshops for free.

## **NATIONAL and LOCAL CRISIS HOTLINES**

Crisis hotlines provide an accessible space to talk to a person when you or a loved one is in a crisis or are at risk of attempting suicide. When you call or text a crisis line, a trained representative will be there to listen and assist. All calls to crisis lines are confidential. A crisis may be feeling overwhelmed with stress, experiencing anxiety or depression, conflict with friends or family, grief from losing a loved one, having suicidal thoughts or preparing to attempt suicide, or worried a loved one is a risk of suicide.

**National Suicide Prevention Hotline** 1-800-274-8255

**Ozone House Crisis Line for Youth, parents, and families** 734-662-2222

### **Wayne County**

Community Mental Health 1-800-241-4949

Northeast Guidance Center 844-296-COPE (2673)

### **Oakland County**

Community Health Network 800-231-1127

Common Ground for youth, parents, and families 1-800-231-1127

### **Macomb County**

Macomb Community Mental Health 855-927-4747

### **Domestic Violence Hotline**

National 1-800-799-7233

Michigan 734-995-5444

## **Financial Assistance**

### **HOW TO FILE FOR UNEMPLOYMENT IN MICHIGAN**

Many people have lost their main source of income due to COVID-19 or had to quit their jobs to protect their health. Unemployment eligibility has been expanded due to COVID-19 and you should file if you have lost your job. Due to heavy traffic, the phone number and website to file may be interrupted but do not let that deter you from filing. You may have to attempt more than once. **To cope with heavy phone and web traffic, the UIA asks to file on specific days based on your last name.**

<b>UNEMPLOYMENT INSURANCE</b>			
<b>File Your Claim By Last Name</b>			
<b>ONLINE SCHEDULE:</b>		<b>CALL CENTER SCHEDULE:</b>	
 <b>michigan.gov/uia</b>		 <b>1-866-500-0017</b>	
WEBSITE IS 24/7		8AM-5PM MON-FRI, 7AM-2PM SAT	
<b>A-L</b>	<b>M-Z</b>	<b>A-L</b>	<b>M-Z</b>
FILE CLAIMS	FILE CLAIMS	CALL ON	CALL ON
Monday	Sunday	Monday	Tuesday
Wednesday	Tuesday	&	&
Friday	Thursday	Wednesday	Thursday
Saturday if you missed your days		Friday and Saturday if you missed your days	

**Michigan Unemployment Agency Phone 1-866-500-0017**

**File Online** [Michigan.gov/uia](https://www.michigan.gov/uia)

- Click “For Employees”
- What you need to file
  - Social Security Number
  - State ID or Driver’s License
  - Names, addresses, and earnings from employers over the last 18 months
  - Most recent Employer’s federal ID number (found on W2 form)

**Questions?** Visit [COVID-19 and Unemployment Benefits](#)

## **FEDERAL STIMULUS RELIEF FUNDS**

The COVID-19 2 trillion-dollar relief bill will provide a check directly to Americans who qualify.

### **Eligibility**

- A valid social security number
- 2018 or 2019 tax return
- OR Social Security Beneficiary

The IRS will look at your income from 2018 or 2019 federal tax returns

Most adults will get \$1,200, although some will get less. For every qualifying child age 16 or under, the payment will be an additional \$500.

Single adults with Social Security numbers who have an adjusted gross income of \$75,000 or less will get the full amount. Married couples with no children earning \$150,000 or less will receive a total of \$2,400. And taxpayers filing as head of household will get the full payment if they earned \$112,500 or less.

### **Important to Know**

- File your taxes as soon as possible if you have not filed a 2018 return
- If you are a recipient of SSI or SSDI, you do not need to file taxes. A check will be deposited to your bank account or you will receive a paper check.
- 

The IRS has the most accurate, up to date, and in depth details about the federal stimulus relief funds. Visit <https://www.irs.gov/coronavirus>

## **CASH ASSISTANCE FOR MOTHERS AND PREGNANT WOMEN**

Prevention Assistance and Temporary Housing (PATH). The PATH program eligibility requirement has been withdrawn due to COVID-19. Mothers and pregnant women receiving cash assistance typically must enroll in the PATH program, which requires a 21 day assessment period and essentially mandates the recipient to document their search for employment.

**Apply for Cash Assistance** [newmibridges.michigan.gov](http://newmibridges.michigan.gov)

## **GOFUNDME AND MUTUAL AID**

Now, more than ever, communities are pulling their resources together and sharing funds.

### **Returning Citizens GoFundMe**

[Returning Citizens GoFundMe](#)

### **Prison Creative Arts Project Financial Aid/Mutual Aid**

[pcapmutualaid.com/](http://pcapmutualaid.com/)

### **Spreadsheet of Localized COVID-19 Resources**

[COVID-19 mutual aid](#)

\*Credit to Margo Dalal of the [Detroit Community Wealth Fund](#)

## **Social Media**

Follow your local community support group such as the MetroDetroit COVID-19 Support Group on Facebook.

## **COMPANIES WAIVING FEES**

Call or visit company websites for details

Ally Financial  
AT&T  
Capital One  
Chase  
Citi

Discover  
DTE  
Ford Motor  
Navy Federal  
PNC Bank

Sprint  
T-Mobile  
Verizon

# Utility Assistance

## UTILITY ASSISTANCE OVERVIEW

- **DTE suspended gas and electrical shut offs** during the COVID-19 pandemic. Details [DTE covid-19 Response](#)
- Per executive order **water is being turned on to homes that have been disconnected**. Contact your cities water department for information if your water was shut off.
  - [Detroitmi.gov](#)
  - [Macomb Water and Sewer](#)
  - [Oakland County Water and Sewer](#)
- **State Wide Moratorium on Evictions**
  - Michigan is prohibiting evictions from residential properties, including mobile homes, during the coronavirus pandemic
  - Residents do not need to take any action in order to avoid eviction. Tenants are still responsible for rent owed.
- For all the details [Federal Housing Administration](#)

## FREE INTERNET

### Comcast

New Internet Essentials customers will receive two free months of Internet service, which is available to all qualified low-income households for \$9.95/month plus tax. Apply by April 30, 2020.

**Apply:** [apply.internetessentials.com/](https://apply.internetessentials.com/)

**View full list of all telephone and broadband companies waiving fees**

<https://www.fcc.gov/keep-americans-connected>

# Food and Nutrition

## LOCAL FOOD DISTRIBUTORS

Visit [forgottenharvest.org/find-food/](http://forgottenharvest.org/find-food/) and [211.org](http://211.org)

## METRODETROIT FOOD RESOURCES

### Gleaners Food Bank Food Distribution

#### Distribution sites and times

- Roberto Clemente Recreation Center  
2631 Bagley St. Detroit, MI  
Every other Wednesday starting March 25  
2:30pm-5:30pm
- Heilmann Recreation Center  
19601 Crusade St. Detroit, MI  
Every other Thursday starting March 26  
2:30pm-5:30pm
- Coleman A. Young Recreation Center  
2751 Robert Bradby Dr., Detroit, MI  
Every other Saturday starting March 29  
1:30-4:30pm

### Ford Resource and Engagement Center (FREC) Detroit East

15491 Maddelein St.

Detroit, MI 48205

313-733-1240

Follow @FRECCity on Facebook for up to date distribution times

Call 313-962-4888 for eligibility

### FREC Detroit Southwest

2826 Bagley St.

Detroit, MI 48216

Follow @FRECCity on Facebook for up to date distribution times

Call 313-962-4888 for eligibility

### Focus: Hope

Food distribution centers are offering pre-packaged food boxes via drive-up distribution for seniors 60 and older who meet income requirements and live in Wayne, Oakland, Macomb or Washtenaw counties.

Westside Food Center: 1300 Oakman Blvd., Detroit, MI  
Eastside Food Center: 9151 Chalmers, Detroit, MI  
Monday-Thursday 8:00am- 4:00pm  
Friday 8:00am-12:00pm  
Phone: 313-494-4442

### **Grocery Deliveries for Seniors and Vulnerable residents**

Unity in the Community Time Bank

Phone: 313-451-0135

[UOC.timebank@gmail.com](mailto:UOC.timebank@gmail.com)

[www.southwestdetroittimebank.org](http://www.southwestdetroittimebank.org)

### **ACCESS**

Free GRAB n GO packaged dinners for children 18 years and under

Monday-Friday

3 p.m. – 5 p.m

Phone: 313-203-3406

Dearborn: 2651 Saulino Ct. or 13624 Michigan Ave

Detroit: 16427 W. Warren

### **Michigan Muslims for High-Risk Individuals**

Free grocery delivery

Phone: 734-274-9207

### **MACOMB COUNTY**

Click link to locate food resources in Macomb during the COVID-19 outbreak

[List of Macomb Food Banks and Distributors](#)

### **OAKLAND COUNTY**

#### **Baldwin Center's Soup Kitchen**

providing bag lunches and drive-thru grocery pick-up

Mondays, Wednesdays and Fridays

10:45AM-1:00PM.

212 Baldwin Ave, Pontiac, MI 48342

#### **The Dream Center of Pontiac at Woodside Bible Church**

Providing meals and a drive-thru food pantry

Mondays through Fridays

10:00-11:00AM.

830 Auburn Rd, Pontiac, MI 48342

248-499-6416

#### **Pontiac Community Foundation**

79 Oakland Ave, Pontiac, MI 48342. Phone: (248) 600-9541.

[Oakland County Food Resources](#) - Click to view comprehensive food resource list

## **SNAP/BRIDGE CARD BENEFITS**

The work requirement has been removed for SNAP beneficiaries during the COVID-19 pandemic. See details about SNAP eligibility and apply [here](#). Individuals are eligible to receive \$194/month for food and groceries.

## **STAY SAFE GROCERY SHOPPING TIPS**

COVID-19 can live on a variety of surfaces for multiple days.  
[Watch this video.](#)

1. Maintain your distance from others at the store
2. Know what you are going to buy before you pick it up and put it in your cart
3. If possible sanitize your cart before and after
4. If possible, have a designated space for groceries in your care
5. Use sanitizer and wash your hands
6. Have a designated space to unpack your groceries at home
7. While unpacking groceries, sanitize packaging with spray or sanitary wipes
8. Remove unnecessary packaging and throw away
9. If possible clean fruits and vegetables in soapy water or use a 10% bleach solution
10. Wash your hands and don't touch your face



# Advocacy, Reentry, and COVID-19 Community Support

## ORGANIZATIONS PROVIDING REENTRY SUPPORT

### Project Reentry

The reentry team at SADO is committed to continuing to provide support to people who have been incarcerated. Project Reentry is hosting virtual meetings via Zoom to stay engaged as a community, share resources, and support each other.

**Social Media:** @SADOREENTRY

**Phone:** 313-420-2967

**Email:** [Reentry@sado.org](mailto:Reentry@sado.org)

### State Appellate Defender Office (SADO)

To learn about what the defense community is doing across the state and to advocate for people incarcerated, and learn how you can help, connect with SADO.

**Social Media:** @SADOMICH

**Website:** [www.sado.org/](http://www.sado.org/)

**Phone:** 313-256-9833

### Michigan Liberation

MI Liberation is an advocacy organization pushing for comprehensive criminal justice reform. They are hosting many virtual events and providing ways to engage and make change.

**Website:** <https://miliberation.org/>

**Social Media:** @MILiberation

### American Friends Service Committee

AMSC is an advocacy organization actively working to change policies that cause harm to people incarcerated. They also provide many services to support people incarcerated and aide with reentry after incarceration.

**Social Media:** @afscmicjprogram

**Website:** [prisoneradvocacy.org/](http://prisoneradvocacy.org/)

**Phone:** 734-761-8283

### Youth Justice Fund

"The mission of the Youth Justice Fund is to assist returning citizens sentenced as youth to a term of imprisonment, with services and resources

necessary to ensure human dignity and full participation in their communities. "

**Website:** <https://www.yjfund.org/>

**Phone:** 734-800-1612 or 616-304-1460

**Email:** [info@yjfund.org](mailto:info@yjfund.org)

### **Safe And Just Michigan**

"Safe & Just Michigan works to advance policies that end Michigan's over-use of incarceration and promote community safety and healing." Their advocacy work includes working to pass the Clean Slate initiative, expanding alternatives to incarceration, and reforming sentencing policies.

**Social Media:** @safeandjustmi

**Website:** <https://www.safeandjustmi.org/>

**Phone:** 517-482-7753

**Email:** [info@safeandjustmi.org](mailto:info@safeandjustmi.org)

### **Redeeming Kimberly**

Redeeming Kimberly is a reentry organization serving many people but especially women who have been incarcerated. Hosting many virtual support groups for people in need of resources or a space to talk.

**Website:** [redeeming-kimberly](http://redeeming-kimberly)

**Phone:** 313-957-1410

**Email:** [redemptionkimberly5317@gmail.com](mailto:redemptionkimberly5317@gmail.com)

### **A Brighter Way**

A Brighter Way provides assistance, support, and guidance to formerly incarcerated individuals as they transition back into the community.

**Website:** [abrighterway.org/](http://abrighterway.org/)

**Phone:** 734-646-1587

**Email:** [abwmentoring@gmail.com](mailto:abwmentoring@gmail.com)

## **MACOMB, OAKLAND, AND WAYNE COMMUNITY RESOURCES**

The Wayne State School of Social Work has compiled a list of community resources for people in Macomb, Oakland, and Wayne Counties. Visit <https://socialwork.wayne.edu/coronavirus/resources> for resources covering energy, financial, food, health, housing, internet and cell phone service, mental health counseling, transportation, unemployment, and water resources.

## **GENERAL LEGAL RESOURCES**

Visit Michigan Legal Help for information about how COVID-19 may affect your legal problem and for assistance. <https://michiganlegalhelp.org/>