

Assessment Guidelines

- Is the person **mentally sharp** and able to make **informed decisions**? Do they know who they are, where they are, and what is happening?
Don't assume confusion is due to intoxication.
- How is their **physical health**? Do they have a cold, diabetes, heart problems, or a disability?
- Are they **under the influence** of drugs/alcohol?
- Have they had access to regular **meals and hydrating fluids**?
- Do they have access to **dry** blankets, clothes, socks, and shoes?
- Do they have a **plan** to stay warm and **supplies** to do so? See if they will explain their plan to you. Do they have a **back up plan** or a way to get help if anything changes?
- Make sure they know all their **options**. What can **you** help with? If you feel like they are **at risk**, please call an outreach worker, the Cold Patrol* (in Levels 2-4), or the non-emergency number* to request a wellness check.

Signs of Hypothermia

- Shivering, cold to touch, pale and dry skin
- The “Umbles” - Fumbles, Mumbles, Stumbles
- Loss of coordination and difficulty speaking
- Impaired consciousness and confusion
- Fatigue, drowsiness, and lethargy
- Lack of concern about one's condition
- Not feeling cold when one should
- Slow and shallow breathing, weakening pulse
- **If you see these signs, seek medical help immediately. Call 911 or transport to the hospital while rewarming.**

Safety Tips

- Don't go out alone and make sure someone knows where you are at all times.
- Keep your phone sufficiently charged and program pertinent numbers.
- Pay attention to your intuition—your gut.
- Dress warmly. Stay hydrated and eat often.
- Remember... no one can do this work alone!

* All numbers are listed inside of this brochure.

Strategies for Reaching People Who are Not Ready to Come In

If someone is a danger to themselves or others due to a mental health or developmental issue:

- If it is safe to do so, stay with them until help arrives. Make sure someone else knows where you are. Try to keep them calm.
- If they are suicidal, call Mobile Crisis* to request an assessment.
- If they are an adult who cannot make their own decisions, consult with a trained outreach worker or volunteer about calling Adult Protective Services.*
- If all else fails, call 911 (last resort).

If someone is under the influence of drugs or alcohol or resistant because of a mental health condition or trust issues:

- Ask if they have friends or family they could call and stay with in emergency (like now).
- If their friends are with them, see if their friends will go in for camaraderie.
- If they are intoxicated, see if they are willing to go to the Guest House* at Room in the Inn.
- If it is safe and feasible, get them somewhere to warm up/sober up a little and try again.
- Offer food, water, gift cards, and/or cigarettes to build trust and then try again.
- If they refuse to come in, offer them supplies to stay warm. If you are concerned, call an OTN staff member, the Cold Patrol,* or the non-emergency number* to request a wellness check.

If someone really won't come in:

- Offer whatever survival supplies that can get them through the night. Even if the person refuses them, leave them nearby.
- Talk through/build their survival strategy together.
- Offer a gift card to a 24-hour store or restaurant.
- Come back later to try again.
- Help find a “safe” sleep spot (and remember it).
- If you are concerned, call an OTN staff member, the Cold Patrol,* or the non-emergency number* to request a wellness check.
- Try to mobilize funds for a hotel in extreme situations.

* All numbers are listed inside of this brochure.

Winter Outreach Guide for Volunteers & Community Members



2018

Basic Winter Information

- For information about cold weather levels in Nashville, call 615-862-6391 or visit www.coldweathernashville.com.
- City-wide “levels” are determined at 5pm the day before.
 - **Level 1** is all temps from November 1st to March 31st.
 - **Level 2** is 32°F and below.
 - **Level 3** is 28°F and below.
 - **Level 4** is determined by the Office of Emergency Management and is a winter emergency often involving precipitation.
- To get involved with Open Table Nashville’s winter outreach canvassing, please email winter@opentablenashville.org.

Important Numbers

- Ambulance, Police, and Fire: 911
- Metro Non-Emergency Number (Police): 615-862-8600
- Mobile Crisis: 615-726-0125
- Oasis Youth Crisis Line: 615-327-4455
- YWCA Domestic Violence Center: 615-242-1199 & Hotline: 1-800-334-4628
- Alcoholics Anonymous Helpline: 1-800-711-6375
- Narcotics Anonymous Helpline: 1-800-677-1462
- Adult Crisis, Statewide: 855-274-7471
- Adult Protective Services: 615-532-3492 or 1-888-277-8366
- National Sexual Assault Hotline: 1-800-656-4673
- Cold Patrol for Mission: 615-557-4738 (They will help get people in Levels 2-4)
- Open Table Nashville: 615-415-0141

Items to Carry/Donate to OTN

- Sleeping bags & blankets
- Hand, foot, & body warmers
- Warm socks, gloves, hats, coats & scarves
- High protein snacks, protein shakes
- Emergency blankets (mylar foil)
- Tents, tarps, propane canisters, & heaters
- Bus passes & \$5 McDonalds gift cards

Winter Shelters for Adults & Families

Nashville Rescue Mission for Men: 639 Lafayette St. When it’s below 32°F, people can come in at any time. Showers are open 24 hours during the winter. (615-255-2475)

Nashville Rescue Mission for Women & Children: 1716 Rosa L. Parks Blvd. When it’s below 32°F, people can come in at any time. Showers are open Mon.-Fri. from 10-11am, 3-6:30pm, and 8-9:30pm and Sat.-Sun. from 3-6:30pm. (615-312-1574)

Room in the Inn: 705 Drexel St. For congregational shelter program, men need to be there by 5pm, women by 11:30am (this does not guarantee a bed).

Room in the Inn’s Guest House for people who are intoxicated: 705 Drexel St. If someone wants to go, call the Metro non-emergency number (615-862-8600) and request transport.

Youth under 18: Call the Youth Crisis Line at 615-327-4455. Oasis Center has emergency youth beds.

Families with minor children (under the age of 18): If a family cannot access the Women’s Mission, please reach out to Metro Social Service during business hours Mon.-Fri. either by calling their Family Coordinated Entry System at 615-862-6444 or as a walk-in at 800 2nd Ave. North, Nashville, TN 37201 (please show up before 3pm). Room in the Inn’s shelters are also available to families, please call 615-251-9791 Mon.-Fri. between 8am-4pm for further information.

Additional overflow shelters for couples and people who can’t or won’t access other sites will open in Level 3 when the temperature is projected to be 28°F or lower. For details and updates, check www.coldweathernashville.com or call 615-862-6391.

Winter Shelters for Youth (18-24 yrs old, Levels 1-4)

Sunday:
Launch Pad @ West End United Methodist Church, 2200 West End Ave., Nashville

Monday:
Launch Pad @ Boys & Girls Club, 916 16th Ave. N., Nashville

Tuesday:
Launch Pad @ City Road United Methodist Church, 701 Gallatin Rd. S., Madison

Wednesday (November & March):
Room in the Inn, 705 Drexel St., Nashville
Wednesday (December, January, & February):
Launch Pad @ Boys & Girls Club, 916 16th Ave. N., Nashville

Thursday:
Launch Pad @ City Road United Methodist Church, 701 Gallatin Rd. S., Madison

To Reserve a Space:
On **Sundays**, please go to calendar page at www.nashvillelaunchpad.com.
During the week, please call Oasis at 615-983-6911 between 9am-4pm. Doors for Launch Pad open at 8pm (please do not get there before 7pm).
For **Wednesdays** at Room in the Inn, please show up between 4-6pm (beds are given out on a first-come, first-serve basis and will fill up quickly).

