# **SCC Student Resources**

# <u>On-Campus</u>

# Jackson

Academic Support Physical & Mental Health Support Financial Resources Macon Academic Support

# <u>Swain</u>

Academic Support Financial Resources

# **Online/Virtual**

Academic Support Mental Health Support Financial Resources

# **Community Resources**

Childcare Clothing Counseling Services Domestic Violence Support Food Assistance Healthcare Housing Substance Abuse Support Transportation Utilities Assistance

# **Jackson Campus**

# **Academic Support**

#### Learner Accessibility and Equity

The Office of Learner Accessibility & Equity (LAE) works in partnership with students, faculty, and staff to eliminate or minimize barriers and facilitate access and inclusion in the college experience and learning process for students. Students with visible or invisible disabilities have a right to reasonable accommodations in college classes and activities. Common accommodations include extended time, dictation software, private settings for test-taking, and more. More information can be found here: Learner Accessibility & Equity.

#### Learning Assistance Centers (LAC) – Tutoring

The Jackson Campus Learning Assistance Center is located in Oaks Hall, Room 101. Free, drop-in assistance is provided by Learning Consultants who offer a variety of specialties. A Writing Consultant is on duty during most operational hours. Learning Consultants also help to strengthen basic skills such as test preparation, computer/internet use, reading and research. Contact Toni Knott at 828-339-4325 or tknott@southwesterncc.edu for the Jackson LAC.

#### Student Support Services (SSS)

Student Support Services offers to eligible students academic and financial support, cultural and volunteer enrichment activities. Contact SSS at 828-339-4420 or sss@southwesterncc.edu.

#### Holt Library

The library is open Monday-Thursday (8 am - 5 pm) and Friday (8am-12pm). Call 828-339-4288 or email library@southwesterncc.edu for more information.

# **Physical & Mental Health Support**

#### **Fitness Center**

The Fitness Center is located on the 2nd floor of Bradford Hall. It is equipped with weights and cardio machines which are free to use for all SCC students. The Fitness Center is open 8am-5pm Monday-Thursday and 8am-noon on Friday for students.

#### Nature Trail

The Nature Trail offers the opportunity to enjoy nature and exercise at the same time! A trail map is located in front of the Balsam Center and trail markers are posted around campus. More info can be found here: <u>Nature Walking Trail</u>.

#### **Student Counselor**

Sheila Davis is SCC's Student Counselor. She is located in the Balsam Center within Enrollment Services. Email: sm\_davis@southwesterncc.edu or call 828-339-4243.

# **Financial Resources**

#### **Campus Cupboard**

The Campus Cupboard food pantry is located in the Balsam Center on the 1st floor. Food is available anonymously to students to help provide nutrition.

#### **Financial Aid**

SCC's Financial Aid Counselors offer assistance with various types of Aid including Grants, Scholarships, Work-Study Opportunities, Loans, Veteran Assistance, Summer Aid, and more. For more information on eligibility and aid options, visit the Financial Aid site or call the Financial Aid Office at 828.339.4438.

#### **WIOA**

The Workforce Innovation & Opportunity Act may provide funding for specific programs, including EMS/EMT, Nursing, Automotive, Business Administration, Outdoor Leadership, and more. WIOA Specialists rotate through on-campus office hours for in person support. For more information, contact your Christy Furr (Jackson/Swain) at Christy.furr@ncworks.gov or Sierra Bates (Macon) at sierra.bates@ncworks.gov.

# **Academic Support**

#### Learning Assistance Centers (LAC) – Tutoring

The Macon LAC is located in the Groves Center, Room 230. Free, drop-in assistance is provided by Learning Consultants who offer a variety of specialties. A Writing Consultant is on duty during most operational hours. Learning Consultants also help to strengthen basic skills such as test preparation, computer/internet use, reading and research. Contact Joan Willis at 828-306-7028 or j\_willis@southwesterncc.edu for the Macon LAC.

# Academic Support

#### Computer Lab

SCC provides computer access for academic use for all students. The Computer Lab is located in Room 105. Contact Renea Winchester at 828.366.2000 for more information.

# **Financial Resources**

#### **MANNA Foodbanks**

SCC hosts a monthly MANNA FoodBank Community Market at the Swain Center. Students can visit for free grocery items from MANNA as well as volunteer to hand out items. Contact the Director of Personal Enrichment/Heritage Arts, Jeff Marley at 828.366.2005 for more information.

#### **Food Pantry**

SCC's Swain Center offers a food pantry located in Room 112A. Food is available anonymously to students to help provide nutrition. Contact Renea Winchester at 828.366.2000 for more information.

#### **Seasonal Medicare Assistance**

SCC's Swain Center hosts Senior Health Insurance Information Program (SHIP) agents to offer meeting space and time for Medicare eligible students and community members to discuss options. Contact Renea Winchester at 828.366.2000 for information on when and where this program will be available. Contact SHIP for appointment information at 828.488.3848

# **Online/Virtual Resources**

# **Academic Support**

#### Learner Accessibility and Equity

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#### **Student Support Services (SSS)**

Student Support Services offers to eligible students academic and financial support, cultural and volunteer enrichment activities. Contact SSS at 828-339-4420 or sss@southwesterncc.edu.

#### Holt Library

The library is open Monday-Thursday (8 am - 5 pm) and Friday (8am-12pm) Call 828-339-4288 or email library@southwesterncc.edu for more information

#### ThinkingStorm Online Tutoring

ThinkingStorm (TS) provides 240 minutes of free online assistance for each SCC student during fall and spring semesters and the summer session. SCC students must access and use TS's online-tutoring services by clicking on the "Tutoring" button in any SCC Moodle course. (Note: using TS in any other way might result in charges for a student.)

# **Mental Health Support**

#### TESS

Tess is a virtual counselor who provides 24/7 on-demand, free, quality mental health and wellness support through text. Tess is an evidenced-based Artificial Intelligence Chatbot. Tess monitors conversations and learns emotional patterns, and if a crisis is detected a live counselor will interrupt the call. More info can be found here: <u>Tess</u> <u>- SCC's Virtual Counselor</u>. To get started, text "Hi" to 828.492.2323.

# **Financial Resources**

#### WIOA

The Workforce Innovation & Opportunity Act may provide funding for specific programs, including EMS/EMT, Nursing, Automotive, Business Administration, Outdoor Leadership, and more. For more information, contact your Christy Furr (Jackson/ Swain) at Christy.furr@ncworks.gov or Sierra Bates (Macon) at sierra.bates@ncworks.gov.

#### **Financial Aid**

SCC's Financial Aid Counselors offer assistance with various types of Aid including Grants, Scholarships, Work-Study Opportunities, Loans, Veteran Assistance, Summer Aid, and more. For more information on eligibility and aid options, visit the Financial Aid site or call the Financial Aid Office at 828.339.4438.

#### **Finish Line Grant**

The Finish Line Grant is available to students enrolled in a degree program, have had an unforeseen financial hardship and who have completed at least 50% of their program with a 2.0 GPA. To to considered for these funds, follow <u>these steps</u> and contact the SCC Financial Aid Office at 828.339.4438 to take the next steps.

#### **Emergency Fund**

The <u>SCC Student Emergency Fund</u> is available to help students get through situations that are unexpected. This program is ideal when you have small, time-sensitive financial needs, such as fuel for your vehicle. To apply for assistance, contact Kathy Posey of the SCC Foundation: k\_posey@southwesterncc.edu or 828.339.4227.

#### **SCC Scholarships**

The SCC Foundation awarded 187 scholarships valued at \$210,000 in 2022-23. The <u>application for scholarships</u> opens in the spring semester each year.

#### **NC Childcare Grant**

The NC General Assembly appropriates funds to the college each year to assist students with costs related to child care. The Southwestern Child Commission is partnered with SCC to provide these services to students. To see if you qualify, please contact the Financial Aid Office 828-339-4438 or financialaid@southwesterncc.edu.

# **Community Resources**

# Childcare

#### Blue Ridge School Pre-K Pilot Program

A pilot program integrating children as young as 3 years old 95 Bobcat Dr. Cashiers, NC 28717 Phone: 828-743-2646

#### Jackson County Family Resource Center

Respite Program For Respite Voucher and Family Rest Stop Programs1528 Webster Rd. Webster, NC 28788Phone: 828-586-2845

#### Jackson County Pre-K Programs

Partners with NC Preschool office and offers placement as young as 3 years old in Jackson County schools. Applications are based on income, IEP plans, military status, homelessness, etc. Priority is based on need and multiple criteria. 398 Hospital Rd. Sylva, NC 28779 Phone: 828-586-2311

#### Mountain Projects: Head Start Program

Sylva Center: 453 Fairview Rd. Sylva, NC 28779 Cullowhee Center: 69 Cordelia Camp Building, Cullowhee, NC 28723 Phone: 828-456-4546

# Clothing

## **Great Smokies Health Foundation**

Partners with HIGHTS and AWAKE to provide vouchers for their thrift store 966 Skyland Dr. Sylva, NC 28779 Phone: 828-586-7470

#### Habitat for Humanity

Address: 1315 W. Main St. Sylva, NC 28779 Phone: 828-586-1800

# Ochre Hill Baptist Church (The Lord's Closet)

Ochre Hill hosts The Lord's Closet every 4th Wednesday of the month from 5-7pm. The Lord's Closet provides free clothing and food to anyone who comes. Ochre Hill will also open The Lord's Closet during other days of the month upon request. 14 Norman Dr. Sylva, NC 28779 Phone: 828-507-5399

#### Pathways Thrift Store

329 Jackson Plaza, Sylva, NC 28779 Phone: 828-631-5533

#### Salvation Army

Serves all of Western North Carolina for Food, Clothes, Utility and Rent Assistance Phone: 828-456-7111 290 Pigeon St. Waynesville, NC 28786

#### Sylva Linings Thrift Store

Sylva Linings partners with Mountain Projects, Inc. to ensure that everyone in the community has suitable clothing, furniture, and other household items. Partners with AWAKE to provide vouchers for their thrift store. 1264 W Main St. Sylva, NC 28779 Phone: 828-586-9737

#### Teen Challenge of the Smokies Thrift Store

4812 US-441 Sylva, NC 28779 Phone: 828-586-9966

# **Counseling Services**

Meridian Behavioral Health - 828.631.3973 info@meridianbhs.org Blue Ridge Health - 828.692.4289 **Appalachian Community Services - various locations** Vaya Health 1.800.849.6127 or 828-225-2785 customer.services@vayahealth.com Sylva Clinical Psychology - 828.586.5555 CBR Community Counseling - 828.283.0235

Suicide Prevention Hotline- 988 (text or call) Mobile Crisis Hotline (24/7): 888.315.2880

# **Domestic Violence Support**

#### **Center for Domestic Peace**

(For safety planning, assistance with protection orders, legal advocacy and ongoing case management) 154 Medical Park Loop, Sylva NC 28779 cdpjaxcountync.org 24/7 Crisis Line: 828-586-1237

#### **REACH of Macon County** (Domestic Violence Shelter) Jackson County Office and 24/7 Hotline: Phone: 828-586-8969 Macon County Office and 24/7 Hotline: Phone: 828-369-5544

#### AWAKE

For Child Advocacy and victims of child abuse20 Colonial Square, Sylva, NC 28779Phone: 828-586-3574

**Ernestine Walkingstick** (Domestic Violence Shelter) Phone: 828-359-6180 24/7 Crisis Hotline: 828-488-5527

**Helpmate** (Domestic Violence Shelter) 24/7 Hotline: 828-254-0516

Qualla Safe Domestic Violence Help, Childcare Assistance Phone: 828-488-9038 Crisis Hotline: 828-488-6809

# **Food Assistance**

#### Healthy Opportunities Pilot Program

(A new Pilot Program to offer food boxes and mileage reimbursement to participants who have Medicaid as health insurance) For more information, Please Contact:
Corey Holland (919) 628-5301 Corey@hights.org
Paul Heckert (828) 508-5669 Paul@hights.org

#### **Covenant Christian Church Food Ministry**

Address: 486 Fairview Rd. Sylva, NC 28779 Phone: (828) 586-0199

#### **Community Table**

The Community Table offers free meals on Monday, Tuesday, Thursday, and Friday from 4-6pm. For more information, see the <u>Community Table website</u>. 23 Central St. Sylva, NC 28779 Phone: (828) 586-6782 CTofJackson@gmail.com

#### Jackson County Department of Social Services

(For WIC and Food Stamps) 15 Griffin St. Sylva, NC 28779 Phone: (828) 586-5546

#### Little Free Pantry

24/7 food pantry 31 Allen St. Sylva, NC 28779 (In front of Lifeway Community Church)

#### Ochre Hill Baptist Church

Offers Drive-thru Dinners 14 Norman Dr. Sylva, NC 28779 Phone: 828-586-4651

#### Salvation Army

Serves all of Western North Carolina for Food, Clothes, Utility and Rent Assistance 290 Pigeon St. Waynesville, NC 28786 Phone: 828-456-7111

#### United Christian Ministries of Jackson County, Inc.

191 Skyland Dr. Sylva, NC 28779 Phone: (828) 586-8228

## Healthcare

Blue Ridge Family Health

(All ages and insurances accepted)

293 Hospital Rd. Sylva, NC 28779 Phone: (828) 477-4334

#### ECU School of Dental Medicine: Dental Clinic

Dental Care provided at a 30% reduced cost. Medicaid and Dental Insurance accepted.

316 County Services Park, Sylva, NC 28779 Phone: (828) 586-1200

#### Jackson County Department of Public Health

538 Scotts Creek Rd. Suite 100, Sylva, NC 28779 Phone: (828) 586-8994

#### Vecinos Health

Outreach for Agriculture and Farm Laborers, and Community Health Outreach 3971 Little Savannah Rd. 173, Cullowhee, NC 28723 Phone: (828) 293-2274

# Housing

# Habitat for Humanity<br/>(Homeownership and Home Repair applications) Phone: 828-524-5273(Sylva Restore)<br/>1315 W. Main St, Sylva, NC 28779Phone: (828) 586-1800(Waynesville Restore)<br/>331 Walnut St. Ste 1, Waynesville, NC 28786Phone: (828) 246-9135

## **HERE in Jackson County**

For Temporary Emergency Housing 77 Eastgate Dr. Sylva, NC 28779 Phone: (828)477-4946

## Jackson County Housing Assistance

401 Grindstaff Cove Road, Sylva, NC 28779 Phone: 828-631-2292 Office Hours: Monday - Thursday: 8:00am-5:00pm (Closed 12-1 PM for lunch) For more information or to get housing assistance, please contact: Nancy Crawford, Housing Specialist nancycrawford@jacksonnc.org Rita McConnell, Housing Specialist ritamcconnell@jacksonnc.org

#### Mountain Projects (Sylva Location)

154 Medical Park Loop, Sylva, NC 28779 Phot

Phone: (828) 586-2345

## **Smoky Mountain Housing Partnership**

An Affordable Housing division of Mountain Projects dedicated to helping with homeownership 2177 Asheville Rd. Waynesville, NC 28786 Phone: 828-452-1447

# Substance Abuse Support

## Appalachian Community Services/The Balsam Center

91 Timberlane Rd. Waynesville, NC 28786 Psychiatric Clinic: (828) 454-7220 Adult Recovery Unit: (828) 454-1098

#### Meridian Behavioral Health

Day treatment, intensive in-home services, outpatient therapy, school counseling, family centered psychiatry, domestic violence intervention, social services assessments, medication management, psycho-social rehab, recovery education, sexual abuse intervention, suboxone clinics, intensive substance abuse, supported employment, community treatment, recovering support teams, and jail programs 44 Bonnie Lane, Sylva NC 28779 Phone: 828-631-3973 info@meridianbhs.org

# Transportation

#### **Jackson County Transit**

1148 Haywood Rd. Sylva, NC 28779 Phone: 828-586-0233 Services: ~Door to door service: price can range from \$1-\$20 ~Pre-scheduled rides ~Medical trips: Mondays, Wednesdays, and Fridays, between the hours of 9:30am and 1:30pm ~Out of county trips: must schedule a week in advance

#### Jackson Trolley: \$1 each time you board

The Jackson Trolley runs from Dillsboro to Southwestern Community College, Monday -Friday. First stop is 7:00am and last run 4:00-5:00pm. Saturday Service first stop is 10:00am. Last run 1:00-2:00 pm. -Special Event Trips -Rides to the Asheville Airport -Rides to the Greyhound Bus Station Request for transportation must be received by 2:00pm the day prior to the date of the trip

#### Healthy Opportunities Pilot Program

A New Pilot Program to offer food boxes and mileage reimbursement to participants who have Medicaid as health insurance For more information, Please Contact: Corey Holland (919) 628-5301 Corey@hights.org Paul Heckert (828) 508-5669 Paul@hights.org

#### Freedom Taxi

A taxi service in Sylva and surrounding areas that offer a flat rate to places like Asheville Regional Airport Phone: 828.226.4208

#### **Rolling Start NC**

A non-profit group of car enthusiasts that refurbish donated vehicles that are then given to individuals in need of transportation to help work their way out of poverty in Jackson County <u>www.rollingstartnc.org</u>

# **Utilities Assistance**

#### **Jackson County Department of Social Services**

15 Griffin St. Sylva, NC 28779 (828) 586-5546

#### **Jackson Neighbors in Need**

(828) 331-7177

#### Mountain Projects

154 Medical Park Loop, Sylva, NC 28779 (828) 586-2345

#### **Salvation Army**

Serves all of Western North Carolina for Food, Clothes, Utility and Rent Assistance 290 Pigeon St. Waynesville, NC 28786 (828)-456-7111

#### United Christian Ministries of Jackson County, Inc.

191 Skyland Dr. Sylva, NC 28779 (828) 586-8228

#### **ONLINE RESOURCES**

<u>Community Resource Guide for Swain County</u> - PDF

Community Resource Guide for Macon County - PDF

https://nc211.org/

http://www.jcdss.org/resources/community-resources/

https://maconnc.org/health-resources.html