

Community Resources

Put down the binder.

One referral directory for the region.

A free regional directory built for the people making referrals every day: searchable, filterable by county, and ready to hand a client before they leave your office.



SCAN OR VISIT

sparc.help

● **NO COST TO YOUR AGENCY.** No login, no contract, no app store.

Community feedback welcome

WHAT IT DOES

Built for the way you actually make referrals

☰ RESOURCE DIRECTORY

Hundreds of local services grouped by category, with **voice search** when typing isn't practical.

▼ COUNTY FILTERING

Sort to **a single county** when you're coordinating across the region or serving a client who won't travel.

📅 REGIONAL EVENTS CALENDAR

Support groups, trainings, public meetings, and conferences in date order. **You can post your own events.**

☁ WORKS OFFLINE

Once installed, the directory **keeps working without a signal**, which matters on rural stretches of the region.

📍 LOCATION-BASED DISCOVERY

An **interactive map and "near me" search** surface the closest providers first, when transportation is the barrier.

☎ ONE-TAP ACTIONS

Call, open a website, or launch driving directions from the listing, with the client still in the room.

🌐 MULTILINGUAL SUPPORT

The full directory reads in **English, Spanish, and Haitian Creole**, so language isn't one more barrier.

⚙ SHARED UPKEEP & HOSTING

SPARC hosts and maintains the platform. **No software cost and no IT lift** for your agency.

PUT IT TO WORK

Three ways to use it this week

- 1 Install it on your work phone.** Visit sparc.help, tap "Install," and it lives on your home screen. No login, no download.
- 2 Use it during the handoff.** Filter by county and category, then tap to call the provider while the client is still with you.
- 3 Share the code.** Print it, post it, or text the link so clients can browse the same directory on their own.

🌱 **The directory is only as good as the people in it.** Submit a missing organization, correct an outdated listing, or add your next event directly through the site.

sparc.help

Community Resources

Serving communities across North Carolina
Funded by the Kate B. Reynolds Charitable Trust



SPARC
Southeastern Prevention & Addiction Recovery
Resource Center

Social Determinants of Health

Health starts long before the doctor's office.

Where we are born, live, learn, work, worship, and age shapes our health every day.

5

connected areas that shape how long and how well we live

THE FIVE DOMAINS

What shapes our health, and how we can respond



Economic Stability

→ **MORTALITY** Risk of early death

WHAT IT INCLUDES

- Food security
- Income
- Employment & living wages
- Debt & financial literacy
- Utilities
- Affording medications

WAYS TO ADDRESS IT

- ✓ Food pantries & SNAP/WIC
- ✓ Help with utility bills & benefits
- ✓ Job & financial skills programs



Education

→ **LIFE EXPECTANCY** How long we live

WHAT IT INCLUDES

- Literacy
- Language
- Early childhood education
- Vocational training
- Higher education

WAYS TO ADDRESS IT

- ✓ Adult literacy, GED & ESL classes
- ✓ Early learning programs for kids
- ✓ Job training & community college



Social & Community Context

→ **HEALTH STATUS** Overall well-being

WHAT IT INCLUDES

- Support system
- Community engagement
- Discrimination
- Social integration
- Interpersonal violence
- Legal issues

WAYS TO ADDRESS IT

- ✓ Community & faith-based groups
- ✓ Free or low-cost legal aid
- ✓ Safety & crisis support



Mental health is influenced by all five.

Stress from bills, unsafe housing, isolation, or a hard time getting care all add up. Supporting mental health means looking at the whole picture, not just one piece of it.



Healthcare Access & Quality

→ **FUNCTIONAL LIMITS** Daily activities

WHAT IT INCLUDES

- Income & ability to pay
- Provider bias
- Health coverage
- Provider access
- Cultural & language competency
- Quality of care
- Health literacy

WAYS TO ADDRESS IT

- ✓ Sliding-scale fee clinics
- ✓ Help enrolling in health coverage
- ✓ Medication assistance programs



Neighborhood & Physical Environment

→ **MORBIDITY** Illness and disease

WHAT IT INCLUDES

- Housing stability & quality
- Transportation
- Safety, crime & violence
- Parks & playgrounds
- Walkability
- Access to healthy food

WAYS TO ADDRESS IT

- ✓ Housing & home-repair help
- ✓ Local ride & transit services
- ✓ Fresh, healthy food near you

START ANYWHERE

Every category in the guide connects to these five areas.

Pick one step from any card, then search sparc.help to find local services that can help.

In a crisis? Call 911 or text 988, 24 hours a day.

sparc.help

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