

## Important Numbers

Fire and police emergency – 911  
Social service resource and referral – 211  
(or [www.211iowa.org](http://www.211iowa.org))

**988 - Suicide & Crisis Lifeline** If you or someone you know is struggling or in a mental health crisis, help is available. **Call or Text 988 or chat 988lifeline.org**

**Crisis Text Line** In a crisis? Text **HOME** to **741741** to connect with a Crisis Counselor. This is FREE 24/7 support at your fingertips with a trained volunteer, not a professional. Please note, they can provide support, but not medical advice.

**Domestic Violence Hotline (Family Crisis Center):**  
**1-800-382-5603**

**Sexual Assault Hotline (Centers Against Abuse & Sexual Assault):** 1-877-362-4612

**Housing Hotline (CSADV):** 1-800-982-7233

**Human Trafficking:** 888-373-7888

**Suicide Prevention:** 800-273-8255

**Emergency Translation Services:** 515-282-8269,  
option 5, code 7092 - for LEP individuals facing a serious threat to life or well-being.

**Maternal Mental Health Hotline**, HRSA launched the Maternal Mental Health Hotline, a new, confidential, toll-free hotline for expecting and new moms experiencing mental health challenges. **Moms can call or text 1-833-9-HELPMOMS (1-833-943-5746)**  
**English and Spanish**

**Statewide Child/Dependent Adult Abuse Hotline**  
**800-362-2178 (24 hours/day)**

**Iowa Concern Hotline**  
(For stress, financial and legal issues)  
**800-447-1985 (24 hours/day)**

## Sac County Resource Directory



Provided by:  
*Community Partnerships for Protecting Children for Sac & Crawford Counties & BVCS Early Childhood Iowa*

Disclaimer: The services and information in this directory are not all inclusive of the resources in our community. If you are aware of other community services you would like to add to this directory or if you know of inaccurate information listed in this directory, please email BVCS Early Childhood Iowa [bvcs,eci,director@gmail.com](mailto:bvcs,eci,director@gmail.com) Your assistance is greatly appreciated.

**Note:** only generic emails are provided due to staff turnover. Some exceptions may apply.

**Updated June 2023**

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## Alcohol Drug Treatment Services

### ➤ Alcoholics Anonymous

Mondays, 8:00 p.m. Court House Annex, 115 S. State St, Sac City

### ➤ Gambling Hotline: 800-BETS-OFF (800-238-7633)

24 hours/day, 7 days/week

Information and referrals for gambling concerns – for yourself or others

### ➤ New Opportunities Inc.

1708 West Main Street, Sac City, IA 50583-0329

Ph: 712-662-7921 or 712-662-3236 Fax: 712-662-3592

Website: [www.newopp.org](http://www.newopp.org)

Only open on Monday & Wednesday

For appointments call Carroll office (712) 792-9266 M-F

23751 Highway 30 East: PO Box 427

Carroll, IA 51401

#### Treatment Services:

Individual and group outpatient treatment for adults and adolescents dealing with substance abuse, addiction or problem gambling. Family and concerned person counseling services also available. *Payment options:* sliding fee scale; private insurance, hawk-I, Medicaid accepted. Standard fee for Assessments and Evaluations.

**Prevention Services:** contact 712-792-9266

Education designed to prevent tobacco, drug and alcohol abuse, and problem gambling prevention.

Programs available for: school-aged youth; adults (including workplace

education); and for communities through Coalitions.

**Your Life Iowa:** Call: 855.581.8111 Text: 855.895.8398\*

Website: [YourLifeIowa.org](http://YourLifeIowa.org)

The Iowa Department of Public Health created the Your Life Iowa helpline, text line and website. So you can get help for alcohol, drug and gambling problems, suicidal thoughts and more from experts dedicated to the health of all Iowans. Your Life Iowa is here to help you confidently self-assess your situation, get reliable information, find resources and treatment options, and chat live with caring individuals. And since we've partnered with health care professionals all across Iowa, it's easy to find help near you.

## Service Organizations

Please contact Chamber- Main Street (712) 662-7316 for information about service organizations in the community.

- 4-H
- Community Education/Recreation
- Friends of Library
- Kids World Volunteer Board
- Loring Hospital Volunteer Services
- PEO (philosophical organization promotes education)
- PTO- Parent Teachers Organization
- Red Hat Society
- Sac Community Center
- Sac County Child Abuse Prevention Council
- Sac County Fair Board
- Sac County Hometown Pride
- Sac Fit
- WaTanYe

#### National Websites for organizations.

- American Legion National website - <http://www.legion.org>
- Boy Scouts National website - <http://www.scouting.org/>
- Girls' Scouts National website - <https://www.girlscouts.org/>

## Sac City Churches

- **Church of Christ** South 15<sup>th</sup> St and Audubon, 712-662-7714
- **First Christian Church** 521 Park Avenue, 712-662-7996
- **First Presbyterian Church** 812 Audubon Street, 712-662-4304
- **St. Mary's Catholic Church** South 12<sup>th</sup> Street, 712-662-4371
- **St. Paul's Lutheran Church** 1112 Bailey Street, 712-662-7029
- **St. Peter's Lutheran Church** 3541 300<sup>th</sup> Street, 712-662-7392
- **United Methodist Church** 900 Main Street, 712-662-7436

➤ **Senior Health Insurance Information Program (SHIIP)**

Phone: 1-800-351-4664 (TTY 1-800-735-2942)

Buena Vista Regional Medical Center representative 712-213-8683

Website: <https://shiip.iowa.gov/>

Hours: 8:00 am – 4:00 pm M-F Telephone consultation and free publications to provide information about the insurance questions faced by older adults, including Medicare coverage, Medicare Supplement Insurance Policies, Medicare Part D, Long-Term Care Insurance. In person conferences available.

## Transportation

➤ **Iowa Department of Transportation – Iowa DOT Public Transit**

800 Lincoln Way Ames, IA 50010 | <https://iowadot.gov/>

Phone: 515-239-7870 Fax: 515-233-7983

**24/7 online services** – get Iowa DOT services online, anytime. **Travel** - view Iowa travel conditions, construction, and traffic cameras. **Drivers / Vehicles** - renew Iowa drivers' license, make an appointment, register vehicles

Transit Programs Administrator, Statewide Mobility Coordinator.

➤ **Western Iowa Transit System**

Region XII Council of Governments, 712-792-9914

[www.region12cog.org](http://www.region12cog.org)

Sac City Contacts: (712) 830-0806; (712) 830-6441

Auburn Contact: (712) 688-2203

Door-to-door transportation services with flexible schedules to meet the needs of its riders. Per trip fee applies. Sixty buses and vans serve Audubon, Carroll, Crawford, Greene, Guthrie, and Sac Counties. Most of our buses are ADA accessible. Contact one of the above numbers at least 24 hours prior to the needed ride. Available to **all citizens**

➤ **Plains Area Mental Health Center – Turning Point**

Refer to Mental Health page 30 | <https://plainsareamentalhealth.org/>

Phone: office: 712-662-8059 home: 712-662-8055 fax: 712-662-8054

Turning point is an 8 bed crisis home that provides mental health services in a less intensive environment than an inpatient setting. The average length of stay is 3 to 5 days. The program is voluntary. We aim to provide an option for 24 hour mental health care without the need for Court Commitment.

➤ **Rosecrance Jackson Centers**

Inpatient and Outpatient treatment facilities that specialize in drug and alcohol addiction treatment and co-occurring mental health disorder treatment for adults.

800 5th St., Sioux City, IA 51101

Phone: 712-234-2300

WAATS: 1-800-472-9018

<https://rosecrancejackson.org/>

Cherokee Office: 712-225-2441

815-720-5080

789 1/2 N 2<sup>nd</sup> Street, 51012

Spencer Office: 712-584-2030

eFax: (815) 720-5080

1713 McNaughton Way, 51301

➤ **Rolling Hills Community Services**

Phone: 712-297-5292 ext 237 | <https://www.rollinghillsregion.com/>

Rolling Hills Community Services Region is committed to ensuring access to high quality, value-added community-based services for all eligible citizens within our communities that encourage resiliency, stability, and growth.

➤ **St. Anthony Mental Health Services**

St. Anthony Regional Hospital | <https://www.stanthonyhospital.org/>

405 S. Clark Street, Carroll, IA 51401

Phone: 800-562-6060 available 24-hours for crisis and non-crisis calls

Outpatient Services (712) 794-5435

Inpatient and outpatient care for a variety of mental health needs, including psychiatric consultation and treatment along with counseling for individuals, couples and families.

- **Season Center for Behavioral Health** additional services, refer To Mental Health page 31

Phone: 800-242-5101

Website: <https://seasonscenter.org/>

**Substance Use Disorder Services** – Seasons’ outpatient substance use disorder program strongly believes and adheres to a 12-step model of addiction treatment.

**DECAT – Specialized Substance Abuse Treatment Program** offers specializes substance abuse services to clients/families involves with the Health & Human Services (HHS). Must be referred by a HHS worker.

**Problem Gambling Treatment** Includes all gambling behavior pattern that compromise, disrupt or damage personal, family, or vocational pursuits.

**Prime for Life – DUI Class** fulfills the required 12-hour alcohol and drug education class after a loss of a driver’s license due to OWI or zero tolerance charges.

## Sac County Government Offices

100 N W State Street, Sac City, IA 50583 | <https://www.sacountyiowa.gov/>

**Driver’s License** (renew driver’s license) 712-662-4578

**County Assessor** 712-662-4492

**County Attorney** 712-662-4791

**County Auditor** 712-662-7310

**County Clerk** 712-662-7791 (Fax line) 712-662-7978

**County Engineer** (499 N 19<sup>th</sup> St) 712-662-7687

**County Landfill-Solid Waste** (2430 260<sup>th</sup> St) 712-662-4895

**County Motor Vehicle Department** 712-662-7273

**County Recorder** 712-662-7789

**County Sheriff** 712-662-7127

**County Treasurer** (taxes) 712-622-7411

**Emergency Management** 712-662-4789

**Sac County Support Services** 712-662-7998

**Sanitarian** (116 S State Street) 712-662-7998

**Veterans Affairs** 712-662-7929

**Juvenile Court Services** | Carroll County Court House | see page 14

Phone: 712-790-0406 Hours: Monday-Friday, 8-4:30

**Emergency Management/Homeland Security**

Address: 1020 West Main Street, Sac City, IA

Phone: 712-662-4789

Coordinates emergency planning activities and services in the event of a disaster, assists governing officials in the event of a disaster, and promotes public knowledge of emergency management and dissemination to the public.

## Older Adults

- **Elderbridge Agency on Aging**

603 N. West Street, Carroll, IA 51401

Preferred Phone: 800-243-0678 Website: <https://www.elderbridge.org/>

Eligibility: Persons 60 years of age or older and their families

Information, assistance, case management and/or advocacy for a full range of senior needs. Informational meetings and programs for seniors. Provides funding to other organizations that provide services including adult day care, chore, congregate/home delivered meals, homemaker/personal care, legal assistance, medication management, mental health counseling, respite, senior health, and transportation.

- **Experience Works, Inc.**

Website: <https://www.experienceworks.org/>

National Office: 866-397-9757 or 703-522-7272

Senior community service employment program for people 55 and over, who are unemployed or have low incomes (125% of poverty or less). Experience Works offers job search help and on-the-job training.

- **Iowa Department on Aging**

Department of Elder Affairs, 800-532-3213 or 515-725-3333

Website: <https://www.iowaaging.gov/>

[Practitioners Guide to Supportive Services](#) This guide aims to assist workforce professionals quickly and accurately locate emergency and long-term resources for workforce program customers to gain economic stability. It includes information on rental assistance, supports for utilities and broadband, childcare, the child tax credit, earned income tax credit, nutrition and food security, health care resources, and legal aid among others. Additional information on supportive services is also available on the Department of Labor’s technical assistance platform for workforce practitioners, at Workforce GPS <http://www.workforcegps.org/>

- **Proteus**

107 North 7<sup>th</sup> Street, Fort Dodge IA 50501

Phone: 800-798-8225 Website: <http://www.proteusinc.net/>

Basic education, vocational training, and other program services to assist eligible seasonal and migrant farm workers and/or their dependents to acquire full-time non-seasonal jobs that offer financial stability.

Proteus also helps to stabilize workers’ seasonal agricultural employment through local delivery of supportive services.

### ➤ **St. Anthony Mental Health Services**

St. Anthony Regional Hospital  
405 S. Clark Street, Carroll, IA 51401

Website: <https://www.stanthonyhospital.org/>

Phone: 800-562-6060 - available 24-hours for crisis and non-crisis calls

Outpatient Services (712) 794-5435

Inpatient and outpatient care for a variety of mental health needs, including psychiatric consultation and treatment along with counseling for individuals, couples and families.

### ➤ **Season Center for Behavioral Health** additional services Alcohol-Drug Treatment See page 1

Central Office: 201 East 11<sup>th</sup> Street, Spencer, IA 51301

Phone: 800-242-5101

Carroll Office: 524 E 7<sup>th</sup> St. Carroll, IA 51401

Storm Lake Office: 824 Flindt Drive, Ste. 104, Storm Lake, IA 50588

Website: <https://seasonscenter.org/>

[24/7 Crisis Line 1-800-242-5101. Crisis service as well as Parent Talk Line, staffed by Season Center.](https://seasonscenter.org/24-7-Crisis-Line-1-800-242-5101-Crisis-service-as-well-as-Parent-Talk-Line-staffed-by-Season-Center)

Seasons is a comprehensive Behavioral Health Center offering a broad range of psychiatric and behavioral health services to the people and communities in Northwest Iowa.

**Adult Services:** Assertive Community Treatment, Consultation & Education Services, Emergency & Crisis Services, Intensive Psychiatric Rehabilitation, Outpatient Counseling & Therapy, Outpatient Psychiatric, Specialty Supportive Services, Substance Use Disorder, Trauma Therapy, Veteran Services.

**Child Services:** Adolescent Substance Use Disorder, Camp Autumn, Consultation & Education Services, Emergency & Crisis Services, Outpatient Counseling & Therapy, Outpatient Psychiatric Services, School-Based Services, Specialty Supportive Services, Specialized Family Services, Trauma Therapy Services.

**Family Services:** Couples Therapy, Family Counseling & Therapy Services, Foster & Adoptive Services/Family Support Center,

## Disability

➤ **Area Education Agency (AEA)** Refer to Education see page 7  
Phone: 712-732-2257

### ➤ **Children at Home – Iowa Family Support Network**

1111 9<sup>th</sup> St. Suite 320, Des Moines, IA 50314

Phone: 515-558-9946 Fax: 515-558-9994

Website: <https://www.iafamilysupportnetwork.org/families/children-at-home/>

The Children at Home program is designed to assist you and your family in securing the services and supports that you identify as necessary in helping your child remain at home. An underlying principle of the Children at Home program is that you and your family retain control of decisions which affect your

### ➤ **Child Health Specialty Clinics**

204 W 7<sup>th</sup> Street, Carroll, IA 51401

ph: 712-792-5530; fax: 712-792-4825

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

Assuring a system of care approach for Iowa's children and youth with special health care needs. Children with chronic conditions like asthma, diabetes, developmental or behavioral disorders like autism or attention deficit hyperactivity disorder, behavioral or mental health and complex health issues. Division of Child and Community Health in collaboration with the University of Iowa, Carver College of Medicine.

- Family to Family Support by trained Family Navigators
- Regional Autism Assistance Program
- Telehealth opportunities with various pediatric specialists from the University of Iowa Health Care System including child psychiatry.

### ➤ **Early ACCESS**

Prairie Lakes Area Education Agency

824 Flindt Drive, Suite 105, Storm Lake, IA 50588

Phone: 712-732-2257

Website: <https://www.iafamilysupportnetwork.org/families/early-access/>

Early ACCESS serves children under 3 years of age; who have a health or physical condition that affects his or her growth and development; or have a delay in his or her ability to play, hear, see, talk, or move. There are many services and resources to help your child and family.



➤ **Early Childhood Developmental Screenings**

Prairie Lakes Area Education Agency

824 Flindt Drive, Suite 105, Storm Lake IA 50588

Phone: 866-540-3858 ext. 87005

Website: <http://www.aea8.k12.ia.us/>

Free screenings for children from birth to age 5 when concerns are present or developmental delay is suspected. Screenings include complete evaluations, problem-solving and recommending services where appropriate.

➤ **Hope Haven (formally Faith, Hope, and Charity)**

1815 W. Milwaukee, PO Box 243, Storm Lake, IA 50588

Phone: 712-732-5127

Website: <http://www.hopehaven.org/>

Provides quality care for children with special needs including Residential Program, Community Service program, & respite care.

➤ **Howard Center, Inc.**

1319 Early Street, Sac City IA 50583

Phone: 712-662-7844; fax: 712-662-7374

E-mail: [howrdctr@mchsi.com](mailto:howrdctr@mchsi.com)

<https://howardcenterinc.org>

Comprehensive range of services to assist individuals with disabilities to be as independent as possible, including supported community living; respite care; community supervised living; pre-vocational services; supported employment; home and vehicle modification; consumer directed attendant care; and more.

➤ **Imagine the Possibilities, Inc. (CRP) (formally Genesis)**

Corporate Office: 1710 E Maple Street, Maquoketa, IA 52060

Local: 1607 N. Lake Ave, Storm Lake, IA

Phone: 563-652-5252 Fax 712-732-3312

Website: <https://imagineia.org/>

Comprehensive range of services to assist individuals with disabilities to be as independent as possible, including supported community living; respite care; community supervised living; pre-vocational services; supported employment; home and vehicle modification; consumer directed attendant care; and more.

➤ **Iowa Vocational Rehabilitation Services (IVRS)**

Two Triton Circle, Fort Dodge, IA 50501

Office hours: 8:00 am -4:30 pm Monday-Friday

Phone: 515-573-8175 Fax: 515-955-1849

Website: <http://www.ivrs.iowa.gov/>

Assists individuals who have disabilities to reach their employment goals. Appointments are needed. *Eligibility:* An individual must have a disability that affects his/her ability to be employed and must need rehabilitation services in order to work.

➤ **Plains Area Mental Health Center**

728 Erie St., Storm Lake, IA 50588

Phone: 712-213-8402

Fax: 712-213-8411

Website: <https://plainsareamentalhealth.org/>

Provides professional, confidential, psychiatric services for mediation management, along with outpatient counselling to assist individuals of all ages, couple, and families. Treatment focuses on issues ranging from stress, depression, anxiety, trauma, abuse, loss, child behavior, and more.

**MCAT Mobile Crisis** (Buena Vista, Calhoun, Carroll, Cherokee, Crawford, Ida, Sac, or Woodbury County)

The Mobile Crisis Assessment Team (MCAT) provides on-site, in-person intervention for individuals experiencing a mental health crisis. 24/7 program for children and adults that dispatches mental health professional to homes, schools, ERs, or other public places where a mental health crisis (increased depression, anxiety, insomnia, medication management, suicidal ideation, psychosis, or significant change in life) is occurring. MCAT is dispatched through 911 or by contacting Plains Area Mental Health Center at 712-546-4624.

**Turning Point**

900 Early Street, Sac City, Iowa

Phone: 712-662-8055 Cell: 712-661-8000 Fax: 712-662-8054

Turning Point is a facility that will provide short term crisis stabilization services, 3 to 5 day stay, to individuals who are 18 years of age or older, meet mental health crisis criteria and are not in need of inpatient mental health treatment. Each individual will be screened by an Emergency Department physician, local physician, or a mental health professional to deem that they are medically stable and in a state of mental health crisis.

➤ **Rolling Hills Community Services Region (RHCS)**

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

605 Cayuga – PO Box 253, Storm Lake, IA 50588

Phone: 712-749-2556

Linking individuals, families, and communities to quality services and supports. Services through many Access Points, Plains Area Mental Health, Siouxland Mental Health Center, and Stepping Stones Transitional Living Center.

On-line Directory: Resource Connection

<https://www.rollinghillsregion.com/resources>



### ➤ **Counseling Services, LLC**

322 South 13th Street, Sac City, Iowa 50583

Phone: 712-662-3222; fax: 712-662-3329

<https://www.tapartnership.org/locations/Sac-City-IA.htm>

Office Hours M-F 9:00am-5:00pm & evening by appointment.

24-hour crisis calls accepted.

All types of outpatient counseling provided. Outpatient individual, couple and family counseling and assessment services. Psychiatric assessment and medication management also provided. People with substance Abuse and co-occurring issues are welcome.

*Payment options:* sliding fee scale for eligible Sac County residents; private insurance, Medicare, Medicaid accepted. Sac County residents are not denied services because of inability to pay.

### — **Hope Harbor Unit - Buena Vista Regional Medical Center**

1525 West 5<sup>th</sup> Street, PO Box 309, Storm Lake, IA 50588

Website: <https://www.bvrmc.org/>

Phone: 712-213-8656 Toll Free: 1-888-712-5433 extension 8656

Geriatric psychiatric unit that serves older adults 62 and older. 10 bed unit.

### ➤ **Lutheran Services in Iowa (LSI)**

205 S 7<sup>th</sup> St., Denison, IA 51442 Phone: 712-263-9341

1614 West 5<sup>th</sup> St, Storm Lake, IA 50588 Phone: 712-291-1066

Website: <http://lsiowa.org/>

Behavioral Health Intervention Services (BHIS), In-home skill building services for children with chronic mental health issues (Title XIX).

Flexible appointments, family-focused, wraparound care. Eligibility Title 19 Medicaid, mental health assessment prior to services calls centralized contact at 888-457-4692.

Other LSI Services include therapy, family communication and support, Pregnancy Prevention, Foster Care and Adoption services.

### ➤ **Education**

**East Sac County** (Auburn, Lake View, Wall Lake, Sac City)

<https://eastsac.k12.ia.us/>

- East Sac County Elementary – Sac City

400 S 16<sup>th</sup> St, Sac City, 50583

Phone: 712-662-7200

- East Sac County Middles - High School – Lake View

801 Jackson, Lake View 51450

Phone: 712-665-5001

**OABCIG** (Odebolt, Arthur, Battle Creek, Ida Grove)

<http://www.oabcig.org/>

- Odebolt-Arthur Elementary & Middle School - Odebolt

600 S Maple St, Odebolt, 51458

Phone: 712-668-2827

- BCIG Elementary & Preschool – Ida Grove

403 Barnes St, Ida Grove 51445

- OABCIG High School – Ida Grove

900 John Montgomery Drive, Ida Grove 51445

Phone: 712-364-3371

**Ridgeview** (Early, Schaller, Galva, Holstein)

<http://www.rvraptors.org/Home>

- Schaller-Crestland Elementary; 300 S Berwick, Schaller, IA

Phone: 712-275-4266

- Ridgeview Middle School; 310 W Main St, Early IA

712-273-5185

- Ridgeview High School; 519 East Maple St, Holstein, IA

Phone: 712-368-4353

### ➤ **HHS Licensed Preschool and/or Child Care Centers**

**Head Start Preschool** phone: 712-662-6294 Cell: 712-830-1326

refer to Family Safety-Children-Youth-Families page 13

**Kid's World Inc.** phone: 712-662-7259 refer to Family Safety-Children-Youth-Families page 14

**Wee Wildcats Daycare** phone: 712-275-4266 refer to Family Safety-Children-Youth-Families page 14

### ➤ Colleges

**Buena Vista University (BVU)** – Phone: 712-749-2400 | 800-383-9600  
610 W 4<sup>th</sup> Street, Storm Lake, IA 50588

Website: <http://www.bvu.edu/>

Facebook

### **Des Moines Area Community College**

(Campuses in Ankeny, Boone, Carroll, Des Moines, Newton, more)

515-964-6200 or 800-362-2127

<https://www.dmac.edu/Pages/welcome.aspx>

### **Iowa Central Community College (ICCC)**

(Campuses located in Fort Dodge, Storm Lake and Webster City)

Fort Dodge: 515-576-7201 or 800-362-2793

330 Avenue M, Fort Dodge IA 50501

916 N Russell St., Storm Lake, IA 50588

Phone: 712-732-2991

Website: <http://www.iowacentral.edu/> Facebook

Provides GED and ESL classes

### ➤ **Prairie Lakes Area Education Agency**

824 Flindt Drive, Suite 105, Storm Lake, IA 50588

Phone: 712-732-2257

Website: <https://www.plaea.org/>

Lending Library for Teachers: 800-594-9494

Regional support system for K-12 school districts, providing **special services, training, and technical assistance** for school staff, students, and their families.

### ➤ **Public Libraries**

Auburn Public Library –209 Pine – 51433..... 712-688-2264

Early Public Library –107 Main St – 50535..... 712-273-5334

Lake View Public Library –202 Main St – 51450.....712-657-2310

Lytton Public Library –118 Main PO Box 136 – 50561...712-466-2522

Odebolt Public Library –200 S Walnut -51458..... 712-668-2718

Sac City Public Library –1001 W Main – 50583.....712-662-7276

Schaller Library –103 S Main PO Box 427 – 51053.....712-275-4741

Wall Lake –116 Main – 51466.....712-664-2983

## **Mental Health/Counseling**

### ➤ **Boys Town of Iowa** More programs Refer to Family Safety-Children-Youth-Families page 9

Phone: Sioux City 712-258-6523

Website: <http://www.boystown.org/locations/iowa/>

**Boys Town National Hotline® (800-448-3000)** is a free resource and counseling service that assists youth and parents 24/7, year round, nationwide.

**YourLifeYourVoice.org** is a special website that enable and encourages teens to share their problems and concerns in positive and provides access to immediate help in a crisis. <https://www.yourlifeyourvoice.org/>

### ➤ **Catholic Charities**

Sioux City Office | Phone:712-252-4547 |

<https://catholiccharitiesusa.org/>

Provide mental health counseling. Mission statement: works toward reducing poverty, promoting human dignity, supporting families, and empowering communities regardless of their religious, social or economic backgrounds.

**Welcome program** A partnership with the Diocese of Sioux City & Catholic Charities to help Iowa residents of all faiths with immigration and additional support services. Consultation, assistance with permits and documents, connection to community services, immigration legal services.

### ➤ **Community Services Department (CDC)**

605 Cayuga St. Court House Annex, Storm Lake, IA 50588

Phone: 712-749-2556 Monday – Friday, 8:00 – 4:30

Provide funding for Turning Point (Sac City), Seasons Center, Plains Area Mental Health, Transition Center (Vail). Care Coordinators in Counties provide services, Intellectual Disabled Person some funding available.

### ➤ **Cherokee Mental Health Institute & Civil Commitment Unit for Sexual Offenders**

1251 West Cedar Loop, Cherokee, IA 51012

712-225-2594 (24 hours a day)

Inpatient treatment for adults, adolescents and children who are in need of acute psychiatric service.

<https://hhs.iowa.gov/mhds/mental-health/in-patient/mental-health-institutes/cherokee>

## Legal

### ➤ Iowa Legal Aid

Northwest Iowa Regional Office, 520 Nebraska Ave, Sioux City IA  
Phone: 800-532-1275 application line or 800-342-9229

Website: <http://www.iowalegalaid.org/>

Legal representation for low-income Iowans in selected situation.  
Information available on-line, in English, Spanish, Chinese, and Bosnian. On-line chat also available.

### ➤ Legal Hotline for Older Iowans & Pension Rights Project

Phone: 800-992-8161 Website: <http://www.iowalegalaid.org/>

Hours: 9:00 – 4:30 M – F

A project of Iowa Legal Aid. Provides free, confidential legal advice and other services to Iowans age 60 or older. Information and advice about noncriminal issues, including Consumer & Finance, Housing, Family Law, Grandparent Visitation and other issues, Individual Rights, Wills and Life Planning, Health Care, Public Benefits Nursing Home and Long Term Care.

### ➤ Iowa Concern Hotline

Phone: 800-447-1985

Website: [www.extension.iastate.edu/iowaconcern/](http://www.extension.iastate.edu/iowaconcern/)

Free, confidential 24/7 hotline to assist with issues causing stress, including financial, legal and other issues. Attorney on staff to provide legal information. Operated by Iowa State University Extension. Information and live chat available on-line.

### ➤ Office of Ombudsman

Phone: 515-281-3592 or 888-IA-OMBUD (888-426-6283)

Email: [ombudsman@legis.iowa.gov](mailto:ombudsman@legis.iowa.gov)

<https://www.legis.iowa.gov/Ombudsman/>

A legislative office established to investigate complaints and answer questions concerning most state and local government agencies.

### ➤ Iowa Attorney General Consumer Protection Office

Phone: 515-281-5926 or 888- 777- 4590

Email: [consumer@iowa.gov](mailto:consumer@iowa.gov)

Information and enforcement to protect consumers from fraud and ensure fair competition. The Attorney General's office also helps crime victims, raises child support awareness, and provides other legal services to the state of Iowa.

Iowa Attorney General Main Office

Ph: 515-281-5164 Website: <http://www.iowaattorneygeneral.gov/>

## Employment

### ➤ Goodwill Connection Center

229 W. Milwaukee

Storm Lake, IA 50588

Phone: 712-732-0912 Hours: M – F 9:00 am – 5:00 pm

Goodwill of the Great Plains is an advocate for Economic Self Sufficiency through Employment and Education.

Education: resume and cover letter preparation, job postings, workshops, application assistance, and interview preparation.

Technology: available computers, Wi-Fi Access, free printing and local faxing, and multi-media projection screen.

Networking: Community resources, employment resources, free online learning, job search sites, career fairs, and resource room.

### ➤ Imagine the Possibilities (formally Genesis Development) Refer to Disability see page 5.

Local: 1607 N. Lake Ave, Storm Lake, IA

Phone: 563-652-5252 Fax 712-732-3312

### ➤ Iowa Vocational Rehabilitation Services Refer to Disability see page 5.

Phone: 515-573-8175 Fax: 515-955-1849

Website: <http://www.ivrs.iowa.gov/>

### ➤ IowaWorks

504 N Hwy 39, Denison, IA 51442;

Phone: 712-792-2685

8:30 a.m. – 4:30 p.m. Hrs: M, T, Th, F and Wed 9:00 – 4:30

Website: <https://www.iowaworks.gov/vosnet/Default.aspx>

*Primary services:* job placement, job insurance fi ling, services for veterans, labor market information, re-employment services.

*Additional services:* pre-employment training, skills assessment, resume writing, on-the-job training, at-risk youth. A **Resource Center** is available Monday-Friday 8:30 a.m. – 4:30 p.m. for use of computer equipment.

### ➤ Job Corps

National Info-Line: 800-733-JOBS; (800-733-5627)

Website: <http://recruiting.jobcorps.gov>

### Denison Job Corps Center

10 Opportunity Dr, P.O. Box 610, Denison, IA 51442

Phone: 712-263-4192; Fax: 712-265-2494

Education and training of young persons: ages 16-24, solo parent program on site.

*For application information:* contact one of the numbers above.

## Family Safety – Children - Youth - Families

### ➤ Boys Town of Iowa

Phone: 712-258-6523

Website: <http://www.boystown.org/locations/iowa/>

**Boys Town National Hotline® (800-448-3000)** is a free resource and counseling service that assists youth and parents 24/7, year round, nationwide.

**In-Home Family Services:** help teach families not only how to handle issues after they arise but also how to prevent them from becoming more disruptive, while they remain in their home.

**Community Support Services:** Children and parents can tap into a wide variety of resources to learn how to help themselves through advice from our experts or receive direct care through specialized services. Most resource focus on prevention rather than intervention.

**YourLifeYourVoice.org** is a special website that enable and encourages teens to share their problems and concerns in positive and provides access to immediate help in a crisis.

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

**School Based Programs** provide a variety of training and instruction resources for teachers, administrators and other school staff that can support or enhance an educational environment. Programs are based on the Boys Town Education Model®, which focuses on skills teaching, relationship building and effective discipline procedures.

### ➤ Buena Vista, Crawford, Sac, Early Childhood Iowa

Home office – Breda, IA

Phone: 712-673-4610

Website: <http://bvcsearlychildhoodiowa.org/> Follow us on Facebook  
The BVCS Early Childhood Iowa 3-County Board provides funding to programs for children prenatal through age five through a Request for Proposal process.

**Preschool Tuition Scholarships** (income eligibility)

Financial assistance for 3 & 4-year-old preschool tuition. Application required, available on the BVCS ECI website, or calling the office.

### ➤ Centers Against Abuse & Sexual Assault (CAASA)

Main Office PO Box 996, Spencer, IA Visit us on Facebook

24/7 HOPEline Phone: 877-362-4612

Business Line: 712-262-4612 Fax: 712-262-7616

Webpage: <https://www.caasaonline.org/>

CAASA provides crisis services to victims of **sexual violence**.

### ➤ Weatherization

New Opportunities Inc., Sac County Family Development Center  
1710 West Main Street, Sac City IA 50583

Phone: 712-662-3236; Fax: 712-662-3593

Website: <http://www.udmo.com/>

Minor home improvements to reduce residential energy costs, available to homeowners and to renters. Typical steps include blowing insulation; sealing doors; duct sealing; and basic heating repair. Education given on use and maintenance of improvements made.

### ➤ Senior Housing

Housing available with rents determined on a sliding fee scale in proportion to income (HUD Accepted).

#### **Meadowlane Apartments**

214 So. 21st Street, Sac City, IA 50583

Phone: 712-660-7821

#### **Brookridge Apartments**

South 16th Street, Sac City, IA 50583

Phone: 712-792-7800

#### **Westview Apartments**

South 16th & Gishwiller, Sac City, IA 50583

Phone: unsure at the time of printing

## Law Enforcement Services

### ➤ Sac County Sheriff

100 N W State Street, Sac City, IA 50583

Phone: 712-662-7127 (911 for EMERGENCIES)

### ➤ Local Police Departments

— Lake View **Police** Phone: 712-657-2513

— Sac City **Police** Phone: 712-662-7772

➤ **United Community Health Center**

715 W. Milwaukee Ave, Storm Lake IA 50588

Phone: 712-213-0109 or 855-871-0109 Fax: 712-213-0186

Website: <http://www.uchcsl.com/> Visit us on Facebook

Medical appointments Monday-Saturday.

Dental appointments Monday – Friday.

Appointments recommended, same day scheduling available. General primary and preventative health care for children and adults, including well-child and well-adult exams, sports physicals, vaccinations for children and adults, family planning, laboratory and low-cost pharmacy services. Spanish and Sudanese interpreters and language line available. *Payment options:* Private insurance, Medicare and Medicaid accepted. Sliding fee scale for those without insurance (bring one month's pay stubs or last year's tax return to determine fee).

## Housing Assistance

➤ **Buena Vista County USDA Rural Development | Area 9**

1619 North Lake Ave, Storm Lake, IA 50588

Phone: (712) 732-1851 Ext 4; Fax: 855-251-2245

<http://www.rd.usda.gov/>

Mon-Fri, 8:00 - 4:30

**Home Repair Assistance.** Very low-cost loans available to make needed home repairs or renovations. In some cases grants are also available. Income guidelines apply.

**Home Buyer Program.** Low-cost home loans with no down payment required available for purchase of homes in rural areas (including small towns). Income guidelines apply.

➤ **Region XII Regional Housing Authority**

PO Box 663, 320 E 7th Street, Carroll IA 51401

Phone: 712-792-5560 <https://www.regionxiiha.org/>

Section 8 rental housing vouchers available to households meeting income guidelines, for use in paying for housing that meets rental guidelines and inspection.

➤ **Region XII Council of Governments**

1009 East Anthony St, PO Box 768, Carroll, IA 51401

Phone: 712-792-9914; [www.region12cog.org](http://www.region12cog.org)

Housing assistance to benefit low to moderate income home buyers or home owners, including a Revolving Loan Fund for home repairs, and down payment assistance. Region XII COG also assists communities with housing issues on a larger scale.

➤ **Centralized Child Care Assistance**

Department of Human Services

Mailing Address: CCAU 1305 East Walnut St, Des Moines, IA 50319

Phone: (toll-free): 866-448-4605

<https://hhs.iowa.gov/child-care>

➤ **Child and Adult Care Food Program**

New Opportunities, Inc., 800-642-6330 or 712-792-9266

Website: [www.newopp.org](http://www.newopp.org)

Subsidizes healthy meals and snacks in participating registered child care homes and licensed child care centers. Child care providers: call for information on how to participate.

➤ **Child Care Resource and Referral (CCR&R) funding**  
provided by Health & Human Services

Mid-Sioux Opportunity Inc., 418 Marion St, Remsen IA 51050 Website:

<https://midsioux.org/>

Phone: 712-786-2001 or 800-859-2025 Office Email: [info@midsioux.org](mailto:info@midsioux.org)

**CCR&R Website:** <http://iowaccrr.org/> Find us on Facebook

Help communities expand access to affordable quality child care. Let CCR&R help your community take action to improve services for our children and our economic future. Child Care data available for the state and per county yearly, 5-year and 10-year trend.

**Request Iowa Department of Human Services application packet** from your local CCR&R office for Child Development Home or Child Care Home accepting Child Care Assistance email [ccrr@midsioux.org](mailto:ccrr@midsioux.org). Registration application information <https://iowaccrr.org/providers/AP/>  
**Child Care Resource and Referral Parent Service Team (CCR&R)**  
Phone: 855-244-5301 (588-CHILD-01)

CCR&R refers parents to programs that are most likely to meet their specific needs. Referrals are provided so that parents can look into all of their options - licensed Child Care Centers (CCC), licensed Preschools, registered Child Development Homes (CDH), nonregistered Child Care Homes (CCH) and Department of Education programs. CCR&R gives referrals instead of recommendations or suggestions because CCR&R encourages parents to take the time to research child care programs and providers and make the decision that they feel will be best for their family.



➤ **Consultant Services to Early Care Environments**

**Child Care Consultant:** Mid-Sioux Opportunity, Inc. | CCR&R  
Phone: 712-541-2432 – Consultation to assist with the Dept. Health & Human Services registration/licensing process (non-regulatory).  
Provides information on a variety of child care issues including business management and quality ratings. Appointments needed. Services provided via site visits, phone consultation, email, workshops.

**Child Care Nurse Consultant (CCNC):**

Crawford County Community Health  
Department Health & Human Services. - Healthy Child Care Iowa  
<https://hhs.iowa.gov/hcci/consultants>  
Phone: 712-263-3303 – CCNC are Registered Nurses who provide on-site consultation, training, and technical assistance to early childhood care and education providers. Child care and early education businesses may call or send questions to a CCNC about health and safety policies, health programs, health of personnel, and specific child health or safety issues.

➤ **Decat/CPPC (Community Partnership for Protecting Children) HHS Office**

Address: 608 North Court Street, Carroll, 51401  
Phone: 712-792-4391 ext. 239  
A local child-welfare/juvenile justice community planning initiative designed to lead and advocate local prevention, family-centered, and community-based activities to decrease out-of-home and community placements. Promote the four strategies of CPPC: Shared Decision Making, Community/Neighborhood networking, and Policy Practice change.

➤ **Health & Human Services Child Care Assistance Program**

Health & Human Services (HHS)  
Website: <https://hhs.iowa.gov/licensure-and-registration>  
**Centralized Child Care Assistance (CCA) Eligibility Unit** determines initial and ongoing eligibility for Child Care Assistance. This includes processing new applications, reviews, and changes reported by families receiving Child Care assistance. HHS CCA Eligibility, Human Services  
Phone: 866-448-4605 Fax: 515-564-4032

**Centralized Child Care Assistance (CCA) Payment and Registration Unit** processes child care payments for providers and handles all provider applications, renewals, and changes reported by providers. HHS CCA Payments and Registration Phone: 866-448-4605 Fax: 515-564-4032

➤ **Sac County Health Services (Public Health)**

Courthouse Annex, 116 South State St, Suite A, Sac City IA 50583  
Office Hours: Mon – Fri, 8:00-4:30; On-call 24/7  
Phone: 712-662-4785; or toll-free 800-967-3984; Fax: 712-662-7862  
Email: [sacphns@sacountyiowa.gov](mailto:sacphns@sacountyiowa.gov)  
Web: <http://www.sacounty.org/health-services>

**Home Health Care and Homemaker Services:** for people of all ages, provided by Registered Nurses, Therapists, and/or Home Care Aides.  
*Payment options:* Medicare, Medicaid (Title 19), Private Health Insurance, Client/Private Pay/Sliding fee scale, State Grant, Veterans Administration, Elderbridge, Worker's Compensation.

\* No patient is denied home health care if they are unable to pay a fee.

**Hypertension Screening:** Free blood pressure screening available any business day by appointment.

**Immunization Clinics:** Third Thursday of every month, 3-4:30 p.m.  
Alternate appointments also available. Call for information.

- Vaccinations free for children (birth through 18) who are on Medicaid, uninsured, underinsured (have health insurance, but do not have vaccination coverage), or American Indian or Alaskan Native. Children with health insurance or HAWK-I coverage are referred to family physician. Donation requested for nurse time & supplies.
- Adult immunizations (Hepatitis B, Hepatitis A, Tetanus, Flu, & Pneumonia) are also available. There is a charge per vaccination
- TB testing available on request. Fee applies. Call for appointment.

**Healthy Feet Clinics:** skilled foot care for persons who have difficulty performing regular foot care due to visual or other physical limitations. Foot care clinics are provided at various sites throughout Sac County. A \$20.00 donation is requested; however, no one will be denied service due to an inability to pay. Call for clinic times and locations.

**Care for Yourself/Breast and Cervical Cancer Early Detection (BCCEDP) Program:** free clinical breast exams, pelvic exams, pap tests & mammograms for women over 50 who meet financial guidelines. Regional contact located at Buena Vista County Public Health in Storm Lake 712-749-2548.

**Family STEPS:** refer to Family Safety-Children-Youth-Families page 13



➤ **New Opportunities Inc.**

2371 Highway 30E, Box 427, Carroll, IA 51401

Contact: 800-642-6330 or 712-792-7921 Main office 712-792-1344

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

**1st Five Health Mental Development Initiative:** Extension: 1118

Physician referred care coordination services for children ages 0-5 and their caregivers. Participants have demonstrated a developmental concern or have expressed family stress, depression, or lack of resources. Children and their families are then linked with community resources for guidance and support.

**Health Pregnancy Program** (formally Maternal Health) Extension: 1100

Iowa's Healthy Pregnancy Program is a FREE service available statewide and provides education and support to pregnancy and postpartum women.

Healthy Pregnancy Program services are extra services clients receive beyond what is included in prenatal care. The Healthy Pregnancy Program offers services and supports to address the following: no insurance or underinsured, transportation barriers, oral health concerns, poor social situations, mental health concerns, food or housing needs, breastfeeding difficulties, need for extra health education and substance use disorders.

**Women's, Infant and Children Food Programs** Extension: 1116

program provides monthly financial allotments to women and children whose incomes are at or below 185% of the federal poverty guidelines.

Target populations include:

- Pregnant women (through pregnancy and up to 6 weeks after birth or after pregnancy ends)
- Breastfeeding women (up to infant's 1st birthday)
- Non-breastfeeding postpartum women (up to 6 months after the birth of an infant or after pregnancy ends)
- Infants (up to 1st birthday) Children up to their 5th birthday

➤ **Sac County 911 Zoning & Environmental Health Department**

Courthouse Annex, 116 South State Street, Suite A, Sac City, IA 50583

Phone: 712-662-7929

- Conducts inspections and licensing for: swimming pools; tanning beds; tattoo establishments.
- Indoor air quality awareness program (Radon information & testing)
- Conducts nuisance investigations.
- Water-quality services: permits for drilling wells; wells permits for onsite waste water and disposal systems; well water testing for private wells; administers grant dollars for well plugging.
- Building permits.

➤ **Early ACCESS Refer to Disability see page 4**

Prairie Lakes Area Education Agency

824 Flindt Drive, Suite 105, Storm Lake, IA 50588

Phone: 712-732-2257

➤ **Family Crisis Centers (FCC)**

Phone: 800-382-5603

Website: <https://familycrisiscenters.org/> Visit us on Facebook

**FCC** provides crisis services to victims of **domestic violence**.

**Homicide and Violent Crime Division** provides Western Iowa Survivors of Homicide & Other Violent Crimes support & counseling for tragic situations.

**24 hour crisis line:** 800-770-1650 or text line: iowahelp 20121, crisis counseling, advocacy & support groups for adults and children, shelter, medical, & legal advocacy, school outreach & violence prevention programs, community education & information programs, & professional education. All services *free* and *confidential*.

➤ **Family Development Associates**

<https://www.family-development.org/>

Online classes for Iowa divorcing families with children in the middle.

The state of Iowa mandates that divorcing families attend a class that provides education and affirmation for parents with children in the middle of the divorce. Children which may be facing a change in their living arrangement. For attendee safety, the state of Iowa has allowed us to move to our training online.

➤ **Child/Dependent Adult Protection**

Centralized hotline: report suspected Abuse at: Statewide

Child/Dependent Adult Abuse Hotline (24 hours/day) 1-800-362-2178.

➤ **Family Development and Self-Sufficiency (FaDSS)**

Mid Sioux Opportunity, Inc. 418 S Marion Street, Remsen, IA 51050

Phone: 800-859-2025 or 712-786-2001 [info@midsioux.org](mailto:info@midsioux.org)

Website: <https://midsioux.org>

FaDSS provides services that promote, empower, and nurture families toward economic and emotional self-sufficiency. *Eligibility:* Be approved for the following programs: FIP, WIC, SNAP, LiHEAP or 175% below Federal Poverty Guidelines Call for appointment.

### ➤ **Family STEPS Program**

Sac County Health Services, 116 South State St, Suite A, Sac City, IA 50583  
 Phone: 712-662-4785 Fax: 712-662-7862  
 Website: [www.SacCountyHealthServices.com](http://www.SacCountyHealthServices.com)  
 Office Hours: Mon – Fri, 8:00-4:30; On-call 24/7  
 Free home visits providing support and education to expectant parents and to parents with children up to age 5. Designed to help provide children a healthy start and to reduce the stress associated with the birth of a baby. No income guidelines.

### ➤ **Hope Haven (Faith, Hope, and Charity) Refer to Disability see page 5**

1815 W. Milwaukee, PO Box 243, Storm Lake, IA 50588  
 Phone: 712-732-5127 Website: <http://www.hopehaven.org/>

### ➤ **Head Start**

New Opportunities Inc., Sac County Head Start  
 1408 Robbins Street, Sac City IA 50583  
 Phone: 712-662-6294 Cell: 712-830-1326 Website: [www.newopp.org](http://www.newopp.org)  
 Head Start is a federally funded preschool program for children age three and four by September 15 of the school year. The program offers comprehensive services to enrolled children and their families. Children at Head Start receive nutritious meals, active learning experiences and dental and health gives, support is offered for children with disabilities. The Head Start program is child-focused with the overall goal of increasing the school readiness of young children. Income guidelines apply.

### ➤ **Iowa Child Care Complaint Hotline**

1-844-786-1296  
 Hot line to report complaints strictly related to child care settings.

### ➤ **Iowa Family Support Network, EveryStep (Family Support Coordinated Intake)**

1111 9<sup>th</sup> St. Suite 320 Des Moines, IA 50314  
 Phone: 515-558-9946 Fax: 515-558-9994  
 Email: [iafamilysupportnetwork@everystep.org](mailto:iafamilysupportnetwork@everystep.org)  
 Website: <https://www.iafamilysupportnetwork.org/about-us/>  
 Monday through Friday, 8:00 a.m. to 6:00 p.m.  
 Iowa Family Support Network provides a coordinated intake and referral system to assist families, child healthcare providers, and other professionals with information and support. We also provide resource for young children from newborn up to 5 years old. Families, child healthcare providers, and other professionals can make referrals and obtain information about their child's development, family support services, and IDEA Part C early intervention.

### ➤ **Helping Communities Connect Multi Services (HCCMC)**

Child - Adolescent Health & Oral Health Programs

### **Crawford County Community Health**

105 N Main | Denison, IA 51442

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

### — **I-Smile™ Program**

Phone: 712-263-3303 | Cell Phone: 712-267-0512 Fax 712-263-4033 |  
 Dental children can receive dental screenings and preventative fluoride on their teeth at clinics, Head Start centers, preschools and childcare centers. Oral health education is provided to children and families. School based clinics offer sealants to children in 2<sup>nd</sup> thru 8<sup>th</sup> grades. The I-Smile Coordinator can also assist with making a dentist appointment. The program targets pregnant women and children under the age of 21.

### — **Child Health Nursing Visits** | Phone 712-263-3303

A registered nurse can make an in-home visits for children ages 0-21 to address any medical concerns or questions. Child health visits can be requested by your family doctor, a family member, or anyone with direct contact with a child.

### — **Child Care Nurse Consultant see page 11**

— **hawk-i (Healthy and Well Kids in Iowa)** | Phone: 712-263-3303  
 Health care and/or dental coverage for uninsured children of working families. Low or no cost.

Website: <https://hhs.iowa.gov/hawki>

### — **Lead** | Phone 712-263-3303

All children from age 12 mo. 0 6 years are eligible to receive a lead blood test. Recommendations are that every child in the age range, regardless of risk, be tested for lead. A child must have at least one lead blood test completed upon entry into kindergarten.

### — **Presumptive Medicaid Eligibility** | Phone 712-263-3303

“Presumptive Medicaid Eligibility” is a program designed to allow pregnant women and children to receive Medicaid coverage for medical care while a formal Medicaid/*hawk-i* eligibility determination is being made by the Department of Human Services.

## ➤ Hospitals

### — Buena Vista Regional Medical Center

1525 W 5<sup>th</sup> St, Storm Lake, IA 50588

Phone: 712-732-4030

<http://www.bvrmc.org/>

Provides general and surgical care for inpatient, outpatient care, participates in the Medicare and Medicaid programs. Available services: Cardiac Rehab, Emergency Services, Laboratory, Nursing Services, OB, Pharmacy, Pulmonary Rehab, Outpatient Services, Radiology Services, Respiratory Therapy, Physical Therapy and Rehab, Surgical Services more services may be available.

Outpatient specialty clinics include cardiology, ear nose and throat, general surgery, nephrology, orthopedics, sports medicine, oncology, physiatrist, podiatry, and urology more services may be available.

**First Embrace Obstetrics** BVRMS's First Embrace Obstetrics birthing center. Call 712-213-8662 to set up a tour and learn more about pediatric services and your birth center team at First Embrace obstetrics. Support during your pregnancy and after delivery.

### — Loring Hospital

211 Highland Ave, Sac City IA 50583

Phone: 712-662-7105; fax: 712-662-3297

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

Loring Hospital in Sac City, Iowa, is a 25-bed Critical Access Hospital serving the health care needs throughout Sac County and bordering Iowa counties.

The following services are available at Loring Hospital: Cardiac Rehab, Emergency Services, Laboratory, Nursing Services, Pharmacy, Pulmonary Rehab, Outpatient Services, Radiology Services, Respiratory Therapy, Rehab Services, Surgical Services and an independent senior living facility.

Outpatient specialty clinics include: cardiology, general surgery, urology, palliative medicine, dermatology, orthopedics, and wound care.

Other community services include Lifeline, CPR and first aid classes, diabetes education, nutrition education, community wellness screenings, and more.

### — Saint Anthony Hospital

PO Box 628 | 311 S. Clark Street, Carroll, IA 51401-0628

Phone: 712-792-3581 | <https://www.stanthonyhospital.org/>

We are dedicated to improving the health of the people we serve. We will lead in providing high quality, high value healthcare services responsive to the needs of our patients and the region.

**The Birth Place**, prenatal and childbirth education. Phone or email to 712-794-5260 [education@stanthonyhospital.org](mailto:education@stanthonyhospital.org).

### — Stewart Memorial Hospital

1301 W Main St. Lake City, IA 51449

Phone: 712-464-7907 or 712-464-3171 | <https://www.stewartmemorial.org/>

Services: Behavioral Health, Family Health, Emergency Services, Surgery, Rehabilitation, Outpatient Infusions, Pain Solutions, Obstetrics.

## ➤ Iowa State University Extension & Outreach

Family Life Specialist serving multiple counties. 4-H programs available in Sac County.

Sac County Office, 620 Park Ave, Sac City IA 50583

Phone: 712-662-7131; Fax: 712-662-7133

Website: <http://www.extension.iastate.edu/buenavista/>

Office email: [xbuenavista@iastate.edu](mailto:xbuenavista@iastate.edu)

Research-based, information for families (**nutrition, family life, money management, youth** (through 4-H and other programs), **agriculture, communities, and business and industry**. Specific services include **workshops, publications in print and on-line, individual consultation** and more.

## ➤ Juvenile Court Services

Carroll County Court House

Phone: 712-790-0406 Hours: Monday-Friday, 8-4:30

Delinquency Proceedings, Intake, Informal Adjustments, Formal Proceedings, and Disposition

## ➤ Licensed Day Care Centers

Kid's World Inc.

QRS 4 Star

1408 Robbins Street, Sac City, IA 50583

Phone: 712-662-7259 Website: <http://frontiernet.net/~kwsc/index.html>

Wee Wildcats Day Care QRS 5 Star

301 S Hanover Street, Schaller, IA

Phone: 712-275-4266

Licensed with the Department of Human Services and participating in Iowa Quality Rating Scale (QRS) program. The purpose of the centers is to provide high quality child care in a safe and nurturing environment that promotes the development of the "whole" child while responding to family's needs.

## ➤ Mentoring

New Opportunities Inc., 1710 West Main Street Sac City, IA 50583

Phone: 712-662-7921 | Fax: 712-662-8020 | <https://www.newopp.org/>

*Mentoring* a child through the Fun Friends *Mentoring* Program is fun and rewarding for children and adults. *Mentoring* creates a special bond and can help build self-esteem, develop strong ... values, and provide a fund, nurturing environment. And you can do that in as little as 4 hours per month!

### ➤ **Parent Partner**

Website: <https://hhs.iowa.gov/Child-Welfare/parentpartner/families>

Kristine Tharp, Parent Partner Coordinator (Audubon, Buena Vista, Carroll, Crawford, Greene, Guthrie, Harrison, Sac, Shelby) 507-461-3368 [kristinem@cfiowa.org](mailto:kristinem@cfiowa.org) or

April Gardner, Western Service Area Coordinator 712-460-

2511 [aprilg@cfiowa.org](mailto:aprilg@cfiowa.org)

State Parent Partner Operations Coordinator – Melony Gravenish 712-229-9738 [melonys@cfiowa.org](mailto:melonys@cfiowa.org)

Website to locate Parent Partner Program Service Area Contacts

Parent Partners actively work with families involved with the Dept. of Health & Human Services (HHS) due to child protection issues.

They help with engagement in case plans, maintain connections when children are in out of home care, assist in parent child reunification goal or plan. Parent Partners provide parents with resources, encouragement and support.

### ➤ **Reporting Child Abuse and Dependent Adult Abuse**

Health & Human Service Centralized Intake - Child/Dependent Adult Abuse Hotline (24 hours/day): 800-362-2178

### ➤ **Youth Emergency Services (YES)**

PO Box 1085, Cherokee, IA 51012

Phone: 712-225-5777

Juvenile detention center. Transportation services for mental health.

### ➤ **Summer Lunch Programs**

---- Free summer lunch program available June 3 - August 15. The program is open to ages 2 to 18 yrs.

Serving time is from 11:30 to 12:30 Contact: Barb Bloes 712-830-2485.

----Join us for a free breakfast and lunch! Open to all children and teens. No registration or identification is required.

Schaller-Crestland Elementary (Schaller) Ridge View Middle (Early)

June 2 to August 1 Mon – Fri. Lunch 11:00 am – 12:00 pm.

Phone contact: 712-273-5185

### ➤ **WIC (Women, Infants and Children) Website:**

<http://www.udmo.com/WIC.htm>

New Opportunities Inc.

ph: 712-792-9266 or 800-642-6330

Website: <https://www.newopp.org/>

WIC provides coupons to buy milk, cheese, baby formula, fruit juice, cereal, and other healthy foods, along with nutrition information. For pregnant, breastfeeding, and post-partum women, or families with children under 5; income guidelines apply. Phone contact is in Carroll, but WIC appointments and clinics are held in Sac County.

## Health

### ➤ **hawk-i (Healthy and Well Kids in Iowa)**

**hawk-i** health care coverage for uninsured children of working families. Low or no cost. The **hawk-i** program offers dental only coverage for children who have health insurance but may not have dental coverage.

Phone: **800-257-8563** (Mon–Fri, 8 a.m.-7 p.m.)

Website: <https://hhs.iowa.gov/hawki>

To qualify, a child must live in Iowa and:

- Be under 19 years old
- Have no other health insurance (including Medicaid)
- Be a citizen of the United States or a qualified alien
- Be in a family that meets the hawk-i income limits
- Cannot be the dependent of a State of Iowa employee

### ➤ **ISU Extension & Outreach**

**Nutrition and Health Education** Refer to Family-Safety-Children-Youth-Families page 14

Phone: 712-662-7131



## Food Resources

### ➤ Congregate Meals

Sponsored by 60+ Nutrition Agency and Elderbridge Agency on Aging.

<https://elderbridge.org/>

- Senior Meal Sites for Sac County
- Sac City Senior Center: Tourgee & Main St; 712-662-7919
- Wall Lake Community Center: 108 Boyer St.; 712-664-2984
- Lake View: Eilert Auen Post, 310 Main St; 712-665-4005 (10 am-1 pm) Reservation 657-8547

Nutritious lunch provided Monday-Friday. Call the meal site to make a reservation a day in advance and to determine the time the meal is served. For eligible diners (persons 60 and older, his/her spouse and dependents with disabilities) meeting income guidelines, a half-price donation is suggested. For eligible diners with income above guidelines, a full-price contribution is suggested. For those under age 60, full price applies. Food stamps can be used. Call to find out current price.

### Home-delivered Meals

- 712-662-7919 – Sac City;
- 712-664-2984 – Wall Lake, Lake View;
- 712-688-2264-Auburn City Hall

Nutritious lunch delivered to home Monday –Friday. Call the meal site a day in advance to schedule delivery. Suggested contributions are the same as congregate meals. Food Stamps can be used. Diner must meet nutrition program homebound criteria to receive a home-delivered meal.

### ➤ Food Pantry

New Opportunities Inc., Sac County Family Development Center  
1710 West Main Street, Sac City IA 50583

Phone: 712-662-3236; Fax: 712-662-3593

Website: <https://www.newopp.org/>

9 a.m. – 3 p.m. Mon-Fri or by appointment

Free food package available to families in need on a limited basis.

### ➤ Food Pantries

Early Community Food Pantry Karen Pickhinke 712-661-9417

Schaller -Blessing Box in Schaller Lori Lyons 712-749-9976

Wheatland Food Pantry Gail Eisheid 712-830-9143

### ➤ Food Assistance (SNAP/Food Stamps) Refer to Financial & Income Assistance page 16

See Department of Human Services, <https://hhs.iowa.gov/>

Local HHS Phone Number: 712-749-2536

## Financial & Income Assistance

### ➤ Center for Siouxland: Consumer Credit Counseling of Iowa

715 Douglas Street, Sioux City, IA 51101

Phone: 800-509-5601 or 712-252-1861 Visit us on Facebook

Website: <http://www.centerforsiuoxland.org>

Provides assistance, information and direction by building bridges between people with needs and people with the solutions through community assistance, money management and senior programs.

### ➤ Child Support Unit

Enforces payment of ordered child support, assists in modifying or ending a child support order when appropriate.

Phone: 1-888-229-9223 (Toll Free)

Website: <https://secureapp.dhs.state.ia.us/customerweb/>

### ➤ Dept. of Health & Human Services (HHS) Sac County

Mailing Address: 608 N. Court Street, Suite C, Carroll, IA 51401

Phone (toll-free): 1-866-202-5968; Fax: 712-792-1516

HHS Website: <https://hhs.iowa.gov/>

Income and Resources for Meeting Basic Needs

(Income and resource/asset guidelines apply)

<http://www.dhs.state.ia.us/>

- Medicaid/Title 19 – health care
- Cash Assistance (FIP – Family Investment Program)
- Food Assistance (SNAP/Food Stamps)
- Child Care Payment Assistance
- Job Training Assistance
- Civil Commitment for Sexual Offenders

### ➤ Iowa Marketplace

Individuals and small businesses can use the Marketplace to purchase affordable health insurance from a choice of products offered by qualified health plans. The Marketplace will also coordinate eligibility and enrollment with Medicaid and CHIP (the *hawk-i* program).

Website: <https://www.healthcare.gov/>

Phone: 1-800-318-2596

➤ **Iowa Mediation Service (Offices around the State)**

1441 29<sup>th</sup> Street, Suite 120 West Des Moines, IA 50266

Phone: 515-331-8081

Email: [info@iowamediationservice.com](mailto:info@iowamediationservice.com)

Website: <http://www.iowamediationservice.com/>

Financial assistance services provided through the means of mediation, arbitration, focus group facilitation, training and consultation.

➤ **ISU Extension & Outreach**

ISU Iowa Concern Hotline 800-447-1985

<https://www.extension.iastate.edu/iowaconcern/>

The hotline is confidential offers some legal support, food preparation, housing and mortgage, referral support one-on-one various manners dealing with debt what rights are, receiving calls focusing on stimulus funds: Secretary of State website, IRS, Social Security, SSI, DE.

➤ **Sac County General Assistance**

100 N. West State Street (Courthouse, 2<sup>nd</sup> floor), Sac City, IA 50583

Phone: 712-662-4552; Fax: 712-662-4552

Short-term financial assistance (i.e.: utilities, shelter, food vouchers, emergency medical); assistance in applying for other benefits.

➤ **Sac County Veterans Affairs**

100 N. West State Street (Courthouse, 2<sup>nd</sup> floor), Sac City, IA 50583

Phone: 712-662-4552; Fax: 712-662-4552

Assist veterans and family members in applying for veteran's benefits (ie: pension or service connected compensation, medical, death and burial, education, home loan, life insurance).

➤ **Sac City Welfare Board**

Make contact through local churches (page 34) or other agencies.

Modest funding to assist with essential financial needs of individuals and families with Sac City addresses, when no other resources are available.

➤ **Supplemental Security Income (SSI)**

Social Security Administration (SSA),

818 Bella Vista Drive, Carroll, IA 51401 | Phone: 866-572-8381

Hours M-T-TH-F 9:00 am – 3:00 pm W 9:00 am – Noon

Determines eligibility for services, takes applications for assistance, and answers questions dealing with social security.

Monthly income available for low-income individuals who are disabled or over 65.

National 800 Number Toll-Free: 800-772-1213

<http://www.socialsecurity.gov/>

➤ **New Opportunities, Inc. (Sac County Family Development Center)**

1710 West Main St, Sac City IA 50583

Phone: 712-662-3236; Fax: 712-662-3593.

Website: <https://www.newopp.org/>

9 a.m. -3 p.m. Mon-Fri or by appointment.

**Food Pantry Hours:** Refer to Financial & Income Assistance page 19

**Low-income Home Energy Assistance Program (LIHEAP)** is designed to aid qualifying low-income Iowa households (homeowners and renters). Applications are accepted on a first come/first served basis at your local Outreach Center from November 1 through April 30 (October 1 for households with elderly/disabled member).

- In the payment of a portion of their residential heating cost for the winter heating months. encourage regular utility payments,
- To promote energy awareness and to encourage reduction of energy usage through energy efficiency, client education, and weatherization.
- Emergency Food Pantry, and a variety of other assistance programs, including a clothing & furniture shop.

**Financial Literacy Counseling** offers adults and children the opportunity to learn to build financial security. Financial Literacy is offered at no cost to families throughout New Opportunities 7 county service area.

- Adults and children learn to:
- Reduce debt, Build savings, Improve credit, create a budget, develop a plan to accomplish financial stability, and practice wise shopping.

**Other Services Offered through the Family Development Center**

- **Clothes Closet:** used clothing available at very low cost
- **Christmas Angel Tree:** gifts for families in need.
- **Food Pantry**
- **Mobile Food Pantry:** Every other Month - February, April, June, August, October, December, on Wednesday 4:00 to 6:00 pm VFW Hall in Sac City.