

**Office of Student Programs**

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**Resources**

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 **GUIDE**

201 Community College Drive

Bienvenue Student Center, Suite 142

Baton Rouge, La 70806

**Introduction**

This resource guide is a resource that can guide you through the steps you may need to follow to be self-sufficient if and when a situation or needs arise. It is impossible to predict every situation, but you can use this resource guide as a tool to assist you during difficult times.

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**Housing**

When you are on a quest for housing in the Baton Rouge area, there are many options to choose. Rates and amenities may vary, but there are existing accommodations to meet your needs. Below you will find a listing of companies that manage different properties.

* Patrician Management

8027 Jefferson Hwy.

Baton Rouge, La 70809

Telephone: (225) 273- 6000

Website: patricianmanagement.com

 Properties: Manages 9 apartment properties and other housing accommodations

* A. C. Lewis Management

7982 Brandon Drive

Baton Rouge, La 70809

Telephone: (225) 923-3771

Website: aclewismanagement.com

Properties: Manages 5 apartment properties and other housing accommodations

* Latter & Blum Property Management

Website: latterblumpm.com

Properties: Manages several apartment properties and other housing accommodations

* Apartment Finder

Website: apartmentfinder.com

Properties: Apartment finder has a listing of all apartment properties in Greater Baton Rouge, Denham Springs, Gonzales, Hammond, and Zachary - Louisiana

**Mental Health**

Recovering from the emotional impact of an unexpected or expected situation can place you a position of hopelessness. You can’t take away the feeling of shock after such an experience, but you can reduce the feeling that everything is out of control.

**Emotional impacts may cause emotional responses. Normal responses include:**

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* Numbness, apathy or depression
* Difficulty concentrating or making decisions
* Anxiety, restlessness, irritability or fear
* Sleep disturbance
* Fatigue

**Mental health survival tips**

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* Stay calm and assured
* Don’t stay by yourself if you can avoid it
* Accept help from others
* Talk about your feelings

**For your long-term adjustment**

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* Allow yourself to cry
* Get some exercise
* Seek counseling if you continue to feel depressed, anxious or debilitated

Once you and your family are in a safe place, collect yourselves and have discussions about your immediate needs. The following community and campus assistance is available:

Capital Area Human Service District

4615 Government Street

Baton Rouge, LA 70806

(225) 925-1906

BRCC Office of Counseling and Disability Services

201 Community College Drive

Baton Rouge, LA 70806

Bienvenue Student Center

(225) 216 – 8503

**Individual/Family Functional Needs**

No individual can anticipate their need(s) before, during or after an emergency situation. The following are some agencies that are available to help when seeking assistance:

* SNAP – Supplemental Nutrition Assistance Program: Provides monthly benefits that help low income households buy the food they need.

Telephone: (225) 342-6700 or 1(888) 524-3578

Email: dcfs.webmaster@la.gov

Help with SNAP applications email alma@brfoodbank.org

* FITAP – Family Independence Temporary Assistance Program: Provides temporary cash assistance to eligible low income families who need assistance for their children

Telephone: (225) 342-6700 or 1(888) 524-3578

Email: dcfs.webmaster@la.gov

* KCSP- Kinship Care Subsidy Program: Provides cash assistance for eligible children that reside with qualified relatives other than their parents

Telephone: (225) 342-6700 or 1(888) 524-3578

Email: dcfs.webmaster@la.gov

* CCAP – Child Care Assistance Program: Provides assistance to families to help pay for child care needed in order to work, attend school or training and is now provided by the Louisiana Department of Education.

Telephone: (225) 342-6700

Email: dcfs.webmaster@la.gov

**FREE Legal Aid Louisiana (Pro Bono Help & Assistance)**

**………………………………………………………………………………………………………**

* Capital Area Legal Services Corporation

200 3rd Street

Baton Rouge, LA 70801-1304

Telephone: (225) 387- 5173

Intake telephone: 1 (800) 256 – 1900

Website: http://www.calcla.org

* Baton Rouge Bar Foundation Pro Bono Project

541 Main Street

Baton Rouge, La 70802

Telephone: (25)344 – 4803

Fax: (225) 344 - 4805

**Louisiana Low Income Home Entergy Assistance Program (LIHEAP)**

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LIHEAP provides households with assistance in meeting their monthly utility bills. Priority is given to those who may be elderly, disabled, have families with children and/or have the highest energy consumption.

Contact information:

Telephone: 1(888) 454-2001

Fax: (225) 754-1469

Website: energyawebinfo@lhc.la.gov

**Community Resources**

The following community based resources can provide additional assistance in preparing and/or minimize the risk and effect in the event a need arises:

* Family Services of Greater Baton Rouge

4727 Revere Avenue

Baton Rouge, LA 70808

Website: info@fsgrbr.org

Programs: Parenting Center, Counseling, HIV Care Coordination, and Domestic Abuse Intervention

* IRIS Domestic Violence Center of Baton Rouge

Telephone: (225) 389-3001

Toll Free: 1(800) 541-9706

Website: info@stopdv.org

Mission: The mission of IRIS Domestic Violence Center is to empower survivors, prevent relationship violence, and promote justice for victims of domestic and dating violence, their children and our communities.

Services provided: 24 hour Crisis Line, Shelter Services, Legal Services and Children Services

* S.T.A.R – Sexual Trauma Awareness Response …Need to Talk?

8281 Good wood Blvd. Suite 1-2

Baton Rouge, La 70806

Telephone: (225) 615-7093

Telephone: 24/7 Hotline (855) 435- STAR

Mission: To support survivors of sexual trauma, improve systems response, and create social change to end sexual violence

* HIV/AIDS Alliance for Region Two (HAART)

4550 North Boulevard, Suite 250

Baton Rouge, LA 70806

Telephone: (225) 927 – 1269

Website: [www.haartinc.org](http://www.haartinc.org)

Mission: To provide affordable quality health care to our community.

* United Way

225.383.2643

Dial 211 anywhere

[www.cauw.org](http://www.cauw.org) or info@cauw.org

* Hope Ministries

4643 Winbourne Ave BRLA 70805

225.355.0702

Client Choice Food Pantry – this allows folks to shop in a set up like a grocery store. This is near the Acadian Instructional Site but not far from our Mid City Campus either

* Greater Baton Rouge Food Bank

10600 S. Choctaw Drive

Baton Rouge, La 70815

Telephone: (225) 359 – 9940

Help with SNAP applications email alma@brfoodbank.org

Mission: To feed the hungry in the Baton Rouge and surrounding parishes by providing food and educational outreach through faith-based and other community partners.

**BRCC Campus Resources**

* Campus Library

Mid-city Magnolia Building

Telephone: (225) 216-8555

*Website for more information*: [www.mybrcc.edu](http://www.mybrcc.edu)

The BRCC libraries identify and meet educational and research needs to increase information literacy, life-long learning and quality of life.

* Academic Learning Center

Mid-city Magnolia Building

Telephone: (225) 216-8300

*Website for more information*: [www.mybrcc.edu](http://www.mybrcc.edu)

The Academic Learning Center provides all students with a safe and supportive environment for learning that promotes peer interaction through conversation and collaboration.

* Office of Counseling and Disability Services

Bienvenue Student Center

Telephone: (225) 216-8503

*Website for more information*: [www.mybrcc.edu](http://www.mybrcc.edu)

In support of the college’s mission to identify and meet the educational needs of its community through innovative, dynamic programs, Counseling and Disability Services ensures equal access to all campus programs and activities.

* Campus Police

Bienvenue Student Center

Telephone: (225) 216-8001 / non-emergencies

 (225) 216-8888 / emergencies

*Website for more information*: [www.mybrcc.edu](http://www.mybrcc.edu)

The Baton Rouge Community College police department is committed to providing and maintaining a safe environment to employees, students, and visitors at the college.

* Campus Bookstore

Bienvenue Student Center

Telephone: (225) 216-8012

*Website for more information:* bookstoreinfo@mybrcc.edu

**Dean of Students Office (FAQ’s)**

I…

* Have death in the family…?
* Have a family emergency and need to go home and will miss class…?
* Was sick and missed class…?

Students are expected to attend class regularly and to abide by the attendance policy. Students should contact their professor/instructor via email, telephone or through the instructor’s department, letting them know their situation and to work out a plan for completing assignments.

Is information shared with the Dean of Students office confidential?

* Yes. This office works with students to protect their privacy.

I am feeling homesick, depressed, anxious, nervous and upset. Where can I go?

* BRCC offers counseling services which provides free counseling for students. You can call 225.216.8503 or send an email to disabilityservices@mybrcc.edu to schedule an appointment, or you can visit the Bienvenue Student Center, Room 112 and we can help you get connected to the right resources.

How will I know about weather related school closings?

* The best way to receive this information is being registered with BRCC Connect, the text and email alert system for the campus. You may register at mybrcc.edu website and click on the ‘Login Button’ at the top right the page.

Where do I go to log in to my BRCC student email account?

* You can access your BRCC student email account by going to the www.mybrcc.edu website and clicking on the ‘Login button’ at the top right of the webpage, from there you can select Student Email.

How do I get a transfer reference sheet signed for another university?

* Please visit the Dean of Students office located in the Bienvenue Student Center, suite 142, to have the transfer completed and signed. You will need a current photo ID and you must have a GPA of 2.0 in order for the transfer to be processed.

**Additional Resources**

**Make a Plan**

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The more you have planned out ahead of time, the calmer and more assured you will be during an emergency. After an emergency or disaster, basic services may be unavailable. Your pre-established emergency plan will help you to be safe and possibly make you available to help others.

**Talk**

* Talk to family members, friends and co-workers about how to prepare and respond to emergencies.
* Talk with persons in your community and determine what resources are available and how to pool them together to help as many neighbors as possible.
* Identify each person’s role and plan to work together as a team.

**Plan**

* Choose two places to meet after a disaster.
* Choose an out-of-state contact. Everyone should have a copy of the contact numbers to check in.
* Store emergency contact information in your cell phone under “ICE” for In Case of Emergency.

**Practice**

* Practice fire drills twice a year. It’s easy to remember to do it when you change your clocks.
* Practice escaping your home twice a year using multiple exit routes.
* Make it a fun day with kids by practicing with your emergency supplies. Be sure to replace your supplies.

**First aid kit- you can buy one or build one using the list below.**

* Disposable gloves, 2 pairs
* Scissors and safety pins
* Roll of gauze and elastic bandages
* Non-stick sterile pads (different sizes)
* Assorted adhesive pads
* Triangle bandages, 3
* Aspirin or substitute
* Antibiotic ointment
* Antihistamines
* Sanitary napkins
* Current prescription medicines
* Disinfectant (for cleaning wounds)
* Petroleum Jelly
* Cotton Balls
* Sunscreen
* Thermometer
* Tongue depressors, 2
* Soap and clean cloth / moistened towelettes
* Waterless hand cleaner
* Tweezers / needle
* Eye dressing pad
* Paper tape
* Small plastic cup
* Pen and note paper
* Emergency phone numbers

*Keep all medications on their original containers and check periodical for expiration dates and replace as needed.*

**Additional supplies**

* Flashlight (battery or alternative powered)
* Radio (battery or alternative powered)
* Extra batteries
* Solar charger
* Copies of important documents
* Family contact information and copy of family’s emergency plan
* Cash – small denominations, such as $1 or $5
* Pet supplies
* Hygiene items such as toothbrush, toothpaste, soap, etc.
* Multi-purpose tool and work gloves
* Comfort items, such as toys, games, family photos, etc.
* Manual can opener
* Duct tape and plastic sheeting

**Vehicle and work supplies (keep in container with a lid)**

* Blanket(s) and/or sleeping bag
* Booster cables and tool kit (car only)
* Bottled water
* Canned fruits/nuts
* Manual can opener
* Emergency flares and distress flag/sign
* First kit and reference guide
* Cell phone charger

*Review your supplies every six months. Replace any items nearing expiration dates*.

***Baton Rouge Community College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities.***

***\*Information is subject to change***

**12/09/16**