



Reentry Resource Guide for Pamlico County



2024



PLEASE READ THIS FIRST!

Nothing is more frustrating these days than trying to get an actual human being to answer the phone when you call organizations for assistance. This can especially be true for government agencies. If this happens to you when contacting any of the service providers listed in this Reentry Resource Guide, remember the following:

- Try to find all the information you need on the service provider's website, which OurJourney gives for every service provider that has one. That way you won't even need to call. If the website gives an email address, you might try emailing the service provider with your non-emergency questions.
- Sometimes by pressing the zero button on your phone you can skip past the recorded message and be sent straight to a human operator.
- Know ahead of time exactly what you want to ask; have any materials you need on hand before you call (such as ID, application, etc.).
- Be patient. If you simply can't wait on hold any longer, choose the option that lets you leave a voicemail (if available).
- If you leave a voicemail, remember to state your name and phone number clearly, along with the reason for your call.
- Make sure you're available for call-back during normal business hours. If you can't be, when you leave your voicemail provide a time range for call-back.

Also remember, many people in your community need help too. So you may be placed on a waiting list for some services. OurJourney always recommends that you begin your search for assistance by contacting the One-Stop Resource Centers listed at the front of this guide. Why? Because these service providers usually have the resources and connections in the community to provide more immediate and specific help.

Agencies, organizations, ministries or businesses with a  beside their listing are close partners of OurJourney. We have verified not just their basic information but that they are dedicated to helping you rebuild your life. Make sure you mention that OurJourney sent you!

Finally, remember that your success ultimately depends on **YOU!** OurJourney encourages you not to give up if you can't find help when and how you need it. We know firsthand how frustrating it can be when things don't go the way you hope, but we also know that **the worst day in freedom is better than the best day in prison**, and that patience and perseverance are just as important to your success as the assistance you need.

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Picture on the front cover courtesy of www.sunrise.maplogs.com



Resource Guide - Pamlico County

The service providers listed below are for Pamlico County and surrounding areas. Agencies, organizations or businesses may be listed multiple times if they offer services in multiple categories. Agencies, organizations or businesses listed under the category “One-Stop Resource Centers” offer assistance in all or nearly all other categories. OurJourney does not endorse any of the agencies, organizations or businesses listed below, unless otherwise noted by a check mark beside the listing and/or on the Our Partners page of our website.

OurJourney has verified the accuracy of the information in this Resource Guide as of the date printed on the bottom of each page. There may be other service providers in Pamlico County not listed. Please call 252-220-9516 or email info@ourjourney2gether.org to report any discrepancies or to suggest other service providers in Pamlico County.

NOTE: Pamlico County is limited in reentry support resources, which is why some of the resource providers listed in this guide are from neighboring counties. Your parole officer will most likely allow you to travel outside of Pamlico County for reentry assistance. However, you should always contact your parole officer before leaving Pamlico County for any reason, even to visit the reentry resource providers listed in this guide. Failure to obtain permission from your parole officer to travel outside of Pamlico County may result in a violation of the conditions of your post-release.

One-Stop Resource Centers

United Way of Coastal Carolina

601 Broad St.
New Bern, NC 28560

252-637-2460

[https://
www.unitedwaycoastalinc.org/](https://www.unitedwaycoastalinc.org/)

Monday through Thursday: 8:30 AM
to 5:30 PM

Friday: 8:30 AM to 3:00 PM

Provides support to dozens of member agency programs in Craven County. In addition to calling the number provided for the Craven office, you can get assistance by calling the United Way hotline by dialing 211.

Always check with your Parole Officer before leaving Pamlico County.

Assistance is free; some services provided by partner organizations may charge fees

One-Stop Resource Centers



Craven-Pamlico Reentry Program

503 Guion St.
New Bern, NC 28560

252-497-2009

<https://cravencc.edu/search-and-more/graduation-and-beyond/partnerships/craven-pamlico-re-entry-program>

Monday through Thursday: 7:30 AM to 5:30 PM

Provides the following reentry services to individuals returning to Pamlico County after incarceration: housing assistance, transportation assistance, father initiative programs, legal services, mentorship programs, employment assistance, behavioral health and mental health services, job readiness programs, and basic need assistance.

While they do accept walk-ins, they highly recommend that you call first and set up an appointment. Ashley Lee is the Reentry Program Coordinator. If you do stop by without an appointment, knock on the door and someone will let you in. The Craven-Pamlico Reentry Program is part of Craven Community College.

Assistance is free; some services provided by partner organizations may charge fees

The Salvation Army of New Bern - Social Services

1402 Rhem Ave.
New Bern, NC 28560

252-637-2277

<https://southernusa.salvationarmy.org/new-bern/>

Monday through Thursday: 9:00 AM to Noon

Provides a wide variety of services, including Disaster Relief, Shelter, Food, Rent and Utility Assistance, and Clothing. **Always check with your Parole Officer before leaving Pamlico County.**

Assistance is free

One-Stop Resource Centers

Religious Community Services (RCS)

919 George St.
New Bern, NC 28560

252-633-2767
252-633-1887 (shelter after 3:00 PM)

<https://www.rcsnewbern.com/>

Administrative Hours of Operation:

Monday through Friday: 8:00 AM to 2:30 PM

Hours of Operation for other services vary; call or check website for more details

RCS is a faith-based organization that addresses the basic needs of the community by providing food, clothing, prescription medication assistance, transportation and shelter to those who need it most. **Always check with your Parole Officer before leaving Pamlico County.**

Assistance is free

North Carolina ePASS

<https://epass.nc.gov/>

North Carolina ePASS is a new online way to apply for Benefits and services as a resident of the state. It is made available by the NC Department of Health and Human Services.

You can apply for Food & Nutrition Services, apply for Energy Assistance, register to vote (if eligible) and apply for other state services.

You will need to set up an account first and you must have an active email account. You will also need a photo ID and your birth certificate to set up an account.

Setting up an account is free. To qualify for benefits, you must meet certain guidelines.

One-Stop Resource Centers



Recidivism Reduction Educational Programs Services, Inc. (RREPS)

<https://rreps.net/>

Founded by formerly incarcerated activist Kerwin Williams, RREPS provides support to individuals returning after incarceration. RREPS can help you obtain proper identification from various state and federal agencies. Through their Transitional Partners (TP) program, they may be able to connect you with a formerly incarcerated person in your area who can help you navigate reentry.

To request assistance, visit the RREPS website, click on the "About" tab, then click on "Contact" and fill out the form with your information. For the field labeled "Focus Area," select "Recidivism Reduction" from the dropdown menu. For the field labeled "Subject", enter "Need Help" and for the field labeled "Message" enter whatever you'd like to say about your current situation. Then click on "Submit". Kerwin and his team will respond to your message within 24 hours.

Assistance is free; some services provided by partner organizations may charge fees

Food Resources

Vanceboro Christian Help Center Food Pantry

411 White St.
Vanceboro, NC 28586

252-244-1141
252-514-1322

Find them on Facebook at
Vanceboro Christian Help Center

Monday, Wednesday and Friday:
8:00 AM to Noon

Provides food and assistance to those in need in all of Craven County. Must be a resident of Craven County.

Always check with your Parole Officer before leaving Pamlico County.

Free

Food Resources

Food Bank of Central & Eastern North Carolina

1702 Red Robin Lane
New Bern, NC 28562

252-577-1912

<https://foodbankcenc.org/about-us/locations-contact-info/new-bern/>

Tuesday through Thursday: 8:00 AM to 4:00 PM

Provides food and assistance to those in need in all of Craven County.

Always check with your Parole Officer before leaving Pamlico County.

Free

Pamlico County Fishes and Loaves Outreach

108 Straight Rd.
Oriental, NC 28571

252-249-6181

<https://pcflo.weebly.com/>

First Wednesday of each month from 9:30 AM until all food is distributed. You may arrive at 8:30 AM and remain in your car.

Provides emergency non-perishable food and meat once a month. Must bring ID (your prison ID is acceptable.)

Distribution date may vary from month to month, so they recommend that you call first.

Free

Medical / Dental Resources

Pamlico County Health Department

203 North St.
Bayboro, NC 28515

252-745-5111

https://www.pamlicocounty.org/departments/health_department/index.php

Monday through Friday: 8:00 AM to 5:00 PM

Offers assistance with a variety of basic health needs, including disease prevention and others.

Also offers free HIV and other STD testing and free COVID testing and vaccinations. Will also help with referrals to other health care providers in Craven County.

Free

Medical / Dental Resources

Merci Clinic

1315 Tatum Dr.
New Bern, NC 28560

252-633-1599

<https://www.merciclinic.org/>

Eligibility Appointment Hours:
Tuesdays and Thursdays: 8:00 AM to 5:00 PM

Pharmacy Hours:
Tuesdays and Thursdays: 8:00 AM to 5:00 PM

Provides confidential medical, limited dental and pharmaceutical services at no charge to individuals in Craven/Pamlico counties who have no health insurance and are of limited income regardless of race, color, creed, national origin, gender, religion or other legally protected status.

Call to schedule an appointment to see if you're eligible to receive medical and dental assistance.

They do not accept walk-ins, so you **MUST** call before visiting. You must provide a valid photo ID that has your current address on it.

Always check with your Parole Officer before leaving Pamlico County.

Free for those who qualify and aren't insured

HOPE Clinic

203 North St.
Bayboro, NC 28515

(Located inside the same building that houses the Pamlico County Health Department)

252-745-5760

<https://www.hopeclinic.net/>

Monday through Friday: 10:00 AM to 3:00 PM

Provides primary care, prescription and medical supplies and limited addiction treatment.

Free for those who qualify and aren't insured

Medical / Dental Resources



NC MedAssist

866-331-1348

medassist.org

NC MedAssist is a statewide program for those who do not have the means to buy life-saving medications to treat chronic diseases such as heart disease, diabetes, and asthma. To qualify you must live in NC, not have any insurance (not even Medicaid) and have income that is at or below 300% of the national poverty average. (To give you an example, if you live with one other person, the combined yearly income for both of you can't be more than \$54,930, or \$4,577 per month.) Visit their website to enroll or call for more information. They also have a Mobile Free Pharmacy that travels the state handing out free Over The Counter medications to anyone, no ID required.

Free for those who qualify and aren't insured

OurJourney can help you enroll in NC MedAssist's free pharmacy program! Call us 252-220-1956 to learn more.



Parks Insurance

153 S. Oakland Ave.
Rock Hill SC 29730

866-932-7200

<https://parksinsured.com/>

Monday through Friday: 8:00 AM to 7:00 PM

Parks Insurance is licensed in all 50 states to offer healthcare insurance to individuals returning from prison. Through a special program called G.I.F.T. (Giving Insurance Freely for Transition), you are eligible to receive healthcare insurance with ZERO monthly payments and little, if any, deductibles. This plan covers doctor visits, medication, behavioral health, surgery, hospital stays and more. Everyone qualifies, even those with preexisting conditions.

Free

OurJourney can help you enroll in Parks Insurance's G.I.F.T. program! Call us 252-220-1956 to learn more or call Parks Insurance and speak to a representative.

Mental Health & Substance Abuse Resources



Coastal Horizons

2805A Trent Rd.
New Bern, NC 28562

252-489-9969

<https://coastalhorizons.org/>

Monday through Friday: 8:00 AM to 5:00 PM
(Walk-ins accepted up until 4:00 PM)

Provides a broad range of effective, evidence-based substance use, mental health, crisis intervention, justice, and wellness services to persons in need, including prescription medication refill. Call to set up an appointment to register for assistance. They do take walk-ins also, but they recommend that you arrive early.

Always check with your Parole Officer before leaving Pamlico County.

Fee based on a sliding scale (what you can afford). They accept all forms of insurance and also offer state funding for the uninsured

Monarch Health Drive Center

1320 Health Dr.
New Bern, NC 28560

252-638-5945

<https://monarchnc.org/behavioral-health-services/>

Monday through Friday: 7:00 AM to 4:00 PM

Provides Behavioral Health Services that cover mental health services and substance use disorders to people who need it—when they need it. Mental health services cover people suffering from anxiety disorders, depression and a variety of other mental illnesses.

Always check with your Parole Officer before leaving Pamlico County.

Fee based on a sliding scale (what you can afford).

Hope4NC

855-587-3463

<https://www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-abuse/hope4nc>

Available 24/7

Hope4NC is here to connect you with the help you need, whenever you need it, whether that's mental health assistance, substance abuse assistance or if you're having suicidal thoughts.

Assistance is free; some services provided by partner organizations may charge fees. If you don't have health insurance, you may be eligible for behavioral, mental health and substance abuse services. Call Hope4NC for more information.

Mental Health & Substance Abuse Resources



Mental Health America

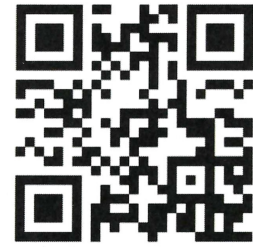
800-969-6642

<https://www.mhanational.org/>

<https://screening.mhanational.org/screening-tools/>

Provides free mental health screening, which is the quickest and easiest way to determine whether you are experiencing symptoms of a mental health condition.

To take the free and confidential mental health screening, visit their website or scan the QR code to the right with your smartphone.



mhascreening.org



Craven County Harm Reduction Outreach

2110 Neuse Blvd.
New Bern, NC 28560

252-634-6197

<https://www.cravencountync.gov/2087/Harm-Reduction>

Call for Available Hours

Provides several services to those who use drugs, including: Free

- Needle exchange
- Fentanyl test strips
- Naloxone (Narcan)
- HIV/STI testing
- Wound care
- Referrals for drug programs, housing, medical and other needs

Call and ask for Debra Rogers. The address given is for the Carolina East Foundation, but they do not accept walk-ins. You must call first for service.

Always check with your Parole Officer before leaving Pamlico County.

Job Training / Job Placement Resources



NCWorks Career Center

2836 Neuse Blvd.
New Bern, NC 28560

252-514-4828

<https://www.ncworks.gov/>

Monday through Friday: 8:00 AM to 4:30 PM

Offers support for everything from creating a resume and finding the right job opportunities to preparing clients for job interviews. Website has links for Finding a Job. Free

Always check with your Parole Officer before leaving Pamlico County.

Job Training / Job Placement Resources

Vocational Rehabilitation

2832 Neuse Blvd.
New Bern, NC 28562

252-514-4727

<https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services>

Monday through Friday: 8:00 AM to 5:00 PM

Provides a variety of services, depending on your specific needs. They are customized to help you find a job and offer career counseling, education and training, job placement assistance and on-going support, medical treatments and assistive technology. Works specifically with those who have physical, mental or emotional disabilities.

Always check with your Parole Officer before leaving Pamlico County.

Free

Holden Temporaries

1916 S Glenburnie Rd., Suite 3
New Bern, NC 28562

252-636-3111

<https://holdentemporaries.net/>

Monday through Friday: 7:30 AM to 5:00 PM

Temporary agency offering job placement in local businesses for clients who can pass a drug test and have reliable transportation. They do conduct a background check, and some business they work with will not hire ex-felons, but others will.

Requires two IDs.

Always check with your Parole Officer before leaving Pamlico County.

Free

Financial Resources



Operation HOPE

704-680-3163

<https://operationhope.org>

Monday through Friday: 8:00 AM to 5:00 PM

Helps individuals of all ages and backgrounds, including the formerly incarcerated, by offering financial education, one-on-one coaching, courses on credit score improvement, as well as pathways toward homeownership and starting a business. They have eight locations across the state of North Carolina, but since they can also provide their services over the phone, they can help you even if you don't live near one of their locations. This is a great (and totally free) program for those who want to understand how to rebuild their credit and financial life after incarceration. Call Alisha Kenny at the number provided to set up an initial appointment.

Free



Stretch Financial

877-275-4115

<https://www.stretch.money/>

Monday through Friday: 10:00 AM to 6:00 PM

Offers a free financial account for people returning from prison with features and functionality similar to traditional banks. A Stretch account comes with a MasterCard Debit Card, free direct deposit and customer service to answer any questions you might have. Best of all, you can use your prison ID to open the account. All you'll need is your Social Security number, a physical address so they can mail your debit card and an active email address. They will also ask for your legal name, date of birth and phone number (if you have one). To apply, visit their website, scroll down and click on the "Learn More" button under **Justice-Involved**.

There are no fees to open or maintain an account

Transportation Resources

Craven Area Rural Transit System (CARTS)

Main Office:
1106 Clarks Rd.
New Bern, NC 28562

252-636-4917

<https://www.cravencountync.gov/165/Transportation-CARTS>

Office Hours:
Monday through Friday: 7:15 AM to 5:15 PM

Route Hours:
Monday through Friday: 5:00 AM to 6:00 PM

Craven Area Rural Transit System (CARTS) provides van transportation needs for the general public, the elderly, and persons with disabilities throughout Craven and Pamlico counties. You must call at least 48 hours ahead of time to schedule a ride. They'll pick you up and return you to your house. CARTS also offers three fixed-route bus services in New Bern. Call for more information.

Always check with your Parole Officer before leaving Pamlico County.

Fares for van transportation will vary depending on origin and destination; fares for the fixed-route bus service in New Bern is \$1 (cash only). They offer discounts for people with disabilities, people aged 65 or older and people with a Medicaid card.

Clothing Resources

Goodwill Thrift Store - New Bern

560 McCarthy Blvd.
New Bern, NC 28562

252-635-4846

<https://www.gienc.org/store/new-bern>

Monday through Friday: 9:00 AM to 8:00 PM
Saturday: 9:00 AM to 6:00 PM
Sunday: Noon to 6:00 PM

Offers previously-owned clothing and other items at extremely low prices. You can often find name-brand clothes in good to great condition.

Always check with your Parole Officer before leaving Pamlico County.

Men's pants are as low as \$4.50 each, shirts as low as \$2.99 each. Other items are priced low also.

Clothing Resources

Salvation Army Thrift Store

310 Queen St.
New Bern, NC 28560
252-633-3921

1228 E Main St.
Havelock, NC 28532
252-652-7166

<https://southernusa.salvationarmy.org/new-bern/>

Monday through Saturday: 9:00 AM to 4:30 PM

Offers previously-owned clothing and other items at extremely low prices. You can often find name-brand clothes in good to great condition. They often provide clothing vouchers for those returning from prison, but you must ask at the front desk and be prepared to show your prison ID.

Always check with your Parole Officer before leaving Pamlico County.

Price varies by item

Hospice Thrift Store of Pamlico

602 Main St.
Bayboro, NC 28515

252-745-5033

<https://www.hospiceofpamlico.org/hospice-thrift-store>

Monday through Friday: 10:00 AM to 4:00 PM

Saturday: 10:00 AM to 1:00 PM

Offers gently used clothing, shoes, housewares, books and much more. No ID needed.

Prices range from 50 cents for socks to \$10 for coats.

Directory for Pamlico County Agencies:

Pamlico County Probation Department	1001 Downey Dr. New Bern, NC 28560	252-514-4734
Pamlico County DMV	13588 NC-55 Bayboro, NC 28515	252-745-0695
Pamlico County Dpt. of Social Services	828 Alliance Main St. Bayboro, NC 28515	252-745-4086

Directory for State and Federal Government Programs that Offer Temporary Assistance:

SNAP (Supplemental Nutrition Assistance Program): www.fns.usda.gov/snap/supplemental-nutrition-assistance-program

LIEAP (Low Income Energy Assistance): www.ncdhhs.gov/divisions/social-services/energy-assistance/low-income-energy-assistance-lieap

TANF (Temporary Assistance for Needy Families): www.ncdhhs.gov/divisions/social-services/work-first-family-assistance

Other Organizations that Offer Assistance:

The National Reentry Network for Returning Citizens is a national network comprised of individuals returning from incarceration who support each other's successful reintegration. To learn more, visit their website at <https://thenationalreentrynetwork.org/>.

National Suicide Prevention Hotline: Dial 988 or online at www.988lifeline.org.

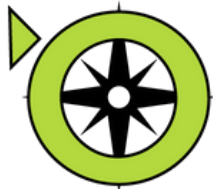
Felony Record Hub (an online resource with jobs, housing and reentry advice for people with criminal records): www.felonyrecordhub.com

Honest Jobs is the nation's leading job marketplace for people affected by the criminal justice system. Honest Jobs has over 300,000 job openings from 1,000+ fair-chance employers: www.honestjobs.com

Veterans Resources in Pamlico County (for all military veterans): 252-705-4086 (ext. 289) or online at https://www.pamlicocounty.org/departments/veterans_services.php

NC211.org (an online information and referral service provided by United Way of North Carolina. It offers a searchable database with information about resources for all 100 counties in North Carolina)

Other Assistance Available through OurJourney: Anyone returning to any county in North Carolina from any state prison is automatically eligible to participate in the OurJourney **Essential Services** program. The Essential Service programs provides one-on-one, professional assistance, including help with writing a resume, preparing for a job interview, handling stress and rejection, smartphone training, and six other essential services for those rebuilding their lives after incarceration. This program is free of charge. To learn more or to enroll, call 704-220-9516 or visit www.ourjourney2gether.com/essential-services.



OurJourney
PO Box 2862
Rocky Mount, NC 27802