



# UCHRA Van Buren County Head Start Community Resource Guide 2020 - 2021

Disclaimer: This Community Resource Book is produced for the purpose of distribution to families enrolled in UCHRA Van Buren County Head Start. Community Agencies listed within were identified based on potential needs of the population served by Head Start and is not intended to be inclusive of all entities that provide these services. UCHRA Van Buren County Head Start does not endorse any of the services/providers within, nor take responsibility for changes in any information represented after publication.

## TABLE OF CONTENTS

Emergency Contacts.....	3
Telephone Prefixes.....	4
Van Buren County Offices.....	5
Education.....	6
Special Education Advocacy.....	8
Counseling ~ Special Needs Services ~ Support Groups.....	9
Employment.....	12
Family Services.....	13
Medical ~ Health ~ Nutrition.....	14
Housing.....	17
Food Source.....	18
Legal Aid.....	19
Transportation.....	20
Substance Abuse Assistance.....	21
HIV Testing ~ Support.....	22
State Resources.....	22
National Resources.....	23
State Officials.....	24

## Emergency Numbers and Hotlines

**Dial 911 for Emergencies ONLY**

**All Non-Emergency Dial Central Dispatch  
946-400 or 946-4357**

**Van Buren County Sheriff's Office: 946-2118  
Volunteer Fire Departments: 911**

**Spencer                  Rocky River                  Piney                  Cedar Grove                  Fall Creek Falls**

Avalon Women's Shelter (Crisis Line)	1-800-641-3434
Genesis House Shelter/Sexual Assault Hotline/ Spousal Abuse Hotline	1-800-707-5197
Child Abuse Hotline	1-877-237-0004
Child Support Hotline	1-800-838-6911
Cookeville Regional Medical Center	931-528-2541
Cumberland Medical Center	931-484-9511
Erlanger Bledsoe	423-447-2112
Families Assistance Helpline	(866) 311-4287 or (615) 743-2000
Legal Aid	1-800-262-6817
Mental Health Crisis Line	1-855-CRISIS-1
Poison Control	1-800-222-1222
River Park Hospital	931-815-4000
Social Security Administration	1-800-772-1213
BlueCross BlueShield of Tennessee	1-800-565-9140
Van Buren County Ambulance Services	931- 946-8181

Van Buren County Fire & Rescue Squad

931-946-2332

White County Hospital

931-738-9211

**TELEPHONE PREFIXES**

Altamont .....	692
Coalmont.....	592
College Station .....	554
Crossville .....	456, 484, 707, 459
Dayton .....	775
Fall Creek Falls.....	881
Graysville .....	775
Jasper .....	942
McMinnville .....	473
Nine Mile .....	533
Palmer.....	779
Pikeville .....	447
Signal Mountain .....	886
Sparta .....	836,761,738
Spencer .....	946
Spring City .....	365
Whitwell .....	658

**VAN BUREN COUNTY ADMINISTRATIVE BUILDING**

County Executive	946-2314
Trustee Office	946-2263
Register of Deeds	946-7363
County Court Clerk	946-2121
Tax Assessor	946-2451
Election Commission	946-2728
Chamber of Commerce	946-7033
Circuit Court Clerk	946-2153
Clerk and Master	946-7175

**COUNTY OFFICES**

Agricultural Extension Office	946-2435
Highway Department & Garage	946-2161, 946-2279, Fax - 946-7424
Soil Conservation	946-2614
Department of Human Services	946-2437
Public Health Department	946-2438
Superintendent of Schools	946-2242
Van Buren County Senior Citizen's Center	946-7434
Van Buren Senior Companion Program	946-2607

## EDUCATION

---

### **UCHRA Van Buren County Head Start**

**24038 St. Rt. 30**

**Spencer, TN 38583**

**Director: Karla Hillis**

**Telephone: (423) 881-5182 Fax: (423) 881-5292**

**Services:** Head Start is a comprehensive preschool program that provides educational experiences for our children and educational opportunities for our parents/guardians. Health, dental, and nutritional services are a part of our program along with Social Services referrals and Family Advocacy when needed.

**Eligible Persons:** Children must be between the ages of 3 and 5 to enroll. (Must be 3 by August 15 of program year.)

**Fee:** None. Eligibility is based on income guidelines.

**School Hours:** Monday through Friday, 7:30 a.m. – 2:00 p.m.

**Office Hours:** 8:00 a.m. – 4:30 p.m., Monday through Friday

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

---

### **Early Bird Preschool**

**Spencer, TN**

**Telephone: (931) 946-7378**

**Services:** Preschool Program

**Eligible Persons:** Child must be between the ages of four and five.

**Fee:** None

---

### **Van Buren County School Board**

**P.O. Box 98**

**Spencer, TN 38585**

**Telephone: (931) 946-2242**

**Director: Cheryl Cole**

[vanburenschools.org](http://vanburenschools.org)

---

### **Spencer Elementary School – Grades K-5**

**Spencer, TN 38585**

**Telephone: (931) 947-2171 or 946-2061 Fax: (931) 946-7113**

**Principal: Donna Grissom**

---

### **Van Buren County Junior High 6-8**

**Spencer, TN 38585**

**Telephone: (931) 946-2442**

**Principal: Jamie Simmons**

---

**Van Buren County Senior High School 9-12**

**Spencer, TN 83585**

**Telephone:** (931) 946-2442

**Principal:** Jamie Simmons

---

**Adult Education Office**

**60 Ridley St # 108**

**Crossville, TN 38555**

**Telephone:** (931) -484-5446 Option #4

**Services:** High School Equivalency

**Eligible Persons:** Adults needing Services

**Fee:** None

---

**Tennessee College of Applied Technology**

**241 Vo-Tech Drive**

**McMinnville, TN 37110**

**Telephone:** (931) 474-8324

**Contact:** Admissions Office (Jamie Robins)

**Services:** Job training, basic skills training, High School Equivalency, and Vocational Technology Training

**Eligible Persons:** All

**Fee:** Varies

---

**Fortis Institute**

**1025 Highway 111**

**Cookeville, TN 38501**

**Telephone:** (931) 526-3660

**Contact:** Admissions

**Services:** Lab Technicians, Computer Technology, Medical Secretaries, etc.

**Eligible Persons:** All

**Fee:** Varies, Grants available

---

**Motlow State Community College**

**225 Cadillac Lane**

**McMinnville, TN 37110**

**Telephone:** (931) 668-7010 or (800) 654-4877

**Contact:** Admissions

**Services:** Higher Education, 2-year program

**Fee:** Varies - Grants and Student Loans available

---

**Tennessee Technological University**

**1 William Jones Drive**

**Campus P.O. Box 5006**

**Cookeville, TN 38505**

**Telephone:** (800) 255-8881

**Contact:** Admissions

**Services:** Higher Education, 4 –year program, Grants and Student Loans available

---

**Cookeville Higher Education Campus**

**1000 Neal Street**

**Cookeville, TN 38501**

**Telephone:** (931) 520-0551

**Services:** Higher Education, 2-year program, Grants and Student services.

---

**Upper Cumberland Reconnect Community**

We serve adults, just like you, who are finally ready to earn a postsecondary degree or credential. We don't just help adults who want to earn a 4-year degree from a college or university. We also help adults finish Associate degrees and offer guidance to return to career colleges, technical schools, and certification programs. If you have been out of high school for a couple of years, or have completed some college and have taken some time off, contact us.

**Contact:** Cindy Taylor

**Phone:** 931-526-2211

---

**Burritt Memorial Library**

**Spencer, TN 38585**

**Telephone:** (931) 946-2575

**Librarian:** Donna Beck

**Services:** Lends books, periodicals, newspapers, videos, and provides access to computers, fax, and Internet.

**Eligible Persons:** Van Buren County Residents

**Fee:** Nominal to None

---

**Genesis Career College**

**Address:** 880-A E 10th St, Cookeville, TN 38501

**Hours:** Monday-Friday 8AM–5PM

**Phone:** (931) 526-8735

---

**Career Solutions**

**Address:** 575 South Jefferson

Cookeville, TN 38501

**Phone:** (931) 520-8789

(Assists adults with disabilities to further their education)

---

**SPECIAL EDUCATION ADVOCACY**

---

**Disability Rights/ Tennessee**

**2670 Union Extended, Suite 900**

**Memphis, TN 38112**

**Telephone:** (800) 342-1660 – Nashville (800) 287-9636

**Contact:** Intake and Referral

**Hours:** 8:00 a.m. – 4:30 p.m., Monday-Friday



**Services:** Persons with Disabilities

---

**Tennessee Rehabilitation Services/Vocational Rehabilitation Services**

**Address:** 955 East 20th Street

Cookeville, TN 38501

**Telephone:** (931) 526-9783

**Contact:** Reception

**Services:** Information and services for the physically impaired

**Eligible Persons:** Adults

---

**Library for the Blind and Physically Handicapped:**

**Family Services: The Blind, Visually Impaired, the Deaf or Hard of Hearing**

**Telephone:** (800)342-3308

---

**Advocacy & Resources Corporation**

**Address:** PO Box 3368

Cookeville, TN 38506

**Phone:** 931-432-6997, 931-432-5981, 1-800-861-6997

(Assists persons with disabilities to get jobs by providing job coaching/industrial training/school-to-work programs)

---

**COUNSELING ~ SPECIAL NEEDS SERVICES ~ SUPPORT GROUPS**

---

**Lifecare Family Services**

**Address:** 665 South Jefferson Avenue

Cookeville, TN 38501

**Phone:** (931) 528-0051, 1-800-881-0359

**Fax:** (931) 528-0021

**Services:** Faith-based community non-profit mental health facility that offers community mental health and counseling services, including marriage and family therapy: child, youth, and adult psychiatric care & nursing; child & adolescent counseling: intensive and therapeutic case management and family preservation.

---

**Heart of the Cumberland**

**Address:** 377 Short St. Suite A • Cookeville, TN 38501

**Phone:** 931-525-2600

**Services:** Specially for children and teens that are hurting because of losses suffered through death, divorce or family circumstances.

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

---

**Kindred Hospice**

**Address:** 750 E Spring St Ste B1, Cookeville, TN 38501

**Phone:** 931-528-5133, 1-800-468-4123

**Services:** Hospice, Nursing, Social Services, Spiritual Services, Veterans Program, Volunteer Services, Memory Care, Cardiopulmonary Program

---

**Genesis House**

**P.O. Box 1180**

**Cookeville, TN. 38503**

**Telephone: 24 Hour Crisis Line:** (800) 707- 5197 or (931) 526-5197

**Contact:** Reception

**Services:** Counseling, education and information on shelter for victims of domestic violence. Also offer transitional housing for victims and a sexual assault response center with confidential services.

---

**Avalon Women’s Center**

**196 10th Street**

**Crossville, TN 38555**

**Telephone:** (Crisis Line) (800) 641-3434 (Business Office) (931) 456-0747

**Contact:** Intake and Referral

**Services:** Counseling, education and information on shelters for victims of domestic violence

**Eligible Persons:** All

**Fee:** None

---

**Upper Cumberland Development District**

**1225 South Willow Avenue**

**Cookeville, Tennessee 38506**

**Telephone:** (931) 432-4111

**Services:** Issues regarding aging, disability, housing, families rearing relative children.

---

**Cheer Mental Health Center**

**120 Omni Drive**

**McMinnville, TN 37110**

**Telephone:** (931) 473-9649 **Crisis Line: Adults**(800) 704-2651 **Children** (866)-791-9222

**Contact:** Varies for Service

**Services:** Mental health information and psychiatric counseling

**Eligible Persons:** All

**Fees:** Varies

**Hours:** 8:00 a.m. – 6:00 p.m., Monday-Thursday 8:00 a.m.-5:00 pm., Friday

---

**Plateau Mental Health Center**

**1200 South Willow Avenue**

**Cookeville, TN 38501**

**Telephone:** (931) 432-4123 **Crisis Line:** (800) 704-2651

**Intake:** (877) 567-6051

**Contact:** Reception

**Services:** Mental health information and/or counseling

**Eligible Persons:** Head Start children, parents/guardians, staff, family members, and all members of the Upper Cumberland community

**Fee:** Varies

---

**Pacesetters, Inc.**

**2511 Highway 111 North**

10

**Algood, TN 38506**

**Telephone:** (931) 537-9100

**Services:** Family support, day care, and equipment

**Eligible Persons:** Any person cognitively or physically disabled

**Fee:** None

**Hours:** 8:00 a.m. – 4:00 p.m., Monday through Friday

---

**Youth Villages Foster Care**

**3310 Perimeter Hill Drive**

**Nashville, TN 37211**

**Telephone:** (866) 685-8430

**Cookeville:** (931) 525-6900

**Contact:** Reception

**Service:** Foster Care

---

**Audiology & Hearing Center of Cookeville**

**728 S Jefferson**

**Cookeville, TN 38501**

**Telephone:** (931) 854-9499

**Services:** Screenings and referrals for services

**Eligible Persons:** All

**Contact:** Reception

**Fee:** Varies, most all insurance accepted including TennCare

---

**McMinnville Hearing Center**

**325 NE Baker Creek Rd**

**McMinnville, TN 37110**

**Telephone:** (503) 379-2996

**Eligible Persons:** Ages 6 months or older with hearing impairment

**Contact:** Reception

**Fee:** Varies, most insurance and TennCare accepted

**Hours:** 8:00 a.m. – 5:00 p.m., Monday, Tuesday, and Thursday

---

**Upper Cumberland Regional Health Office**

**CSS (Children's Special Services) Physical Impairment**

**Services:** Assists with the medical needs of children and young adults from birth to age 21. They offer assistance with medical bills, hearing aids, speech/language pathology for children under age 3, transportation, and TennCare appeals. Referrals are made through the local county Health Department. Eligibility is determined at time of referral and is based on income and access to other medical resources.

**TEIS (Tennessee Early Intervention System) Developmentally Delayed**

**1100 England Dr.**

**Cookeville, TN 38501**

**Telephone:** (931) 528-7531

**Contact:** Reception

**Eligible Persons:** TEIA, 0-3 years

CSS, 0-21 years

**Fee:** Based on Income

**Hours:** 8:00 a.m. – 4:30 p.m., Monday-Friday

---

**Tennessee Voices for Children****1315 8<sup>th</sup> Avenue South****Nashville, TN 37203****Telephone:** (615) 269-7751 or (800) 670-9882**Contact:** Reception**Services:** Advocacy for Children with SED (Serious Emotional Disturbance, respite care)**Eligible Persons:** Children of Tennessee**Hours:** 8 am – 5 pm Monday – Friday**Fees:** Varies

---

**EMPLOYMENT**

---

**Felony Friendly Websites (Companies that hire felons)**[www.xamire.com](http://www.xamire.com) - (TN Area) Find jobs, housing, federal programs, and other assistance.[www.thenextstep99.com](http://www.thenextstep99.com) Bring together recently released federal & state felons (candidates) looking for work, the agencies & facilities that magafe their post release experience.[www.exoffenders.net/employment](http://www.exoffenders.net/employment) , [www.felonyfriendly.org](http://www.felonyfriendly.org)

---

**JOBS4TN.GOV**[www.jobs4tn.gov](http://www.jobs4tn.gov)

Tools for job seekers

JOB4TN is a new kind of search engine that generates thousands of jobs listed by major Tennessee employers. It's the premier site for finding work and location useful labor market information. Fast access to Tennessee job! More than 90,000 local jobs, search for jobs by keywords, employer, education, skills, salary, location, and most recently posted. Ability to apply online. Receive daily notifications of jobs matching your qualifications. Create a resume. Search for information on training, demand occupations, and salaries.

---

**American Job Center at Cookeville****Address:** 1000 England Dr. Cookeville, TN 38501**Hours:** Monday-Friday 8AM-4:30 PM**Phone:** (931) 520-6020**Services:** Assess skills and develop a career plan, Match skills with current job openings, Improve resume writing, interviewing, and other skills, Acquire skills through targeted workshops and training, Access occupational training programs, Get access to internet, telephones, fax, and career information.**Adult Education****Local Veterans' Employment Representative****Trade/TAA/TRA****Snap E&T****Title V: SCSEP/SSAI**

---

**DP Personnel****257 S. Willow Ave. Suite 2****Cookeville, Tn. 38501****Telephone:** (931) 372-8882

**Services:** Job search, compiling resumes

**Eligible Persons:** All

---

**Malone Solutions**

**1105A Walnut Avenue**

**Cookeville, Tn. 38501**

**Telephone:** (931)372-0970 (877)705-2389

**Website:** www.malonesolutions.com

**Services:** Job search, compiling resumes

**Eligible Persons:** All

---

**FAMILY SERVICES**

---

**Bread of Life Homeless Shelter and Clinic**

**Address:** 281 Fourth Street

Crossville, TN 38555

**Phone:** 931-707-0503

**Services:** Emergency shelter for displaced families and individuals. Housing for homeless families, veterans, personal and natural disaster victims. Emergency food assistance to anyone; free medical care for the uninsured. Free clothing to those in need; free household items for those starting over. Emergency help with rent and utility bills. Substance abuse placement and advocacy with the local court system and Biblical counseling. Special help through the holidays to needy families. Spiritual help, Christian services.

---

**Department of Human Services, Van Buren County**

**145 Spring Street, Spencer, TN 38585**

**Telephone:** (931) 946-2437

**Contact:** Intake

**Services:** Families First, food stamps, job training referral

**Eligible Persons:** Varies

---

**Tennessee Child Support Division, Van Buren County**

**P.O. Box 183, McMinnville, TN 37110**

**(125 East Main St.)**

**Telephone:** (931) 473-6561

**Contact:** Reception

**Services:** Assistance with Court Orders and Child Support

**Spencer Branch:** 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month

---

**Dept. Human Services**

**145 Spring St.**

**Spencer, Tn. 38585**

**Telephone:** (931) 946-2437

---

**Social Security Administration****931 Old Smithville Highway****McMinnville, TN 37110****Telephone:** (800) 772-1213**Services:** SSI, SS disability applications and applications for SS numbers

---

**Child Support****1525 G East Spring Street****Cookeville, TN 38506****Telephone:** (931) 528-8598**Contact:** Any staff member**Services:** Information regarding child support services and enforcement

---

**Van Buren County Senior Companion Program****P.O. Box 3****Spencer, TN 38585****Telephone:** (931) 946-2607**Contact:** Reception**Service:** Senior Companion Program**Eligible Persons:** Senior Citizens

---

**Upper Cumberland Relative Caregiver Program Cookeville****Address:** 1225 South Willow Avenue

Cookeville, TN 38506

**Hours:** Monday - Friday 8 am - 4:30 pm**Phone:** 931-432-4111 or 877-275-8233[www.ucdd.org](http://www.ucdd.org)**Services:** Families in the Upper Cumberland region who are raising relative children who are not in state custody. Children and relative caregivers can receive support services such as Family Advocacy/Case Management, Support Groups, Emergency one time Financial/Start-Up Assistance Educational Workshops, Respite & Enrichment Activities, Material Assistance and Information and Referrals and is funded by the Department of Children Services.

---

**MEDICAL ~ HEALTH ~ NUTRITION**

---

**Food Stamp Hotline****Nashville, Tennessee****Telephone:** (866) 311-4287**Services:** Information regarding food stamp services**Eligible Persons:** Income eligible

---

**Upper Cumberland Human Resource Agency****Spencer, TN 38585**

**Sparta Office toll free from Spencer:** (931) 946-7151

**Services:** Community Services: Homemaker aide and Elderly Chore Services, Low-Income Home, Energy Assistance Program (LIHEAP), Weatherization Assistance Program (WAP), Emergency Services Program, Information and Referral Services, Child and Adult Care Food Program (CACFP), Choices (TennCare) Home Modifications, Housing Opportunity for Persons with Aids (HOPWA), Ryan White Community Aids Partnership

Transportation: Upper Cumberland Area Rural Transit System (UCARTS), Rural Commuter (Vanpool), New Freedoms, Shuttle on Schedule (SOS), Job Access

Temporary Emergency Food Assistance, VB Head Start

Nutrition: Congregate Meals, Home Delivered Meals (Title III, Options, Family Caregiver, Choices, CSBG, STAR Program (Self-Sufficiency Training and Results)

Residential Services: Chance- group home for girls, Indian Mound- group home for boys, Cumberland Mountain School- group home for boys

Community Intervention: Community Intervention for Juvenile Offenders, Adult Community Corrections, DUI School, Drivers Education

Court Appointed Special Advocates

**Fee:** Income Eligible

---

**American Cancer Society**

**2000 Charlotte Avenue**

**Nashville, TN 37203**

**Telephone:** (615) 327-0991 (800) ACS-2345

**Contact:** Reception

**Eligible Persons:** All

---

**American Cancer Society, Cookeville office**

**753A Humble Dr.**

**Chattanooga, Tn. 38501**

**Telephone:** 800-227-2345

**Telephone:** (423)- 855-2778

**Contact:** Reception

**Services:** Cancer Support Group, Wigroom, Hope lodging (for patients to utilize while receiving treatment, On call nurse, Financial Assistance

---

**Erlanger, Bledsoe Community Medical Center**

**71 Wheelertown Avenue**

**Pikeville, TN 37367**

**Telephone:** (423) 447-2112

**Contact:** Reception

**Services:** Emergency and non-emergency medical services

**Fee:** All TennCare accepted

---

**River Park Hospital**

**1559 Sparta Street**

**McMinnville, TN 37110**

**Telephone:** (931) 815-4000

**Services:** Emergency and non-emergency medical services

**Fee:** Varies

---

**Autism Society of Middle Tennessee**

**Resources for Autism**

**955 Woodland St.**

**Nashville, Tn. 37206**

**Telephone:** (615) 385-2077    **Fax:** (615)3831176

---

**Vanderbilt Autism Resource Line**

Vanderbilt Hospital, Nashville, Tennessee

**Telephone:** (877)273-8862

---

**Autism and Behavior Services Chattanooga, Tn.**

1000 East 3<sup>rd</sup> St. Medical Towers Suite 100

Chattanooga, Tn. 37403

**Telephone:** (423) 664-0903    **Fax:** (423) 602-9710

---

**Cumberland Family Care, Van Buren Clinic**

**476 Spring St.**

**Spencer, TN 38585**

**Telephone:** (931) 946-2113    **Fax:** (931) 946-2248

**Contact:** Office personnel

**Service:** Family and general practice

---

**VBC Health Department: Health Services, Family Planning, Uninsured Clinic**

**907 Old McMinnville Hwy.**

**Spencer, TN 38585**

**Telephone:** (931) 946-2438

**Contact:** Mindy Copeland, Public Health Nurse

**Services:** Immunization; well-child examinations; infant follow-ups; TENnderCARE, Tennessee's (EPSDT (early and periodic screening, diagnosis and treatment) Program; pediatric evaluations; hearing tests, and school health, clinic for uninsured. Other services include family planning; communicable diseases; vaccines; colorectal cancer screenings; blood pressure; WIC Supplemental Food Program; and health education.

**Eligible Persons:** All

**Fee:** Based on Income

**Hours:** 8:00 a.m.–4:30 p.m., Monday-Friday. **Late WIC every third Tuesday, 4:30-6:00 p.m.**

**Children's Special Services (CSS)**

**Van Buren County Health Department**

**Dental Services:** Contact White County Health Department - 931-836-2201

---

**White County Community Hospital**

**401 Sewell Road**

**Sparta, TN 38583**

**Telephone:** (931) 738-9211



**Services:** Emergency and non-emergency medical services

**Fee:** Varies, TennCare accepted

---

**Van Buren Development and Service Board**

**Senior Companion Program**

**P.O. Box 3**

**Spencer, TN 38585**

**Contact:** Reception

**Services:** Senior Companion Program

**Eligible Persons:** Senior Citizen

---

**Department of Veterans Affairs**

**Alvin C. York Medical Center**

**3400 Lebanon Pike**

**Murfreesboro, TN 37129**

**Telephone:** (615) 867-6000 or (800) 876-7093

**FULL FAMILY HEALTH PROVIDER INCLUDING SPECIALTY CLINICS:** Women's Clinic, Mental Health Services, Family Counseling, Patient and Family Education, Preventative Health Services

**TESTING AND SURGICAL CLINICS:** Dental Services, Vision Care

---

**Tennessee Poison Control Center**

**501 Oxford House, 1161 21<sup>st</sup> Avenue South**

**Nashville, TN 37232**

**Information and Referral, Toxicology**

**Telephone:** (800) 222-1222 (Emergency hotline), (615) 936-0760

**Hours:** 24 hours, 7 days per week

---

**Generations Center of Spencer, Nursing Home**

**P.O. Box 135**

**Spencer, TN 38585**

**Telephone:** (931) 946-7768

**Contact:** Reception

**Service:** 70 bed unit, provides physical therapy, occupational therapy

---

**MANAGED CARE ORGANIZATION**

---

**Blue Cross/Blue Shield: (800) 924-7141**

**Online:** [www.bcbst.com](http://www.bcbst.com)

---

**BEHAVIORAL HEALTH ORGANIZATION**

---

**Volunteer Behavioral Health**

**1200 South Willow Street**

**Cookeville, TN 38506**

**Phone: (931) 432-4123**

Fax: (931) 432-5838

---

## HOUSING

---

### **Greenbriar Apartments**

**P.O. Box 805, Drake/Shockley Street**

**Spencer, TN 38585**

**Telephone:** (931) 946-7285

**Contact:** Reception

**Services:** Rent based on income

**Hours:** Mon 9:00 am - 2:30 pm Wed. 9:00 am - 3:30 pm Friday 9:00 am 2:30 pm

Mon., Wed. and Fri. (423) 263-7527

Maintenance: 931-316-3001

---

### **Highland Village Apartments**

**423 Drake/Shockley St.**

**Spencer, TN 38585**

**Contact:** Reception

**Service:** Apartment rental, 20 - 1 bedroom apartments

**Eligible Persons:** Elderly and disabled only

**Fee:** Rent based on income and number in family

**Hours:** 8:30am – 5:30pm Wed., Thurs.

---

### **Sparta Housing Authority**

**P.O. Box 419**

**300 Craig Rock Dr.**

**Sparta, TN 38583**

**Telephone:** (931) 836-3357

**Contact:** Reception

**Services:** Leases, 1-5 bedroom duplexes, central heat and air, and lawn. Electric and gas included in rent. Occupant responsible for other utilities, i.e., cable, telephone, water and sewer.

**Eligible Persons:** All

**Fee:** Rent based on income guidelines

---

### **Tennessee Housing Development Agency**

**1525 East Spring Street, P.O. Box 639**

**Cookeville, TN 38503**

**Telephone:** (931) 520-0608

**Services:** Low income housing, Section 8 rental assistance, HUD housing

**Hours:** 7am – 4pm Mon. - Fri.

---

### **United States Department of Agriculture**

**Address: Rural Development**

390 South Lowe Avenue Suite K

Cookeville, TN 38501

**Phone:** 931-528-6539

**Services:** Provides affordable home loans. Assist low-income homeowners fiance needed home repairs.

---

## **FOOD SOURCES**

---

### **Red Cross Office**

**Disaster relief and servicemen & families**

**1 S Jefferson Ave # 201, Cookeville, TN 38501**

---

### **Food Stamps**

**Department of Human Services**

**145 Spring Street**

**Spencer, TN. 38585**

**Telephone:** (931) 946-2437

---

### **UCHRA Office Van Buren County Commodities**

500 College Street

Spencer, TN 38585

Phone: (931) 946-7151

Fax: (931) 946-2876

**Coordinator: Sheila Robinson**

[srobinson@uchra.com](mailto:srobinson@uchra.com)

---

### **Van Buren County Food Outreach**

**Address:** 322 Sparta St, Spencer, TN 38585

**Hours:** Thursday 9AM-11AM

---

## **CLOTHING**

---

### **Van Buren County Head Start**

**24038 State Route 30**

**Spencer, TN 38585**

**Telephone:** (423) 881-5182

---

## **LEGAL AID**

---

### **Rural Legal Services of Tennessee**

**Legal Aid Society of Middle TN**

**9 South Jefferson, Suite 102**

**Cookeville, TN 38501**

**Telephone:** (931) 528-7436 Toll Free (800) 262-6817

**Services:** Referrals, information, advice, and services

**Eligible Persons:** Income eligible

**Fee:** Varies

---

**Tennessee Child Support Services**  
**Van Buren County**  
**P.O. Box 183**  
**McMinnville, TN 37110**  
**Telephone: (931) 473-6561**

---

**Disability Law and Advocacy Center**  
**P.O. Box 121257**  
**Nashville, TN 37212**  
**Telephone: (615) 298-1080 or (800) 342-1660**  
**Services: Information and referral, telephone consultation, advocacy, and legal services**

---

**Children's Advocacy Center for the 31st Judicial District**  
**Address: P.O. Box 7287**  
1350 Sparta Street  
McMinnville, TN 37111  
**Phone: 931-507-2386**  
**Fax: 931-507-2387**  
**Services: Assist with child abuse/domestic violence and other legal issues.**

---

## **TRANSPORTATION**

---

**Upper Cumberland Human Resource Agency**  
**Rural Public Transportation**  
**580 S. Jefferson Ste. B**  
**Cookeville, TN 38501**  
**Telephone: (931) 528-1127**  
**Contact: Reception**  
**Services: Transportation**  
**Eligible Persons: All**  
**Fee: Varies**

---

**BlueCare Transportation**  
**Nashville, TN**  
**BlueCare East 1-866-473-7563**  
**BlueCare Middle 1-866-570-9445**  
**BlueCare West 1-866-473-7564**  
**TennCare Select Statewide 1-866-473-7565**  
**Services: Transportation for TennCare recipients to medical services**  
**Eligible Persons: Anyone with BlueCare insurance**

---

**Upper Cumberland Human Resource Agency**

**Spencer, Tennessee 38585**

**Telephone:** (931) 946-7151

**Services:** Transportation to work, doctors, hospital, or other

**Eligible Persons:** All

**Fee:** Varies

**Hours:** 8:00 a.m. – 4:30 p.m.

---

**Upper Cumberland Human Resource Agency Vet Rides**

**580 S. Jefferson Ste. B**

**Cookeville, TN 38501**

**Telephone:** (844) 993-7499

**Services:** Offer individualized transportation assistance to veterans

**Eligible Persons:** Veterans

**Fee:** Varies

**Hours:** 8:00 a.m. – 4:30 p.m.

---

**Upper Cumberland Human Resource Agency Travel Training Program**

**580 S. Jefferson Ste. B**

**Cookeville, TN 38501**

**Telephone:** (931) 528-1127

**Contact:** Reception

**Services:** Assist those who are unsure of riding the local Public Transit System. Training provides the opportunity to learn about public transportation, how it works, and how it can work for you.

**Eligible Persons:** All

**Fee:** None

---

**SUBSTANCE ABUSE ASSISTANCE**

---

**Cumberland County Drug Alliance**

**261 Yvonne Avenue Box 926**

**Crossville, TN 38557**

**Telephone:** (931) 456-2859

**Fax:** (931) 707-8921

**Web Site:** [www.tadcenter.com](http://www.tadcenter.com)

**Services:** Drug prevention, intervention, and counseling

**Contact:** Reception

**Hours:** 8:00 a.m. – 5:00 p.m., Monday-Friday

---

**Narcotics Anonymous**

**Telephone:** 1-888-476-2482

**Services:** Provides information on locations and times of NA meetings

**Eligible Persons:** Anyone seeking recovery

**Fee:** None

---

**Van Buren County Health Department**

**907 Old McMinnville Hwy.**

**Spencer, Tn. 38585**

**Telephone:** (931) 946-2438

**Services:** Referral and information for drug treatment

**Eligible Persons:** All

---

**TDH, Bureau of Alcohol and Drug Abuse Services**

**William R. Snodgrass Tennessee Tower**

**26<sup>th</sup> Floor, 312 8<sup>th</sup> Avenue North**

**Nashville, TN 37247-4401**

**Telephone:** (615) 741-1921 **Fax:** (615) 532-2419

**Referral Line Treatment Services:** (800) 889-9789

**Web Site:** [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov) or [www.crystalmeth.org](http://www.crystalmeth.org)

---

**Alcoholics Anonymous**

1-800-559-2252

**Meeting At:** Mary Turner-Scott Building

180 Janice Dr. Sparta TN. 38583

**Fees:** Varies

---

**Tennessee Department of Mental Health & Substance Abuse Services**

**Services:** Counseling, treatment, and support

**Web Site:** <https://www.tn.gov/behavioral-health/substance-abuse-services/treatment---recovery.html>

**Address:** Department of Mental Health and Substance Abuse Services

Marie Williams, Commissioner

500 Deaderick Street

Nashville, TN 37243

OCA.TDMHSAS@tn.gov

---

## **HIV TESTING AND SUPPORT**

---

**Tennessee Department of Health**

**STD/HIV Program**

**Cordell Hull**

**425 5<sup>th</sup> Avenue North**

**Nashville, TN 37247**

**Telephone:** (800) 525-AIDS or (800) 525-2437

**Contact:** Intake Receptionist for referral

**Services:** Testing, counseling, treatment, and support

**Eligible Persons:** All

**Fee:** Based on income, services at each County Health Department

---

**\_\_\_\_\_ UCHRA (Upper Cumberland Regional Health Office)**

**200 West 10<sup>th</sup> Street**

**Cookeville, TN 38501**

**Telephone:** (931) 528-7531

**Contact:** Reception

**Services:** Services for persons who tested HIV positive

**Fee:** Based on income

**Hours:** 8:00 a.m. – 4:30 p.m., Thursday

---

---

**UCHRA Housing Opportunities for Persons with AIDS (HOPWA)**

580 S. Jefferson Ave., Suite B. Cookeville, TN 38501

**Services:** HOPWA enables eligible persons with HIV/AIDS and their families to secure decent safe and sanitary housing

**Telephone:** 931-528-1127 ext. 639

**Contact:**UCHRA

---

**STATE RESOURCES**

---

**AMERICAN DIABETES ASSOCIATION (TENNESSEE AFFILIATE)**

900 East Hill Avenue, Suite 240, Knoxville, TN 37915

Telephone: (865) 524-7868 or (800) 342-2383 (800-DIABETES)

---

**AMERICAN HEART ASSOCIATION and STROKE ASSOCIATION (TENNESSEE AFFILIATE)**

1818 Patterson Street, Nashville, TN 37203, Telephone: (615) 340-4100

---

**EPILEPSY FOUNDATION**

2002 Richard Jones Road, Suite C-202, Nashville, TN 37215

Telephone: (615) 269-7091 or (800) 244-0768

---

**NATIONAL KIDNEY FOUNDATION OF MIDDLE TENNESSEE**

2120 Crestmore Rd., Nashville, TN 37215, Telephone: (615) 383-3887 or (800) 380-3887

---

**LIBRARY SERVICES FOR THE DEAF AND HARD OF HEARING**

615 Church Street, Nashville, TN 12314, Telephone: (615) 862-5750 or (800) 342-3262

---

**STEP (SUPPORT AND TRAINING FOR EXCEPTIONAL PARENTS)**

480 Craig Heat St., Nashville, TN 37204, Telephone: (615) 463-2310 or (800) 280-STEP

---

**AMERICAN LUNG ASSOCIATION**

3335 Ringold Road, Suite 105, Chattanooga, TN 37412,

**Telephone:** (800) 586-4872

---

**Homeless Assistance**

---

**Bread of Life Mission**

281 Fourth Street

Crossville, 38555

**Telephone:** 931-707-0503

**Hours:** Monday-Friday 9am-4pm

---

**Cookeville Rescue Mission**

1331 S. Jefferson Ave.

Cookeville, TN 38506

**Telephone:** 931-528-5819

---

**NATIONAL RESOURCES**

**American Association on Intellectual  
and Developmental Disabilities (AAIDD)**

**501 3rd Street, NW, Suite 200**

**Washington, D.C. 20001**

**Telephone:** 202-387-1968

**Fax:** 202-387-2193

**AMERICAN SOCIETY FOR DEAF CHILDREN**

**Telephone:** (800) 942-2732

**NATIONAL EASTER SEALS SOCIETY**

**Telephone:** (800) 221-6827

**NATIONAL ORGANIZATION FOR RARE DISORDERS**

**Telephone:** (800) 999-6673

**AUTISM SOCIETY OF AMERICA**

**Telephone:** (800) 328-8476

**MARCH OF DIMES BIRTH DEFECTS FOUNDATION**

**Telephone:** (914) 997-4488

In Tennessee (615) 399-3200

**CANDLELIGHTERS CHILDHOOD CANCER FOUNDATION**

**Telephone:** (713) 270-4700 Fax: (713) 270-9802

**CYSTIC FIBROSIS FOUNDATION**

**Telephone:** (800) 344-4823

**NATIONAL DOWN SYNDROME SOCIETY**

**Telephone:** (800) 221-4602

**EPILEPSY FOUNDATION OF AMERICA (EFA)**



**Telephone:** (800) 332-1000

**ASSOCIATION FOR RETARDED CITIZENS**

**Telephone:** (800) 433-5255

**MDA (MUSCULAR DYSTROPHY ASSOCIATION**

**Telephone:** (423) 855-0645 or (800) 572-1717

**SPINA BIFIDA ASSOCIATION OF AMERICA**

**Telephone:** (800) 621-3141

**NATIONAL SUDDEN INFANT DEATH SYNDROME ALLIANCE (SIDS)**

1314 Bedford Avenue, Suite 210, Baltimore, Maryland 21208

**Telephone:** (800) 221-7437

**STATE OFFICIALS**

**Governor: Bill Haslam**

**State Capitol, First Floor**

**Nashville, TN 37243**

**Telephone:** (615) 741-2001

**Senator: Bob Corker**

**Dirkson Senate Building SD-185**

**Washington, DC 20510**

**Telephone:** (202) 224-3344

**Fax:** (202) 228-0566

**-Chattanooga Office:**

**10 West MLK Blvd., 6th Floor**

**Chattanooga, TN. 37402**

**Telephone:** (423) 756-2757    **Fax:** (423) 756-5313

**Senator: Lamar Alexander**

**302 Hart Senate Office Building**

**Washington, DC 20510**

**Telephone:** (202) 224-4944 or (800) 722-7474

**Chattanooga Office:**

**(423) 752-5337    Fax:** (423) 752-5342

**Representative: Cameron Sexton    District 25**

**Crossville**

**[Rep.cameron.sexton@capitol.tn.gov](mailto:Rep.cameron.sexton@capitol.tn.gov)**

**Nashville Address:**

**301 6<sup>th</sup> Avenue North**

**Suite 20 Legislative Plaza**

**Nashville, TN 37243**

**Phone (615)741-2343**

**Fax (615)253-0230**

**Senator: Janice Bowling**

**Nashville Address:**

[Sen.janice.bowling@capitol.tn.gov](mailto:Sen.janice.bowling@capitol.tn.gov)

**301 6<sup>th</sup> Ave. North**

**Suite 310A, War Memorial Bldg.**

**Nashville, Tn. 37243**

**(615)741-6694**

**Congressman: Scott DesJarlais District 4**

**2301 Rayburn HOB**

**Washington, DC 20515**

**T (202) 225-6831**

**F (202) 226-5172**

[http://Desjarlais.house.gov@DesJarlaisTN04](mailto:Desjarlais.house.gov@DesJarlaisTN04)

<https://docs.google.com/document/d/1LGC9zZ2eInXiwr5b69qrjmGULhsmjZfw8-WBIR4Zruw/edit>