# FAYETTE COUNTY COMMUNITY RESOURCE GUIDE

Last Updated in November 2021



# INTRODUCTION

Welcome to our newest Fayette County community resource guide. Within these pages are phone numbers, websites, addresses, and brief descriptions of many resources in Fayette County. Whether you're struggling or know someone struggling with mental health, substance use, unemployment, disability, medical cost, domestic violence, suicidal thoughts, addiction, food insecurity, etc, you are not alone and there is someone here to support you.

The COVID-19 pandemic has demonstrated that we are all vulnerable to financial and personal challenges. We have learned how essential community is during periods of loss, stress, or disaster. Let this resource guide connect you to people in your community who are here to extend an extra hand.

Information compiled by Fayette County Public Health and NFV Community Coalition.

## FAYETTE --- county ---Public Health



This resource guide should not be considered all-inclusive. There is no implied endorsement of any particular service mentioned. Information may change at any time. This resource guide is updated as our community changes. If you have any suggested edits or additions, please call us at 563-422-6267.

## At-a-glance NUMBERS

### Hotlines

Child & Dependent Adult Abuse Reporting	1-800-362-2178
Helping Services Domestic Abuse CrisisLine	1-800-383-2988
Human Trafficking Helpline	1-888-373-7888
or text help to 233733	
Iowa Domestic Violence Hotline	1-800-770-1650
or Text "HELP" to 20121	
Riverview Sexual Abuse Center	1-888-557-0310
Say Something	1-844-572-9669
report suspected violence and safety concerns	
Sexual Assault Hotline	1-833-656-4673
Teen Dating Violence Helpline	1-866-331-9474
or text loveis to 22522	

### Other

Crisis Intervention Service	641-423-0490
Friends of the Family Emergency Shelter	.1-800-410-7233
Helping Services for Youth & Families	563-387-1720

## AGING RESOURCES

## Nursing Homes/Assisted Living

ABCM Grandview Health Care Center	319-283-1908
ABCM Healthy Living Home Care	
ABCM Oelwein Health Care Center	
Arlington Place of Oelwein	
Cedar Court Senior Living Residence	
Copper Creek Senior Living	
Good Samaritan Society West Union	
Maple Crest Manor	563-425-3336
Stoney Brook Assisted Living	563-422-5690
AARP	000 775 6776
<u>AARP</u> <u>Abbe Center</u>	
Aging & Disability Resource Center (LifeLong Links).	
<u>B&amp;D Services</u>	
Faith & Family Care Inc.	
Fayette County General Assistance (by Northeast low	
Action Corporation)	
Fayette County ISU Extension and Outreach	
Fayette County Public Health	
Friends of the Family	
Gundersen Palmer Home Care	
Gundersen Palmer Home Medical Supply	
Gundersen Palmer Hospice	
lowa Department on Aging515-725-333	
KarTay Apartment Management	0 or 877-935-3238
<u>Mercy Living Plus</u>	0 or 319-283-6000
Northeast Iowa Agency on Aging (NEI3A)	
NEI3A Iowa Cafe	
Palmer Apartments	
Senior Life Solutions	
Senior Meal Sites/Home Delivered Meals	
Social Security Office	4 or 888-456-9554

## CHILDREN AND YOUTH SERVICES

## Helpful Numbers

Child Care Resource & Referral	.319-334-5900 or 1-866-655-7420
Crisis Child Care	
Fayette County Public Health	563-422-6267 or 319-283-4489
Healthy Families Line	1-800-369-2229
LGBT National Youth Talk Line	1-800-246-7743
National Eating Disorder Help Line	1-800-931-2237
Parent Share & Support	1-800-931-2237
National Eating Disorder Help Line	
Runaway Safeline	1-800-786-2929
Teen Line	1-800-443-8336

## Programs and Resources

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Building Directions for Families	)5
<u>Child Health Specialty Clinics</u>	
<u>Child Support Recovery</u>	66
Family Development and Self Sufficiency563-419-824	
Fayette County DHS563-422-563	36
Fayette County ISU Extension and Outreach563-425-33	31
<u>Fayette County Public Health</u> 563-422-6267 or 319-283-448	89
<u>Four Oaks</u>	D6
Infant See Program	79
lowa Aftercare Services Network	36
lowa Family Services515-270-0093 Ext	.6
lowa Family Support Network1-888-425-43	
<u>I-Smile</u>	58
North Fayette Valley Community Coalition563-422-628	98
Northeast Iowa Community Action Corp	36
Parent Share and Support	17

## **COUNSELING & MENTAL HEALTH SERVICES**

## Hotlines

Crisis Textline	text hello to 741741
Elevate CCBHC (Mental Crisis)	
lowa Helpline (call or text)	1-855-800-1239
lowa Office of Consumer Affairs (Mental Health Crisis	and Referral <u>)</u>
	1-855-622-4692
LGBT Youth Suicide Helpline	1-866-488-7386
National Alliance on Mental Health helpline	800-950-6264
National Suicide Hotline (24 hours a day)	800-273-8255
NE Iowa Behavioral Health (24 hours)319-283-577	4 or 1-800-400-8923
PAS Iowa Farm Families	833-999-FARM
Trans Lifeline	1-877-565-7743
Your Life lowa (crisis counseling, bullying, alcohol, dr	ugs, gambling,
suicide)	
855-581-8111	

or send text to 855-895-8398

### Services

Abbe Center	
Behavioral Services	
Catholic Charities	
Child Health Specialty Clinics	
Counseling and Family Centered Services	
<u>County Social Services</u> Family Solutions lii	
Family Solutions lii	. 319-827-6270 or 319-521-4208
<u>Families First</u> <u>Families, Inc</u>	1-800-316-3025
Families, Inc	.563-927-4357 or 319-643-2532
<u>Full Circle Services</u> <u>Hope Haven</u>	
Hope Haven	
lowa Office of Consumer Affairs	1-855-622-4692
Lutheran Services in Iowa	
MercyOne (Telepsych)	
NE lowa Behavioral Health (24 hours)31	9-283-5774 or 1-800-400-8923
Peladija's Therapy & Counseling Services	
Plugged-In Iowa	
Sunrise Therapy and Counseling Services	
The Interconnected Journey	

### **DRUG/ALCOHOL ABUSE & PREVENTION**

## Hotlines

Alcohol & Drug Treatment Referral	1-855-581-8111
or Text 855-800-1239	
Bets Off Gambling Treatment	1-800-BETS-OFF
DrugFree.org Helpline	
or text 55753	
Gambler's Assistance	1-800-238-7633
National Drug & Addiction Helpline	1-888-633-3239
<u>QuitLine Iowa (Tobacco Cessation)</u>	1-800-QUIT-NOW
Truth Initiative E-cig Quitline	text quit to 202-804-9884

### Services and Prevention

<u>Al-Anon and Alateen</u>	1-888-425-2666
Behavioral Services	
Bets Off Gambling Treatment	1-800-BETS-OFF
Helping Services for Youth & Families	
MercyOne's Horizons Treatment Center	
NE lowa Behavioral Health (24 hours)	800-400-8923
North Fayette Valley Community Coalition	
Pathways	319-334-6163 or 563-237-5300
SASC Gambling Treatment Program	1-888-771-6771

### **ECONOMIC DEVELOPMENT AND TOURISM**

Fayette County Economic Development & TourismNortheast Iowa Resource Conservation & Development

### **EDUCATION AND CHILD CARE CENTERS**

## Childcare

Berry Tender Child Care	
Child Care Resource and Referral	319-334-5900 or 1-866-655-7420
Kaleidoscope Kids Child Care and Preschool	
Little Husky Child Care & Preschool	
Little Star Daycare & Preschool	
RainbowLand Child Care and Preschool	
Valley Child Care	

### Preschool

Hippity Hop Preschool	563-422-3851
Kaleidoscope Kids Child Care and Preschool	563-422-5379
Little Blue Devils Preschool	563-637-2283
Little Husky Child Care & Preschool	319-283-2302
Little Star Daycare & Preschool	563-633-4900
RainbowLand Child Care and Preschool	563-425-4398
Starmont Schools Preschool	563-933-2238
Tiger Hawk Preschool	563-422-3851
Valley Preschool	563-422-3851

## K-12 Districts

North Fayette Valley Schools	563-422-3851
<u>Oelwein Schools</u>	. 319-283-3536
Starmont Schools	. 563-933-4598
West Central Schools	. 563-637-2283

## Post-Secondary

Hawkeye Community College	319-296-2320
Northeast Iowa Community College	1-844-642-2338
<u>Upper Iowa University</u>	1-800-553-4150

## Community Education

Head Start Oelwein	
Head Start West Union	
High School Completion Program (GED)	
Fayette County Public Health	. 563-422-6267 or 319-283-4489
Keystone Area Education Agency	
North Fayette Valley Community Coalition	
North Fayette Valley Mentoring Program	
Regional Education Center	

### **EMPLOYMENT**

Goodwill Industries Inc Workforce Innovation Opp	<u>portunity Act</u> 563-880-9878
lowa Job Corps	712-263-4192
lowa Self-Employment	
lowa Vocational Rehabilitation	
lowa Workforce Development	3-382-0457 or 1-866-520-8986
Iowa WORKS/Promise Jobs 56	3-382-0457 or 1-866-520-8986
Proteus Inc	1-800-397-9675
Sedona Staffing	

## FINANCIAL ASSISTANCE/FINANCIAL LITERACY

Department of Human Services	563-422-5634 or 1-800-632-0014
Fayette County Relief	319-283-2510 or 563-422-3354
Fayette County Veteran's Affairs	
hawk-i Health Insurance Outreach	1-800-257-8563
Horizon's Consumer Credit Counseling Service	1-877-653-3123
lowa Concern	1-800-447-1985
Fayette County ISU Extension and Outreach	
NE lowa Community Action Corp	319-283-2510 or 563-422-3354
Social Security Administration	319-234-1554 or 1-800-772-1213
<u>St. Vincent DePaul - Waterloo</u>	
Veteran's Administration	1-800-838-4692

## FOOD, CLOTHING AND HOUSING

## Food Pantries/Meals

Fairbank Food Pantry (Fairbank residents only)	319-635-2045
Fayette County Food & Clothing Shelf	563-425-3399
Greater Area Food Pantry (Calmar)	563-419-6024
His Hands Food Pantry (Fairbank & Oran residents only)	319-638-4357
Northeast Iowa Mobile Food Pantry	319-235-0507
Oelwein Community Kitchen Cupboard	319-283-3595
<u>Oelwein Mobile Food Pantry</u>	319-235-0507
Oelwein Senior Dining Center	319-283-5180
<u>Open Hands Food Pantry</u> (West Union)	563-422-2150
St. Mary's Church (Starmont School District)	563-933-6166
West Union Mobile Food Pantry	. 563-422-5804

## Clothing

Fayette County Food & Clothing Shelf	563-425-3399
Goodwill	
Kenny's Closet	

## Additional Resources

Fayette County Relief	:	563-422-3354	4
Northeast Iowa Agen	cy on Aging (NEI3A)		7
Northeast Iowa Comn	nunity Action Corp		6
St. Vincent DePaul - V	Vaterloo		6
Upper Explorerland R	egional Housing		1

### **GENERAL ASSISTANCE**

Fayette County Board of Supervisors	
Fayette County Public Health	563-422-6267
North Fayette Valley Community Coalition	563-422-6298

### **HEALTH CARE**

### Dental Health

Berryman Family Dentistry	
I-Smile	563-245-1145 Ext 358
Oelwein Dental Associates	
West Union Dental Associates	

### Gundersen Palmer Lutheran

#### **REACH ALL CLINICS: 563-422-3817**

### <u>Fayette</u>

#### **Postville**

### West Union

Fayette County Public Health	563-422-6267
Gundersen Ask a Nurse	608-775-4454
Gundersen Palmer Home Health/Hospice 319-283-4489 o	or 563-422-6267
Gundersen Palmer Home Medical Supply319-283-4489 o	r 563-422-6267
Gundersen Palmer Lutheran Hospital	563-422-3811

## Helpful Numbers

Ask-A-Nurse (MercyOne's Patient Engagement)	
Eyes Open Iowa (Teen Sexual Health)	515-276-6788
Gundersen Ask a Nurse	608-775-4454
Poison Help	1-800-222-1222
Teen Health Line (parenting, wellness, health)	

## Health Centers

ABCM Healthy Living Home Care
Allen Women's Health Family Planning
Buchanan County Health Center (BCHC)
<u>Child Health Specialty Clinics</u>
Gundersen Palmer Lutheran Hospital & Clinics
Hawkeye Community College Dental Clinic
Heart of the Valley Healthcare Clinic - Elgin563-426-5136
MercyOne Hospital - Oelwein
Northeast Iowa Behavioral Health
Pediatric Integrated Health Home (Child Health Specialty Clinics)
Pediatric Integrated Health Home (Families First)1-844-225-7444
Planned Parenthood1-800-230-7526
or text PPNOW to 774636
Unity Point Women's Health

## Pharmacies - Vaccines Available Here

Buchanan County Health Center Pharmacy	319-332-0999
<u>Dollar fresh Pharmacy - HyVee</u>	319-283-4100
NuCara Pharmacy	563-422-3151
<u>Scott Pharmacy</u>	563-425-4530

## HOUSING, FUEL ASSISTANCE AND WEATHERIZATION

Friends of the Family	
Green Iowa (Weatherization)	563-382-4207 Ext.2
NE Iowa Community Action Corp	. 563-382-8436 or 319-283-2510
KarTay Apartment Management	
<u>Operation Homefront (for Veterans)</u>	211 or 641-243-4103
Palmer Apartments	
Upper Explorerland Regional Planning	
Winneshiek Co. Habitat for Humanity	



### **IOWA CONCERN**

Services include legal, financial, self-care, crisis/disaster, stress counselors and more. Services are free and available 24 hours a day, 7 days a week. Call 1-800-447-1985



### LAW ENFORCEMENT

Fairbank Police Department	319-635-2869
Fayette County Sheriff's Office	563-422-6067
Fayette Police Department	563-425-3500
Juvenile Court Services	319-291-2506
Oelwein Police Department	
West Union Police Department	

## LEGAL ASSISTANCE

DUI Classes	
Fayette County Attorney	
lowa Civil Rights Commission	
lowa Concern Hotline	1-800-447-1985
lowa Legal Aid	1-800-532-1275





### LIBRARIES

Libraries offer computer and Internet access as well as programs for children and families. Contact your nearest library for a schedule of activities.

Arlington	563-633-3475
<u>Clermont</u>	
Elgin	
Fayette	
Hawkeye	
Maynard	
<u>Oelwein</u>	
Wadena	
Waucoma	
Westgate	

Use your phone camera to scan this QR code to locate Little Free Libraries near you!





## SPECIAL NEEDS AND DISABILITIES

ASK-Access for Special Kids	1-800-450-8667
<u>B &amp; D Services, Inc.</u>	
Camp Courageous of Iowa	
Center for Disabilities & Development	
Child Serve	
Disability Resource Library	
Disability Rights Iowa	1-800-779-2502 Or 515-278-2502
Family to Family Iowa	1-800-450-8667 Or 515-243-1717
Fayette Co. Social Services	563-422-5047 or 1-855-266-1257
Full Circle Services	
Goodwill of Northeast Iowa	
Goodwill Vocational Center	
lowa COMPASS	
lowa Developmental Disabilities Council	515-288-0463 or 1-866-432-2846
lowa Federation of Families for Children's M	lental Health319-462-2187
or 1-800-400-6302	
Iowa Foster & Adoptive Parents Association	<u>n (</u> IFAPA)515-229-8747
or 1-800-277-8145	
lowa Vocational Rehabilitation Services	
Legal Center for Special Education	515-309-0033 or 1-866-250-4545
MOSAIC	
National Alliance on Mental Illness (NAMI)	
Regional Autism Assistance Program	
Or 1-866-279-5023	
Social Security Office	
Special Olympics of Iowa	
Treatment Alternatives for Safe Communiti	es (TASC)

## TRANSPORTATION

EARL Public Transit	1-866-382-4259
Hometown Taxi	
lowa Mobility Management Coordinator	
Non-emergency Medical Transportation	1-800-338-8366

- Amerigroup Members may call Access2Care at 844-544-1389
- Iowa Total Care Members may call Access2Care at 833-404-1061



## **UNITED WAY 211**

Dial 2–1–1 from your cell phone or landline for help with food, housing, employment, health care, counseling and more. 2–1–1 provides free and confidential information and referrals.

## ABUSE AND VIOLENCE RESOURCES

#### Crisis Intervention Service

#### 563-581-1418: direct advocate phone 641-423-0490: Main office in Mason City

In Fayette County, CIS provides comprehensive services to friends and family impacted by homicide and other violent crimes. We can help you with Immediate support and ongoing advocacy.

#### Friends of the Family Emergency Shelter

#### <u>1-800-410-SAFE</u>

5250 N Park PI NE #105, Cedar Rapids, IA 52402

Friends of the Family provide safe shelter, confidential services, and housing assistance to individuals in crisis due to homelessness, domestic violence, sexual assault, and human trafficking.

Services

- Domestic Abuse Housing and Sheltering
- Homeless Assistance
- Human Trafficking Services
- Sexual Assault Housing and Sheltering
- Safe Workplace Partnership

#### **Helping Services for Youth & Families**

#### 563-387-1720

805 E Main St, Decorah, IA 52101

Our teams—Domestic Abuse Advocacy, Dating Violence, & Stalking Survivors; Family Education and Support; Drug Abuse Prevention; and Youth Mentoring—provide presentations, research-based programs, training, and advocacy to families, businesses, and communities. Riverview Center 888-557-0310 1014 South Mill St, Unit #3 Decorah, Iowa 52101 Riverview Center offers 100% free and confidential services for survivors of sexual violence in Iowa. Services include 24-hour crisis hotlines, legal, medical and social service advocacy, long- and short-term counseling, traumainformed therapy, transition and basic needs assistance, and more.

#### **Helpful Numbers**

Child & Dependent Adult Abuse Reporting 1-800-362-2178

<u>Helping Services Domestic Abuse CrisisLine</u> 1-800-383-2988

<u>Human Trafficking Helpline</u> 1-888-373-7888 or text help to 233733

<u>Iowa Domestic Violence Hotline</u> 1-800-770-1650 or Text "HELP" to 20121

<u>Say Something</u> 1-844-572-9669 Report suspected violence and safety concerns

Sexual Assault Hotline 1-833-656-4673

<u>Teen Dating Violence Helpline</u> 1-866-331-9474 or text loveis to 22522

## AGING RESOURCES

#### Assisted Living/Long-Term Care

<u>ABCM Grandview Health Care Center</u> 319-283-1908

ABCM Healthy Living Home Care 641-456-5636

ABCM Oelwein Health Care Center 319-283-2794

<u>Arlington Place Oelwein</u> 319-283-3334

<u>Cedar Court Senior Living Residence</u> 563-422-9348

Copper Creek Senior Living 563-422-9200

<u>Good Samaritan Society</u> 563-422-3814

<u>Maple Crest Manor</u> 563-425-3336

<u>Stoney Brook Assisted Living</u> 563-422-5690

#### **B&D Services**

#### 319-334-6997

212 1st St E, Independence, IA 50644

B&D Services, provides assistance and support to individuals with disabilities and the elderly so they may live in the environment of their choice.

#### <u>AARP</u>

800-775-6776

AARP is a nonprofit, nonpartisan organization that empowers retired people to choose how they live as they age. AARP offers membership benefits ranging from discounts, healthcare options, insurance products, travelrelated services, education, and learning resources.

#### Abbe Center

#### 563-422-5344

129 S Vine St West Union, IA 52175

UnityPoint Health - AbbeHealth Services is a regional nonprofit organization dedicated to providing mental health and aging services that help individuals achieve their optimum levels of independence and success.

#### Aging and Disability Resource Center

#### 866-468-7887

607 Washington St. P0 Box 107 Decorah IA 52101

Our mission is to support policies, programs, and wellness initiatives that empower older lowans to stay active and healthy in their communities to improve their access to affordable, high-quality, long-term living and community supports.

Assists with

- Health and Nutrition
- Elder Justice and Adult Protective Services
- Senior Employment
- Disaster Resources
- Caregiver Resources

#### Faith and Family Care INC

#### 855-970-6296 Ext. 6

1016 West 1st ST Sumner, IA 50674

Faith & Family Care Inc cares for Children, Veterans, Seniors, the physically disabled, handicapped, anyone in need of care.

FFC offers home health care, respite care, supported community living, and works closely with the VA.

FFC builds and remodels decks, bathrooms, doorways, flooring, any home modification. FFC lawn service mows, edges, weed eats, mulching, gutter cleaning, and chore services.

FFC accepts all Iowa Medicaid Waivers, Amerihealth, Amerigroup, united health care, and private pay.

#### <u>General Assistance Program (NE IA</u> <u>Community Action)</u>

319-283-2510

297 6th Ave SW Oelwein, IA 50662

The purpose of the Fayette County General Assistance Office is to provide assistance to a person who is in need of immediate assistance not obtainable from any other source

This means assistance with rent, utilities or medical/dental. Assistance can also include the burial of a person who is a resident of Fayette County.

#### Fayette County ISU Extension and Outreach

#### 563-425-3331

Check out these links to learn about our programs in <u>Agriculture and Natural Resources</u>, <u>Community and</u> <u>Economic Development</u>, <u>Human Sciences</u>, and <u>4-H</u> <u>Youth Development</u>.

#### Fayette County Public Health

#### 563-422-6267

200 W Jefferson St, West Union, IA 52175

The focus of public health intervention is to improve health and quality of life through the prevention and treatment of disease and other physical and mental health conditions, through surveillance of cases and the promotion of healthy behaviors.

#### Friends of the Family

#### 1-800-410-SAFE

5250 N Park PI NE #105, Cedar Rapids, IA 52402

Friends of the Family provide safe shelter, confidential services, and housing assistance to individuals in crisis due to homelessness, domestic violence, sexual assault, and human trafficking.

#### **Gundersen Palmer Home Care**

#### 563-422-6267

200 Jefferson St West Union, IA 52175

Home Health is a simple phrase that encompasses a wide range of health and social services, delivered at home where you and your family members are likely the most comfortable.

We care for people who are recovering, who have disabilities or who are chronically or terminally ill. We provide medical, nursing, social, or therapeutic treatment and we can help with the essential activities of daily living.

#### **Gundersen Palmer Hospice**

#### 800-335-0711

200 Jefferson St West Union, IA 52175

When you or someone you care about is in the final phase of life, Gundersen Palmer Hospice provides support and care. We're a Medicare-certified, nonprofit organization.

#### lowa Department on Aging

#### 515-725-3333 or 800-532-3213

The lowa Department on Aging strives to improve the quality of life of older lowans by connecting them to services provided by lowa's six Area Agencies on Aging. Learn how you or your loved one can connect to nutrition services, caregiver support, case management, and more.

#### KarTay Apartment Management

#### 319-334-7110

The KarTay Apartment Management consists of 20+ affordable rental-based housing complexes around Northeast Iowa.

Apartments are Available for Rent to: Low-Income Individuals / Families Anyone Over 18 Years of Age Seniors of the Age 62 and Older Handicapped / Disabled, Regardless of Age

#### MercyOne Oelwein Senior Care

#### 319-283-6150 or 319-283-6000

2018th Ave SE, Oelwein, IA 50662

A long-term care and rehabilitation unit located on the third floor of Oelwein Medical Center.

#### Services

- Skilled nursing care
- physical, occupational and speech therapies
- recreational and social activities
- worship services
- a styling salon
- and the Friendship Café

#### Northeast Iowa Area Agency on Aging

#### 1-800-779-8707

3840 W 9th St Waterloo, IA 50702

LifeLong Links-Aging & Disability Resource Centers (ADRCs) are friendly, convenient places where anyone can come for information and assistance regarding programs and services available for older adults and persons with disabilities.

#### NEI3A Iowa Cafe

#### 1-800-779-8707

Individuals receive a keycard that helps with costs of 12 meals a month

To participate in The Iowa Café, individuals must be 60 years of age or older, or a spouse of an eligible individual regardless of age.

#### Palmer Apartments

#### 563-422-5517

711 Jefferson St, West Union, Iowa 52175

Tenants pay rent based on household income.

#### **Senior Life Solutions**

#### 563-422-9722

Gundersen Palmer's Senior Life Solutions program, an intensive outpatient group counseling program, is designed to meet the unique needs of older adults over the age of 65 struggling with depression and anxiety often related to aging.

#### Senior Meals (NEI3A)

#### 1-800-779-8707

Oelwein Senior Center 25 West Charles Oelwein, IA 50662

Monday, Wednesdays, and Fridays. Meals at 12:00 noon.

Daily hot meals. Meals through Northeast Iowa Area Agency on Aging are offered on a contribution basis for people over 60 years of age. The actual cost for the meal is \$8.10. People under 60 must pay the actual cost.

#### Social Security

#### 319-234-1554 or 888-456-9554

3121 Greyhound Dr Waterloo, Iowa 50701

Social security programs and benefits including disability, retirement, extra help with Medicare drug plan costs, etc.

## CHILDREN & YOUTH Services

#### <u>1st Five</u>

#### 563-556-6200

Unity Point - Visiting Nurse Association 660 Iowa Street Dubuque, IA 52004

1st Five is a public-private partnership bridging primary care and public health services in Iowa. The 1st Five model supports health providers in the earlier detection of social-emotional and developmental delays and family risk-related factors in children birth to 5 and coordinates referrals, interventions and follow-up.

#### **Building Directions for Families**

#### 319-334-5105

401 1st St W Independence, IA 50644

Building Direction for Families, Inc. (BDF) is a non-profit agency that provides funding for the Early Childhood lowa, Decategorization, Community Partnerships for Protecting Children, and Community Based Child Abuse Prevention initiatives in Buchanan, Delaware, and Fayette Counties.

#### Child Care Resource and Referral

#### 319-334-5900 Parent Referral Line: 855-244-5301

CCR&R is available to assist families in selecting child care providers who best meet the needs of a child and their family. Child Care Consultants provide on-site consultation to licensed preschools, centers, nonregistered home providers and Child Development Home providers.

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

#### 319-283-4135

212 8th Ave. SE Oelwein, IA 50662

Programs

- Community Circle of Care
  - CCC serves children and youth up to 21 years of age who have private insurance. Care coordination services are provided to the youth and their family to access resources in the community to address their mental or behavioral health diagnosis.
- Early ACCESS
  - For children 0-3 years old with a developmental delay or known condition that could lead to a developmental delay.
  - Services:
    - Help with coordination
    - Nutrition services
    - Health assessments
- Pediatric Integrated Health (PIH)
  - PIH provides care coordination and family support services to lowa children and youth who are eligible for Medicaid and have mental or behavioral health diagnosis.
- Regional Autism Assistance Program
  - RAP teams can help families:
  - Connect to autism information
  - Communicate with care providers
  - Navigate the education system
  - Find an advocacy or family support group

#### **Child Support Recovery Unit**

#### 563-382-2666

317 Washington St Ste 2 Decorah, IA 52101

The mission of lowa's child support program is to provide services to ensure families receive the child support they need in order to be able to meet the financial and health needs of their children.

We help families by establishing and enforcing child and medical support orders, and processing support payments.

#### Crisis Child Care

#### 319-334-7146

1621 S. Frederick Ave Suite B Oelwein, IA 50662

Child care for crisis/emergency situations in Buchanan, Delaware & Fayette Counties

#### <u>Family Development and Self</u> <u>Sufficiency</u>

#### 563-419-8243

297 6th Ave SW Oelwein, IA 50662

The Family Development and Self-Sufficiency Program at Northeast Iowa Community Action Corporation is a voluntary, strength-based home visiting program for Iow-income families. FaDSS provides services that promote, empower, and nurture families toward economic and emotional self-sufficiency.

#### Helpful Numbers - Children & Youth

Fayette County DHS 563-422-5636

Healthy Families Line 1-800-369-2229

ISU Extension and Outreach 563-425-3331

LGBT National Youth Talk line 1-800-246-7743

National Eating Disorder Helpline 1-800-931-2237

Runaway Safeline 1-800-786-2929

<u>Teen Line</u> 800-443-8336

#### Fayette County ISU Extension and Outreach

#### 563-425-3331

Check out these links to learn about our programs in Agriculture and Natural Resources, Community and Economic Development, Human Sciences, and 4-H Youth Development.

#### **Fayette County Public Health**

#### 563-422-6267

200 W Jefferson St, West Union, IA 52175

The focus of public health intervention is to improve health and quality of life through the prevention and treatment of disease and other physical and mental health conditions, through surveillance of cases and the promotion of healthy behaviors.

#### Four Oaks

#### 319-354-0259

5400 Kirkwood Blvd. SW Cedar Rapids, IA 52404

info@fouroaks.org

Four Oaks offers family support, behavioral health services, education, child welfare and Emergency Services, Juvenile Justice, foster & adoptive family connections, and more.

- Qualified Residential Treatment Program
- Psychiatric Medical Institute for Children
- Integrated Health Homes
- TotalChild

#### <u>infantSEE</u>

#### 319-334-6087

Advanced Family Eyecare 1310 1st St W Independence, IA 50644

563-382-4279 Oneota Valley Family Eyecare 305 E Water St Decorah, IA 52101

A public health program in which participating optometrists provide a no cost, comprehensive infant eye assessment between 6 and 12 months of age.

#### lowa Aftercare Services Network

#### 319-233-5695

Four Oaks 140 S. Barclay Waterloo, IA 50703

We are a group of 9 nonprofit organizations across lowa who support youth who have aged out of foster care or other out-of-home placement. We will help you reach your personal goals for: education, employment, housing, health, life skills and relationships.

#### **Iowa Family Services**

#### 515-270-0093 Ext.6

4401 Westown Pkwy #250, West Des Moines, IA 50266

Iowa Family Services provides respite to children who receive services through the Children's Mental Health Waiver and the Intellectual Disability Waiver across the state of Iowa.

#### **Iowa Family Support Network**

#### 1-888-425-4371

1111 9th St. Suite 320 Des Moines, IA 50314

lowa Family Support Network (IFSN) is a statewide system that provides information and resources to expecting families or families with young children and professionals that serve them.

You will find information that includes; family support services; group-based parent education programs; and prenatal services.

Specialists are available by email or phone Monday through Friday from 8 a.m. to 6 p.m. at 1-888-IAKIDS1(1-888-425-4371).

#### I-Smile

#### 563-245-1145 Ext 358

I-Smile<sup>™</sup> is a statewide program that connects lowans with dental, medical, and community resources to ensure a lifetime of health and wellness.

#### North Fayette Valley Community Coalition

#### 563-422-6298

23689 Canoe Road, Elgin IA 52141

Youth Initiative NFVCC Youth Center NFV Mentoring

#### Northeast Iowa Community Action Corp

#### 319-283-2510

297 6th Avenue Southwest Oelwein, IA 50663-0549 HOURS: M-W 8am - 12pm & 1pm - 3:30pm F 8am-12pm. Other times by appointment

The NE IA Community Action Corp connects individuals and families to approaches to help them succeed and includes Early Childhood Programs, Family Support Services, Stable and Affordable Housing, Budget Counseling, Public Transportation, Pregnancy Prevention and Health Education, Low Income Home Energy Assistance, Weatherization, and Crisis Assistance.

#### Parent Share and Support

#### 319-283-4917

We offer parent education using the Parents As Teachers curriculum and home visits for families prenatal through Kindergarten entry in Fayette County. We also offer Crisis and Emergency child care assistance for families in Fayette, Buchanan, and Delaware Counties.

## COUNSELING AND MENTAL HEALTH SERVICES

#### Hotlines

Crisis Textline text hello to 741741

<u>Elevate CCBHC (</u>Mental Crisis) 833-370-0719

<u>lowa Helpline</u> (call or text) 1-855-800-1239

<u>Iowa Office of Consumer Affairs</u> (Mental Health Crisis and Referral) 1-855-622-4692

LGBT Youth Suicide Helpline 1-866-488-7386

National Alliance on Mental Health NAMI helpline 800-950-6264

National Suicide Hotline (24 hours a day) 800-273-8255

<u>NE lowa Behavioral Health</u> (24 hours) 319-283-5774 or 1-800-400-8923

PAS Iowa Farm Families 833-999-FARM

Trans Lifeline 1-877-565-7743

<u>Your Life Iowa</u> (Crisis counseling, bullying, alcohol, drugs, gambling, suicide) 855-581-8111 or send text to 855-895-8398

#### Abbe Center

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#### 563-422-5344

129 S Vine St West Union, IA 52175

UnityPoint Health - AbbeHealth Services is a regional nonprofit organization dedicated to providing mental health and aging services that help individuals achieve their optimum levels of independence and success.

#### **Behavioral Services**

#### 319-238-3132

1621 S Fredrick Avenue Oelwein, IA 50662

Services Available

- Counseling
- Anger Management
- Mental Health Evaluations

Medicaid and numerous insurances are accepted. Appointments by phone are available.

#### Catholic Charities

#### 563-382-1231

307 W Main St Decorah, IA 52101

We work to reduce poverty, strengthen families, and empower communities by focusing on affordable housing, counseling services, immigration legal services, jail & prison reentry, post-adoption search, and disaster resources.

#### Counseling & Family Centered Services

#### 641-394-2505

951 N Linn Ave Suite 3 New Hampton, IA 50659

Services Offered:

- Behavioral Health Intervention Services (BHIS)
- Children's Mental Health Waiver Therapy and Community Supports
- Behavioral Consultation, Evaluation and Therapy
- Conflict Resolution Consultation, Evaluation and Therapy

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

#### 319-283-4135

212 8th Ave. SE Oelwein, IA 50662

#### Programs

- Community Circle of Care
  - CCC serves children and youth up to 21 years of age who have private insurance. Care coordination services are provided to the youth and their family to access resources in the community to address their mental or behavioral health diagnosis.
- Early ACCESS
  - For children 0-3 years old with a developmental delay or known condition that could lead to a developmental delay.
  - Services:
    - Help with coordination
    - Nutrition services
    - Health assessments
- Pediatric Integrated Health (PIH)
  - PIH provides care coordination and family support services to lowa children and youth who are eligible for Medicaid and have mental or behavioral health diagnosis.
- Regional Autism Assistance Program
  - RAP teams can help families:
  - Connect to autism information
  - Communicate with care providers
  - Navigate the education system
  - Find an advocacy or family support group

#### **County Social Services**

#### 563-422-5047

114 N. Vine Street Box 269 West Union, IA 52175

County Social Services provides financial support for mental health and disability services programs to individuals in North Central and Northeastern Iowa.

#### Elevate CCBHC

#### 833-370-0719

Walk-ins welcome 604 Lafayette St (2nd floor of the Fowler building) Waterloo, IA 50703

Mobile Crisis, mental health, medication management, veteran support. We are focused on expanding quality healthcare to those without insurance or underinsured.

#### Family Solutions lii

#### 319-827-6270 or 319-521-4208

960 6th St Jesup, Iowa 50648

Behavioral health centers are responsible for assuring the delivery of community-based mental health, mental developmental challenges, substance abuse and/or behavioral health services to individuals with disabilities. Provide counseling services for families and marriages.

#### **Families First**

#### 1-800-316-3025

901 N. Fredrick Ave. Oelwein, IA 50662

In-Home Counseling for Youth & Adults

**Accepted Insurance Carriers** 

- Medicaid (Iowa Total Care, Amerigroup)
- Wellmark (Blue Cross/Blue Shield)
- United Health Care
- CVCHC
- Health Partners (in the future—still in the credentialing process)
- Tricare
- Midlands Choice Carriers

#### <u>Families, Inc</u>

#### 563-927-4357 or 319-643-2532

969 E Main St, Manchester, IA 52057

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- Outpatient Therapy (Title 19 funded, and Other insurance)
- (FREE) Counseling & Crisis Intervention Services: (Adults/Children)
- (FREE) School-Based Mental Health Services: Families, Inc.
- (FREE) ART Groups: (any age) Families, Inc. providers will follow
  - the ART (aggression replacement training/juvenile accountability group) curriculum.
- (FREE) Nurturing Parent Program:
- Child Mental Health Waiver Therapy Services:
- BHIS-Behavior Health Intervention Services: (Title 19 funded)
- Private Pay Therapy/Counseling Services:

#### Full Circle Services Inc

#### 319-233-3813

2349 Jamestown Ave, Ste 1 Independence, IA 50644

Provides behavioral health services, supported community living, home-based habilitation, respite care, supported employment, and crisis stabilization services.

#### <u>Hope Haven</u>

#### 319-334-3003

1800 19th Street P.O. Box 70 Rock Valley, IA 51247

We offer services and support to meet a broad range of needs for children, adults, and families – from physical, mental, and intellectual to residential, vocational, and spiritual.

- Community Living
- Employment Services
- Day Habilitation
- Mental Health and Recovery
- Spiritual Support

#### lowa Office of Consumer Affairs

#### 1-855-622-4692

114 N. Vine Street Box 269 West Union, IA 52175

Free and confidential service to help with your mental health needs.

#### Lutheran Services in Iowa

#### 319-827-6270 or 319-521-4208

118 W Main St Manchester, IA 52057

Our services — including mental health therapy, behavioral health for youth, parent support and early childhood resources, services for people with disabilities, and refugee and immigrant services — are available virtually, by computer or phone. <u>Make It OK</u> is a community campaign to reduce stigma by starting conversations and increasing understanding about mental illness.



#### MercyOne Telehealth

#### **Schedule online**

A telehealth visit is a medical appointment with your health care provider conducted on a secure audio and video call. The virtual experience is similar to a Skype or Facetime call.

#### Northeast Iowa Behavioral Health

#### 319-283-5774 or 1-800-400-8923

NEIBH Main Office: 905 Montgomery St., Decorah, IA 52101 Also located in Oelwein, Elkader, Waukon, West Union, and Cresco.

Hearing/Speech Impaired 711 or 800-735-2942

We offer both immediate crisis counseling and ongoing individual and group counseling for behavioral health issues.

Services Provided

- <u>Counseling</u>
  - Individual, family, and group counseling for all age groups - children, teens, adults, and elderly, is available at our locations, for any mental health, problem gambling, or substance use disorder.
- Psychiatric Evaluations
  - Our psychiatric practitioners provide evaluations to determine a diagnosis and appropriate treatment, and offer medication management the oversight and monitoring of prescribed medications.

#### Peladija's Therapy & Counseling Services

#### 319-313-5041

901 North Frederick Suite #2 Oelwein, IA 50662

Accepted Insurance Plans

- Aetna | Aetna Coventry
- BCBS | BlueCross and BlueShield
- Coventry
- MHN | Health Net
- Magellan
- Medicaid
- Midland Choice
- TRICARE
- TriWest
- UnitedHealthcare UHC | UBH
- Out of Network

#### Plugged-In lowa

#### 319-432-4748

#### Sunrise Therapy and Counseling

#### 319-481-2296

Crystal@sunrisetherapyandcounseling.com

104 W. 2nd Street Sumner, Iowa

Accepted Insurance Plans

- Aetna | Aetna Coventry
- Amerigroup
- BCBS | BlueCross and BlueShield
- Medicaid
- Midlands Choice
- UHC UnitedHealthcare UBH United Behavioral Health

#### The Interconnected Journey

#### 379-435-1859

406 W Bremer Ave Waverly, IA 50677

#### Your Life lowa (bullying, alcohol, drugs, gambling, suicide)

#### Call: 855-581-8111 Or send a text to 855-895-8398



## DRUG/ALCOHOL ABUSE AND PREVENTION

#### **Helpful Numbers**

Alcohol and Drug Treatment Referral 1-855-581-8111 or Text 855-800-1239

Bets Off Gambling Treatment 1-800-BETS-OFF

DrugFree.org Helpline 855-378-4373 or text 55753

<u>Gambler's Assistance</u> 1-800-238-7633

National Drug & Addiction Helpline 1-888-633-3239

<u>Quitline Iowa</u> (Tobacco Cessation) 1-800-QUIT-NOW

Truth Initiative E-cig Quitline text quit to 202-804-9884

SASC Gambling Treatment 1-888-771-6771

#### Al-Anon and Alateen

#### 319-291-3660

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems.

#### **Behavioral Services**

#### 319-238-3132

1621 S Fredrick Avenue Oelwein, IA 50662

Medicaid and Numerous Insurances Accepted

Services Available

- Counseling
- Anger Management
- Mental Health Evaluations

#### Helping Services for Youth & Families

#### 563-387-1720

805 E Main St, Decorah, IA 52101

Our teams—Domestic Abuse Advocacy, Dating Violence, & Stalking Survivors; Family Education and Support; Drug Abuse Prevention; and Youth Mentoring—provide presentations, research-based programs, training, and advocacy to families, businesses, and communities.

#### MercyOne's Horizons Treatment Center

#### 319-272-8560

3421 West 9th Street Waterloo, Iowa 50702

Horizons Family Recovery offers inpatient and intensive outpatient treatment for individuals with alcohol and/or substance addiction.

Most insurance companies cover part or all of the cost of treatment.

#### Northeast Iowa Behavioral Health

#### 319-283-5774 or 1-800-400-8923

NEIBH Main Office: 905 Montgomery St., Decorah, IA 52101 Also located in Oelwein, Elkader, Waukon, West Union, and Cresco.

Hearing/Speech Impaired 711 or 800-735-2942

We offer both immediate crisis counseling and ongoing individual and group counseling for behavioral health issues.

Services Provided

- Counseling
- Psychiatric Evaluations

#### North Fayette Valley Community Coalition

#### 563-422-6298

23689 Canoe Road, Elgin IA 52141

Youth Initiative NFVCC Youth Center NFV Mentoring

#### Pathways Behavioral Health

Independence IA: 319-334-6163 Fredericksburg IA: 563-237-5300

**CARF Accreditation: Yes** 

#### **Insurance and financials**

- Medicaid
- Private insurance
- Self-pay options
- Financial aid
- Sliding scale payment assistance
- Military insurance

#### Levels of care

- Outpatient (Extended and Intensive)
- Inpatient
- Sober Living Homes
- Aftercare Support
- 24-Hour Clinical Care



## ECONOMIC Development

#### <u>Fayette County Economic Development &</u> <u>Tourism</u>

#### 563-265-5248

101 N Vine St, West Union, IA 52175

Fayette County Economic Development & Tourism foster and implement tourism and business development and expansion in Fayette county.

We work on business development/planning, tourism/marketing promotion, project management, and general community support.

## Northeast Iowa Resource Conservation & Development

#### 563-864-7112

101 East Greene St, PO Box 916, Postville, IA 52162

Northeast Iowa Resource Conservation & Development works with partners from throughout our region to explore natural resource-based economic development opportunities while at the same time protecting and enhancing natural resources.

## EDUCATION A-Z

#### **Berry Tender Child Care**

#### 563-933-2514

401 Commercial Street Strawberry Point, IA 52076

berrytenderchildcare@gmail.com

Berry Tender serves children from infant to school age. Hours of operation are 5:30 am - 6:30 pm Monday through Friday.

#### <u>Fayette County Public Health</u>

#### 563-422-6267

200 W Jefferson St, West Union, IA 52175

The focus of public health intervention is to improve health and quality of life through the prevention and treatment of disease and other physical and mental health conditions, through surveillance of cases and the promotion of healthy behaviors.

#### Hawkeye Community College

#### 319-296-2320

1501 East Orange Road Waterloo, Iowa 50704-8015

Post-Secondary

#### Head Start

Oelwein: 319-283-2304 317 8th Ave SE Oelwein, IA 50662

West Union: 563-422-6101 400 N Pine St. West Union IA 52175

The Head Start program is a full-day, full-week preschool experience for low-income and disabled children 3-5 years old.

#### **High School Completion Program**

#### 319-296-4278

120 Jefferson Street Waterloo, IA 50701

The High School Completion program (formerly the GED program) offers free courses designed to help you to earn a high school equivalency diploma and become prepared for college and the workplace.

#### **Hippity Hop Preschool**

#### 563-380-6089

404 N Pine St. West Union IA 52175

#### Kaleidoscope Kids Child Care

#### 563-422-5379

404 N Pine St. West Union IA 52175

We specialize in child care for children ages 6 weeks to 12 years of age, a 3-year-old preschool program, before and after school care, special summer programs for school-aged children, and much more.

#### Keystone Area Education Agency

#### 563-245-1480

Keystone provides resources for students, parents, administrators, and educators. Through its partnerships with local schools, teachers, and parents, Keystone AEA will continue to provide services that put children first in Northeast Iowa.

#### Little Blue Devils Preschool

#### 563-637-2283

305 Pember St Maynard, IA 50655

#### Little Husky Child Care and Preschool

#### 319-283-2302

315 8th Ave. SE Oelwein, IA 50662

Little Husky Childcare and Preschool is a non-profit childcare and preschool offering full time, part-time and drop-in care for children ages 2 weeks to 12

#### Little Star Day Care Inc

#### 563-633-4900

750 1/2 Main Street Arlington IA 50606

Infant-School Age

#### North Fayette Valley District

#### 563-422-3851

600 N Pine St, West Union, IA

#### North Fayette Valley Community Coalition

#### 563-422-6298

23689 Canoe Road, Elgin IA 52141

Youth Initiative NFVCC Youth Center NFV Mentoring

#### North Fayette Valley Mentoring Program

#### 563-426-5055

23689 Canoe Road Elgin IA 52141

The North Fayette Valley Mentoring Program strives to connect youth with a positive adult role model who can help them aspire, achieve, and develop to their fullest potential.

#### Northeast Iowa Community College

#### 1-844-642-2338

1625 Highway 150 South Calmar, Iowa 52132

Post-Secondary education

#### **Oelwein District**

#### 319-283-3536

307 8th Ave. SE Oelwein, IA 50662

#### **Rainbow Land Preschool**

#### 563-425-4398

201 Vine St #1 Fayette IA 52142

#### **Regional Education Center**

#### 319-283-2845

315 8th Ave SE, Oelwein, IA 50662

#### **Regional Technology Center**

#### 844-642-2338 Ext. 5700

RAMS Center 1400 Technology Drive Oelwein, IA 50662

The Regional Tech Complex provides our students with state-of-the-art technological coursework and training opportunities, including Project Lead the Way, robotics, and welding, construction, and CNC coursework. Additionally, the facility partners with area businesses to provide employee training programs.

#### **Starmont School District**

#### 563-933-4598

3202 40th Street Arlington, Iowa 50606-8199

#### **Starmont Schools Preschool**

#### 563-933-2238

3202 40th St Arlington, IA 50606

#### **TigerHawk Preschool**

#### 563-422-3851

315 8th Ave. SE Oelwein, IA 50662

#### Upper Iowa University

#### 1-800-553-4150

605 Washington St. Fayette, IA 52142

Post-Secondary Education

#### Valley Child Care

#### Valley Preschool and Elementary

#### 563-422-3851 and 563-426-5551

23493 Canoe Rd Elgin, IA 52141

#### West Central CSD School District

#### 563-637-2283

305 Pember Street Maynard, IA 50655

## EMPLOYMENT

#### <u>Goodwill</u> of NE IA <u>Workforce Innovation</u> and <u>Opportunity Act</u> 563-382-0457 or 1-866-520-8986

WIOA is landmark federal legislation designed to strengthen and improve our nation's public workforce system and help get Americans, including youth and those with significant barriers to employment, into high-quality jobs and careers in addition to assisting employers in hiring and retaining skilled workers.

#### lowa Job Corp

#### 712-263-4192

Locations: Denison and Ottumwa

Job Corps is a no-cost education and vocational training program to help young people ages 16 through 24 improve the quality of their lives through vocational and academic training.

#### lowa Self-Employment Program

#### 800-532-1426

The ISE program provides technical and financial assistance to help qualified individuals with disabilities achieve self-sufficiency and work at their optimum level by starting, expanding, or purchasing a business.

#### Iowa Vocational Rehabilitation Services

#### 319-234-0319

We provide expert, individualized services to lowans with disabilities to achieve their independence through successful employment and economic support.

#### lowa Workforce Development

#### 563-382-0457 or 1-866-520-8986

Employment services, interview/resume skills, help with various other aspects of seeking employment.

#### IowaWORKS/Promise Jobs

#### 563-382-0457 or 1-866-520-8986

PROMISE JOBS is Iowa's TANF Employment & Training program designed to assist cash assistance recipients to become self-sufficient through participation in work-ready activities.

#### Proteus

#### 1-800-397-9675

Proteus provides agricultural workers and their families with affordable health care, education assistance, and job training.

#### Sedona Staffing

#### 319-332-1070

We interview and hire eager job-seekers for a variety of clerical, industrial and technical positions at 28 branches nation-wide.

## FINANCIAL ASSISTANCE/ FINANCIAL LITERACY

#### <u>Department of Human Services -</u> <u>Fayette County</u>

#### 563-422-5634 or 1-800-632-0014

129 S. Vine West Union, IA 52175

#### **Fayette County Relief**

#### 319-283-2510 or 563-422-3354

Courthouse Address PO Box 267 114 N Vine Street West Union, Iowa 52175

#### Fayette County Veteran's Affairs

#### 319-283-3329

102 S Frederick Avenue #1 Oelwein, Iowa 50662

Please call for an appointment Monday & Tuesday: 1:00pm - 5:00pm Wednesday & Thursday: 8:00am - 12:00pm Friday: By Appointment Only

#### Hawk-i Health Insurance Outreach

#### 1-800-257-8563

The Children's Health Insurance Program (CHIP) is offered through the Healthy and Well Kids in Iowa program, also known as Hawki. Iowa offers Hawki health coverage for uninsured children of working families.

#### Iowa Concern

#### 1-800-447-1985

2150 Beardshear Hall, Ames, IA 50011-2031

lowa concern helps lowans with legal concerns, finance, stress, and crisis/disaster. All calls, chats, and emails are free and confidential.

#### Fayette County ISU Extension and Outreach

#### 563-425-3331

Check out these links to learn about our programs in <u>Agriculture and Natural Resources</u>, <u>Community and</u> <u>Economic Development</u>, <u>Human Sciences</u>, and <u>4-H</u> <u>Youth Development</u>.

#### Northeast Iowa Community Action Corp

#### 319-283-2510

297 6th Avenue Southwest Oelwein, IA 50663-0549 HOURS: M-W 8am - 12pm & 1pm - 3:30pm F 8am-12pm. Other times by appointment

The NE IA Community Action Corp connects individuals and families to approaches to help them succeed and includes Early Childhood Programs, Family Support Services, Stable and Affordable Housing, Budget Counseling, Public Transportation, Pregnancy Prevention and Health Education, Low Income Home Energy Assistance, Weatherization, and Crisis Assistance.

#### Social Security

#### 319-234-1554 or 888-456-9554

3121 Greyhound Dr Waterloo, Iowa 50701

Social security programs and benefits including disability, retirement, extra help with Medicare drug plan costs, etc.

#### St. Vincent de Paul

928 7th St. SE Cedar Rapids, IA 52401

St. Vincent de Paul in communities respond to many needs through programs such as disaster relief services, job training and placement, thrift stores, food pantries, housing programs, prison reentry, medical services, and many others, always seeking longer-term pathways out of poverty and towards the full flourishing of every person.

#### Veteran's Administration

#### 1-800-838-4692

Camp Dodge 7105 NW 70th Ave. Camp Dodge, Bldg. 3465 Johnston, IA 50131-1824

## FOOD, Clothing And Housing

#### **Food Pantries**

Fairbank Food Pantry (Fairbank residents only) 319-635-2045

<u>Fayette County Food & Clothing Shelf</u> 563-425-3399

Greater Area Food Pantry (Calmar) 563-419-6024

<u>His Hands Food Pantry</u> (Fairbank & Oran residents) 319-638-4357

<u>Northeast Iowa Mobile Food Pantry</u> 319-235-0507

Oelwein Community Kitchen Cupboard 319-283-3595

<u>Oelwein Mobile Food Pantry</u> 319-235-0507

<u>Open Hands Food Pantry</u> (West Union) 563-422-2150

St. Mary's Church (Starmont School District) 563-933-6166

<u>West Union Mobile Food Pantry</u> 563-422-5804

#### CLOTHING

#### Fayette County Food & Clothing Shelf

563-425-3399

Goodwill

319-283-3012

Kenny's Closet

563-920-9414

#### HOUSING

#### St. Vincent DePaul - Waterloo

#### 319-232-3366

#### **Upper Explorerland Regional Housing**

563-864-7551

## Women, Infants and Children (WIC) 563-880-0941

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

#### **Fayette County Relief**

#### 319-283-2510 or 563-422-3354

Courthouse Address PO Box 267 114 N Vine Street West Union, Iowa 52175

#### Northeast Iowa Community Action Corp

#### 319-283-2510 or 563-422-3354

Oelwein 297 6th Avenue Southwest Oelwein, IA 50663-0549 HOURS: M-W 8am - 12pm & 1pm - 3:30pm F 8am-12pm. Other times by appointment

The NE IA Community Action Corp connects individuals and families to approaches to help them succeed and includes Early Childhood Programs, Family Support Services, Stable and Affordable Housing, Budget Counseling, Public Transportation, Pregnancy Prevention and Health Education, Low Income Home Energy Assistance, Weatherization, and Crisis Assistance.

#### Northeast Iowa Area Agency on Aging

#### 1-800-779-8707

3840 W 9th St Waterloo, IA 50702

LifeLong Links-Aging & Disability Resource Centers (ADRCs) are friendly, convenient places where anyone can come for information and assistance regarding programs and services available for older adults and persons with disabilities.

#### GENERAL ASSISTANCE

Administered by Northeast Iowa Community Action Corporation. They provide assistance for eligible persons in immediate need of assistance not attainable from any other source.

Oelwein Location: 319-283-2510 West Union Location: 563-422-3354

Fayette County Board of Supervisors

Fayette County Public Health 563-422-6267

North Fayette Valley Community Coalition 563-422-6298

## HEALTH CARE

#### DENTAL HEALTH

Berryman Family Dentistry 319. 283. 4981 Oelwein Dental Associates 319-283-4222

<u>I-Smile</u> 563-245-1145 Ext 358 West Union Dental Associates 563-422-6292

Gundersen Ask a Nurse 608-775-4454

Have a question about a symptom or need help deciding what care you need? Gundersen registered nurses are here for you 24/7, free of charge.

### GUNDERSEN PALMER LUTHERAN

#### REACH ALL CLINICS: 563-422-3817

#### <u>Fayette</u>

110 King Street, Fayette, IA 52142

#### Hours

• Monday-Friday: 8 a - 4:30 p.m.

#### <u>Postville</u>

111 South Reynolds, Postville, IA 52162

#### Hours

- Monday, Wednesday, Thursday, Friday 7:30 a.m. – 5 p.m.
- Tuesday: 7:30 a.m. 6 p.m.
- Same day appointments as available

#### West Union

110 Jefferson Street, West Union, IA 52175

#### Hours

- Monday, Tuesday, Thursday, Friday: 7:30 a.m.-5 p.m.
- Wednesday: 7:30 a.m. 6 p.m.
- Saturday-Sunday: 8 a.m.-noon
- Same day appointments as available

#### **Helpful Numbers**

Ask-A-Nurse (MercyOne's Patient Engagement) 319-272-2600

Eyes Open lowa (Teen Sexual Health) 515-276-6788

Gundersen Ask a Nurse 608-775-4454

Poison Help 1-800-222-1222

Teen Health Line (parenting, wellness, health) 800-443-8336

#### HEALTH CENTERS

#### **ABCM Healthy Living Home Care**

#### 641-456-5636

1320 4th Street NE, P.O. Box 436, Hampton, IA, 50441

ABCM Healthy Living Home Care offers a safe option to those who wish to live independently in their own home but may require assistance with daily tasks. Our non-medical services include homemaker, companionship, and personal care services.

#### Allen Women's Health Family Planning

#### 319-235-5090

Allen Women's Health can help you with family health services including birth control and sexually transmitted diseases (STDs).

- FREE or low-cost long-term birth control\*
- FREE or low-cost birth control\*
- FREE or low-cost STD testing and treatment for men and women
- HPV vaccinations
- Pregnancy testing
- Emergency contraception
- Other maternal health services

\*Some restrictions apply. Not all will qualify.

#### **Buchanan County Health Center**

#### 319-283-2651

2405 Rock Island Rd. Oelwein, IA 50662

Welcome to BCHC Family Medicine – Oelwein – an Affiliate of UnityPoint Health that provides a variety of services for you and your family from birth to older ages. Walk-in patients are welcomed Monday-Friday from 8am-12pm and 1pm-4pm.

#### Hours

Monday – Friday 8:00 a.m. until 5:00 p.m. Closed Holidays

Same-Day Appointments Monday-Friday from 8am-12pm and 1pm-4pm for established & nonestablished patients. Please call ahead.

### HEALTH CENTERS

#### 319-283-4135

212 8th Ave. SE Oelwein, IA 50662

Our providers offer assessment, diagnosis and medication management to children and youth with special health care needs. Care coordination is provided to families by an RN, Social Worker and Family Navigator to meet the physical, behavioral and emotional needs of the child. Our care coordination service is available to those with Medicaid or private insurance.

Programs

- Community Circle of Care
- Early ACCESS
- Pediatric Integrated Health (PIH)
- Regional Autism Assistance Program

#### <u>Hawkeye Community College</u> <u>Dental Clinic</u>

#### 319-296-1030

Main Campus—<u>Grundy Hall</u> Lower Level

The Dental Clinic at Hawkeye offers low-cost dental services to the public.

#### <u> MercyOne Hospital - Oelwein</u>

#### 319-283-6000

2018th Avenue Southeast Oelwein, Iowa 50662

Insurance Accepted

- Aetna Commercial
- Aetna Medicare Advantage
- Amerigroup
- Centivo
- Corvel
- Humana
- MediGold
- Multiplan
- Naphcare
- Oscar
- UBH
- United Health Care
- United Health Care Medicare Advantage
- VACCN
- Wellmark Com

#### Northeast Iowa Behavioral Health

#### 563-382-3649

112 Jefferson St. 563-382-3649

We offer both immediate crisis counseling and ongoing individual and group counseling for behavioral health issues.

We provide evaluations to determine a diagnosis and appropriate treatment and offer medication management - the oversight and monitoring of prescribed medications.

#### <u>Pediatric Integrated Health Home:</u> <u>Families First</u>

#### 1-844-225-7444

901 N. Fredrick Ave. Oelwein, IA 50662

The Integrated Health Home Program is a FREE service that is an expansion of your existing Medicaid benefits.

We are a team consisting of a care coordinator, family support specialist, and a registered nurse that is committed to helping coordinate services with doctors, behavioral health practitioners, schools and others to make sure that all of your child's emotional, mental, and physical health needs are being addressed.

#### Planned Parenthood

#### 1-800-230-7526 or text PPNOW to 774636

3425 First Ave SE, Suite 100 Cedar Rapids, IA 52402

Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always come to us for your health care.

English; Spanish; Interpretation by telephone available for other languages.

#### Unity Point Women's Health

#### 319-332-0950

1026 A Ave. NE Cedar Rapids, Iowa 52402

Every day, we're helping women live longer, healthier lives. Whatever your current season of life or role, at St. Luke's, we have comprehensive healthcare services designed just for your needs as a woman.

#### Valley Community Medical Clinic

#### 563-426-5136

1014 Main St Elgin, IA 52141

Monday through Thursday: 11:30 am - 6:30 pm

## **PHARMACIES**

#### **Buchanan County Health Center**

#### 319-332-0999

2405 Rock Island Rd, Oelwein, IA 50662

#### Dollar Fresh Pharmacy - HyVee

#### 319-283-4100

1345 S Frederick Ave. Oelwein, IA 50662

#### NuCara Pharmacy

#### 563-422-3151

119 N Vine St. West Union, IA 52175

#### Scott Pharmacy

563-422-4530

238 S Main St, Fayette, IA 52142

## MORE HEALTH Resources

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

#### 319-283-4135

212 8th Ave. SE Oelwein, IA 50662

#### Programs

- Community Circle of Care
  - CCC serves children and youth up to 21 yr old
- Early ACCESS
  - For children 0-3 years old with a developmental delay or known condition that could lead to a developmental delay.
- Pediatric Integrated Health (PIH)
  - PIH provides care coordination and family support services to Iowa children and youth who are eligible for Medicaid and have a mental or behavioral health diagnosis.
- Regional Autism Assistance Program
  - RAP teams can help families:
  - Connect to autism information
  - Communicate with care providers
  - Navigate the education system
  - Find an advocacy or family support group

#### Fayette County Public Health

#### 563-422-6267

200 W Jefferson St, West Union, IA 52175

The focus of public health intervention is to improve health and quality of life through the prevention and treatment of disease and other physical and mental health conditions, through surveillance of cases and the promotion of healthy behaviors.

## HOUSING, FUEL ASSISTANCE AND WEATHERIZATION

#### Friends of the Family

#### 319-352-1108

3835 W 9th St. Waterloo, IA 50702

Friends of the Family provides safe shelter, confidential services, and housing assistance to individuals in crisis due to homelessness, domestic violence, sexual assault, and human trafficking.

#### Green Iowa

#### 563-382-4207 Ext. 2

Free energy audits, low-impact home weatherization, energy education, and community outreach.

#### Northeast Iowa Community Action Corp

#### 319-283-2510 or 563-422-3354

Oelwein 297 6th Avenue Southwest Oelwein, IA 50663-0549 HOURS: M-W 8am - 12pm & 1pm - 3:30pm F 8am-12pm. Other times by appointment

The NE IA Community Action Corp connects individuals and families to approaches to help them succeed and includes Early Childhood Programs, Family Support Services, Stable and Affordable Housing, Budget Counseling, Public Transportation, Pregnancy Prevention and Health Education, Low Income Home Energy Assistance, Weatherization, and Crisis Assistance.

#### KarTay Apartment Management

#### 319-334-7110

The KarTay Apartment Management consists of 20+ affordable rental-based housing complexes around Northeast Iowa.

Apartments are Available for Rent to: Low-Income Individuals / Families Anyone Over 18 Years of Age Seniors of the Age 62 and Older Handicapped / Disabled, Regardless of Age

#### **Operation Homefront (for Veterans)**

#### 211 or 641-243-4103

Operation Homefront is the provider of choice for short-term and Critical Financial Assistance, longterm stability and recurring support programs to military families.

#### Palmer Apartments

#### 563-422-5517

711 Jefferson St, West Union, Iowa 52175

Tenants pay rent based on household income.

#### **Upper Explorerland Regional Planning**

#### 563-864-7551

This Section 8 Housing Program is the major effort in assisting lower-income families to live in decent, safe and sanitary housing.

#### Winneshiek Co. Habitat for Humanity

#### 563-382-1802

Habitat for Humanity is a nonprofit organization that helps families build and improve places to call home.

## IOWA CONCERN

Services include legal, financial, self-care, crisis/disaster, stress counselors and more. Services are free and available 24 hours a day, 7 days a week. Call 1- 800-447-1985

#### Law Enforcement

Fairbank Police Department 319-635-2869

Fayette County Sheriff's Office 563-422-6067

Fayette Police Department 563-425-3500

Juvenile Court Services 319-291-2506

<u>Oelwein Police Department</u> 319-283-4311

West Union Police Department 563-422-3535

## **LEGAL ASSISTANCE**

DUI Classes 800-400-8932

Fayette County Attorney 319-283-1211

<u>Iowa Civil Rights Commission</u> 1-800-457-4416

<u>Iowa Concern Hotline</u> 1-800-447-1985

lowa Legal Aid 1-800-532-1275

## LIBRARIES

<u>Arlington</u> 563-633-3475

711 Main Street Arlington, IA 50606

<u>Clermont</u> 563-423-7286

505 Larabee St. Clermont, IA 52135

<u>Elgin</u> 563-426-5313

214 Main St. Elgin, Iowa 52141

<u>Fayette</u> 563-425-3344

104 W. State St. Fayette, IA 52142 <u>Hawkeye</u> 563-427-5536

104 S. 2nd St. Hawkeye, IA 52147

<u>Maynard</u> 563-637-2330

245 Main Street West Maynard, IA 50655

<u>Oelwein</u> 319-283-1515

201 East Charles Oelwein, IA 50662

<u>Wadena</u> 563-774-2039

136 S. Mill Street, Wadena, IA 52169 <u>Waucoma</u> 563-776-4042

103 First Avenue SW Waucoma, IA 52171

<u>Westgate</u> 563-578-5151

180 Main St Westgate, IA 50681

West Union 563-422-3103

210 N Vine St West Union, IA 52175

Use your phone camera to scan this QR code to locate Little Free Libraries near you!





## SPECIAL NEEDS AND DISABILITIES

SERVICES FOR DIVERSE LEARNERS & DIFFERENTLY ABLE PEOPLE

#### **ASK-Access for Special Kids**

#### 1-800-450-8667

We are the state of Iowa's Parent Training and Information Center for families of children with disabilities. We are a family-focused nonprofit organization whose mission is to empower individuals with disabilities and their family members by providing innovative and collaborative advocacy, training, resources and supports. Its vision is access, empowerment and acceptance for all.

#### **B&D Services Inc**

#### 319-334-6997

212 1st St E, Independence, IA 50644

B&D Services provide assistance and support to individuals with disabilities and the elderly so they may live in the environment of their choice.

#### Camp Courageous of Iowa

#### 319-465-5916

Various Locations

We provide year-round recreational and respite care opportunities for individuals with special needs and their families.

Camp Courageous offers a variety of services including weeklong camp sessions, respite care weekends, winter camper care, family camp sessions, outdoor education sessions, and Courageous Travels.

#### **Center for Disabilities & Development**

#### 319-353-6900

The Center for Disabilities and Development at the University of Iowa Stead Family Children's Hospital is dedicated to improving the health and independence of people with disabilities and creating a life with opportunities for everyone.

#### Child Serve

#### 319-351-5437

Various locations: Des Moines, Iowa City, and surround areas.

Our team of experts helps identify and meet the unique needs of children with developmental delays, disabilities, injuries and other special healthcare needs.

#### **Disability Resource Library**

#### 319-356-1345 or 1-800-272-7713

100 Hawkins Drive, Room 112 Iowa City, Iowa 52242-1011

The Disability Resource Library (DRL) is a resource for people of all ages with disabilities of all kinds. It is also a resource for families, and for the service providers with whom they work.

#### **Disability Rights Iowa**

#### 1-800-779-2502 Or 515-278-2502

Disability Rights IOWA aims to defend and promote the human and legal rights of lowans who have disabilities and mental illness. We promote safety, opportunity, access, and self-determination for all lowans through a program of:

- Self-advocacy education, information, and referral
- Non-legal advocacy
- Legal and systems advocacy

#### Family to Family lowa

#### 1-800-450-8667 Or 515-243-1717

F2F goals include the development of a cohesive, coordinated, and culturally competent statewide network of certified family navigators/mentors. With technical assistance from CDD's information and referral service, COMPASS, and the CDD Disability Resource Library, these navigators/mentors serve families with children and youth with special health care needs in making informed choices about health care and community supports or services for their loved ones.

#### **County Social Services**

#### 563-422-5047

114 N. Vine Street Box 269 West Union, IA 52175

County Social Services provides financial support for mental health and disability services programs to individuals in North Central and Northeastern Iowa.

#### Full Circle Services Inc

#### 319-233-3813

2349 Jamestown Ave, Ste 1 Independence, IA 50644

Provides behavioral health services, supported community living, home-based habilitation, respite care, supported employment, and crisis stabilization services.

#### **Goodwill of Northeast Iowa**

#### 319-234-4626

Headquartered in Waterloo, Iowa, Goodwill Industries of Northeast Iowa, Inc. is a 501(c)3 nonprofit agency providing services to persons with disadvantages and/or disabilities in the 20-county Northeast Iowa area.

#### **Goodwill Vocational Center**

#### 319-283-4458

120 W Charles St, Oelwein, IA 50662

Long-standing nonprofit chain with a range of preowned clothing, furniture, housewares & more.

#### lowa COMPASS

#### 1-800-779-2001

lowa Compass connects people with disabilities and complex health-related needs to services and supports in their communities throughout lowa.

#### Iowa Developmental Disabilities Council

#### 515-288-0463 or 1-866-432-2846

Our purpose is to assure that individuals with developmental disabilities and their families participate in the design of and have access to needed community services, individualized supports and other forms of assistance that promote selfdetermination, independence, productivity and integration and inclusion in all parts of community life. We achieve this through engaging in advocacy, capacity building and system change activities.

#### <u>Iowa Federation of Families for</u> <u>Children's Mental Health</u>

#### 319-462-2187 or 1-800-400-6302

Iowa Federation of Families for Children's Mental Health is a statewide advocacy organization working independently and collaboratively at all levels towards a seamless system of care.

#### <u>Iowa Foster & Adoptive Parents</u> Association

#### 515-229-8747 or 1-800-277-8145

IFAPA - Providing education, support, and advocacy for lowa's foster, adoptive and kinship families.

#### Iowa Vocational Rehabilitation Services

#### 319-234-0319

We provide expert, individualized services to lowans with disabilities to achieve their independence through successful employment and economic support.

#### Legal Center for Special Education

#### 515-309-0033 or 1-866-250-4545

A non-profit corporation created to provide effective, low-cost, and readily available legal and advocacy services for parents of children with disabilities across the State of Iowa.

#### <u>Mosaic</u>

#### 563-568-3992

12 E Main St #103 Waukon, IA 52172

We develop a customized plan for each person we serve to help them reach their goals. Services span housing, community support, healthcare coordination, job coaching and more to ensure that all of aspects of a person's health and life are addressed.

#### National Alliance on Mental Illness (NAMI)

#### 1-800-273-8255

NAMI is the National Alliance on Mental Illness and works to educate, advocate, listen, and lead to improve the lives of people with mental illness and their loved ones.

#### **Regional Autism Assistance Program**

#### 1-800-779-2001

lowa Compass connects people with disabilities and complex health-related needs to services and supports in their communities throughout lowa.

#### Social Security

#### 319-234-1554 or 888-456-9554

3121 Greyhound Dr Waterloo, Iowa 50701

Social security programs and benefits including disability, retirement, extra help with Medicare drug plan costs, etc.

#### **Special Olympics of Iowa**

#### 515-986-5520

The mission of Special Olympics Iowa is to provide yearround sports training and athletic competition in a variety of Olympic-type sports for individuals with intellectual disabilities by giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills, and friendship.

#### <u>Treatment Alternatives for Safe</u> <u>Communities (TASC)</u>

#### 563-568-4060

2213 Mt. Olivet Rd NW Waukon, IA 52172

Providing supports to individuals with disabilities so that they are integrated in and are able to have full access to the greater community.

## TRANSPORTATION

#### EARL Public Transit

#### 1-866-382-4259

The Northeast Iowa Community Action Corporation (NEICAC) EARL Transit Program is the Region 1 public transit provider under the Iowa Department of Transportation. Transit provides door-to-door service in the Northeast corner counties of Allamakee, Clayton, Fayette, Howard and Winneshiek.

All rides are open to the general public, including persons with disabilities. We provide rides for work, appointments, getting groceries or running errands. EARL Public Transit vehicles are ADA compliant and wheelchair accessible.

#### Hometown Taxi

#### Iowa Mobility Management Coordinator

#### 515-239-1765

Mobility management focuses on meeting individual customer needs through identification of a wide range of transportation options and service providers. It also focuses on coordinating these services/providers to achieve a more efficient transportation service delivery system that meet the goals of public policy makers and taxpayers who underwrite the cost of service delivery.

#### Non-emergency Medical Transportation

#### 1-800-338-8366

Amerigroup Members may call Access2Care at 844-544-1389

Iowa Total Care Members may call Access2Care at 833-404-1061

#### 563-382-5809

## UNITED WAY 211

Dial 2-1-1 from your cell phone or landline for help with food, housing, employment, health care, counseling and more. 2-1-1 provides free and confidential information and referrals.



563-422-6267

Find us on <u>Facebook</u> Learn more on our <u>Website</u>

## <u>COVID RECOVERY</u>

COVID Recovery lowa provides free counseling, virtual activities, referrals, and help finding resources to any lowan seeking assistance or a listening ear.

### Services

- CPR certification
- Disease Investigations
- Disaster Preparedness
- Happy Feet
- Vaccination services
- We have several partnerships with schools & Childcare, other organizations, and businesses

NEED A COVID-19 Vaccine? Contact a healthcare provider or pharmacy in Fayette County.

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