

DEPARTMENT OF PAROLE AND SUPERVISION SERVICES
COMMUNITY RESOURCE DIRECTORY

LINCOLN DISTRICT

2019

The Department of Parole and Supervision Services keeps records of community service providers that provide services to clients across the state. This information is reviewed annually. Although we try to maintain accurate and reliable information, we cannot guarantee all information in this summary to be totally accurate. We suggest anyone interested in service delivery by a provider; contact that provider to determine if the service provider information is correct.

THE LINCOLN DISTRICT COMMUNITY RESOURCE SUMMARY WAS UPDATED BY REQUESTING EACH PAROLE OFFICER, WHO COVERS OR WORKS WITHIN THAT TERRITORY TO VERIFY THE CORRECT BUSINESS, PHONE NUMBER AND ADDRESSES AND TO EVALUATE THEIR CONTINUAL USE AS A REFERRAL SOURCE.

ANY PREVIOUS AGENCIES THAT ARE NO LONGER CURRENT WERE DELETED AND ANY NEW AGENCIES WERE ADDED TO THE RESOURCE SUMMARY.

IF, AS A USER OF THIS SUMMARY, YOU BECOME AWARE OF A RESOURCE THAT IS NOT LISTED, PLEASE CONTACT THE LINCOLN DISTRICT PAROLE OFFICE AT 402-479-5771 SO THAT THE RESOURCE CAN BE EVALUATED AND ADDED TO THIS DOCUMENT, AS APPROPRIATE. THANK YOU FOR ASSISTING THE DEPARTMENT OF PAROLE AND SUPERVISION SERVICES - LINCOLN REGIONAL PAROLE OFFICE IN KEEPING THIS DOCUMENT CURRENT.

*****For further information, please reference the Q Drive. Click on Community Resources and reference your area of interest. *****

The following services are listed for each of the Lincoln parole service area. They are grouped by service area and then by the categories in the order as listed below.

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CRISIS LINES (24 HOUR)

Fire, Medical Emergency or Police ... 911

Non-emergency: Lincoln Police Department ... 441-6000

Poison Center: Children Hospital ... 1-800-222-1222/1-800-955-9119

Suicide/Mental Health: Community Mental Health Center of Lanc. Co. ... 441-8276

Youth or Family Crisis: (The Call,V/TDD)... ... 437-8888

Personal Crisis: Lincoln Personal Crisis Center ... 475-6695

Rape/Spouse Abuse: Rape/Spouse Abuse Crisis Center... 475-7273

Nebraska Health and Human Services Child Protective Services... 1-800-652-1999

Nebraska Health and Human Services Adult Protective Services ... 1-800-652-1999

**NEBRASKA DEPARTMENT OF CORRECTIONAL SERVICES
ADULT PAROLE ADMINISTRATION
LINCOLN DISTRICT PAROLE'S COMMUNITY RESOURCE SUMMARY YEAR 2015**

ALCOHOL/DRUGS/GAMBLING PROGRAMS

****** THE STATEWIDE PREFERRED PROVIDER LISTS CAN BE FOUND ON THE NDCS "P" DRIVE. ******

ALCOHOLICS ANONYMOUS – Lincoln AA Central Office 2748 S St., Suite AA **PH: 402-438-5214
Nebraska Area 41 Hotline: 1-877-226-3632 www.lincaa.org.
24-hour hotline. Call to talk to a volunteer or to find out meeting times.**

**ASSOCIATES IN COUNSELING AND TREATMENT – 600 North Cotner, Suite 119 Lincoln, NE
PH: 402-261-6667 www.actnebraska.com
Substance abuse evaluation and treatment for adults and their families. Dual Diagnosis counseling available. All services are on a sliding scale fee for those who qualify.**

THE BRIDGE BHAVIORAL HEALTH - 721 K St. Lincoln, NE. 68508 **PH: 402-477-3951.
www.thebridgenebraska.org**

Medically supervised withdrawal, 24-hour services. A long-term care for the chronically dependent. A sliding scale fee except intensive outpatient (Must provide last pay stub or W2 to qualify). No insurance accepted. The program length is usually 3-6 months. Length of short term residential, men only treatment and intensive outpatient (co-ed) treatment is usually 30-45 days.

Respite Program: serves as a 7 day safe place. Meant for someone who is waiting to get into treatment. Not meant for mental health support nor is it a therapeutic environment. Must call for referral form and send in should you have someone who would benefit.

BLUE VALLEY BEHAVIORAL HEALTH – Provide evaluations, education groups, follow-up, outpatient and partial care counseling in mental health and substance abuse in the following counties listed below in the Lincoln District Southeast territory. Also provides sliding scale fees for Intensive Outpatient, and Outpatient in Auburn, York, and Gage counties (Must provide documented proof of income, last pay stub(s) OR W2 to qualify): See Contact numbers listed below. www.bvvh.net
CRISIS RESPONSE OFFICE – PH: Directed Assistance 402-474-0419, Crisis Line 1-877-409-6600 (This office does not offer any counseling. It is only for crisis response calls. All -other areas listed below provide counseling).

Butler County – 367 “E” Street, David City, Nebraska 68632. Contact: PH: 402-367-4216.

Fillmore County – 831 “F” Street, Geneva, Nebraska 68361. Contact: PH: 402-759-4761.

Gage County – 1123 9th Street, Beatrice, Nebraska 68310. Contact: PH: 402-228-3386.

Jefferson County – 521 “E” Street, Box 120, Fairbury, Nebraska. Contact: PH: 402-729-2272.

Johnson County – 202 High Street, Tecumseh, Nebraska 68450. Contact: PH: 402-335-3361. (No office location).

Nemaha County – 820 Central Ave., #4 Auburn, Nebraska. Contact: PH: 402-274-4373.

Otoe County – 1903 4th Corso, Nebraska City, Nebraska 68410. Contact: PH: 402-873-5505.

Pawnee County – 600 “I” Street, Pawnee City, Nebraska 68420. Contact: PH: 402-245-4458.

Richardson County – 116 W. 19th Street, Fall City, Nebraska. Contact: PH: 402-245-4458.

Saline County – 1212 Ivy Ave. Crete, Nebraska 68333. Contact: PH: 402-826-2000.

Saunders County – 355 East 4th St. Wahoo, NE 68066. Contact: PH: 402-443-4414.

Seward County – 459 S. 6th #1, Seward, NE. 68434. Contact: PH: 402-643-3343.

Thayer County – 141 N. 4th St. Hebron, NE. 68370. Contact: PH: 402-759-4761. (No office location).

York County – 722 S. Lincoln Ave., #1, York, NE., 68467. Contact: PH: 402-362-6128.

CENTER POINT (Full Circle) – 610 “J” St. Lincoln, Nebraska. PH: 402-475-8717

Administrative Office located at 2633 “P” St. Lincoln, Nebraska 68508:

Adult Outpatient Services: The outpatient services located at 1000 South 13th Street, Lincoln, NE.

PH: 402-475-5161 www.centerpointe.org

Walk in Services for mental health, substance, and community support/services Monday through Friday from 8:00 am to 3:30 pm. Offers inpatient and outpatient treatment for dually diagnosed persons for drug and alcohol abuse. Day Treatment and Day Rehabilitation programs for dually disordered adults also offered. A mental health diagnosis is required. This agency accepts Magellan Insurance and Medicaid. Center Point also offers sliding scale fees, but only if the persons provide pay stub(s) or W2 as documented proof of income.

CHOICES, INC. – 127 S. 37th St. Suite B 24-Hour Hotline: 402-476-2300

www.choicestreatmentcenter.com

Free gambling addiction evaluations. Treatment for individuals and family members. Individual and group counseling on sliding fee scale. Offers a women’s specific program, anger management, and couples counseling.

FIRST STEP RECOVERY CENTER, INC. –300 South 68th Street Place, Suite 500, Lincoln, NE 68510 PH: 402-434-2730. www.firststeprecovery.com

Provides intensive outpatient services, substance abuse education programs, outpatient treatment, and substance abuse evaluations and relapse prevention. Women’s Dual Diagnosis Program includes intensive outpatient, outpatient and continuing care groups. Family Support Group for those family members in treatment and addresses issues in mental illness, family dynamics. Provides counseling on gambling addiction and substance abuse. First Step Recovery Center, INC. Also offers sliding scale fees for intensive outpatient and outpatient services, and only requires the person to have verbal proof of income.

INDEPENDENCE CENTER – (Bryan/LGH Medical Center) 1640 Lake St. Lincoln, NE. 68502. PH: 402-481-5268. www.bryanlgh.com/IndependenceCenter

Hospital based substance abuse facility. Substance abuse evaluation and treatment for adults, youth and their families. Offers detoxification, inpatient, residential and partial care services, 24-hour information, and crisis assistance. Medicaid accepted for youth under 20. The Independence Center does not offer sliding scale fees.

INDIAN CENTER INC. – 1100 Military Rd., Lincoln, NE. 68508. PH: 402-438-5231.
<http://indiancenterinc.org/>

Intensive Outpatient Substance Abuse Treatment Program. Offers dually diagnosis-enhanced and place emphasis on trauma informed care, Mental health screenings, individual and group counseling, AA/NA meetings M-F 5:15 to 6:15.

INTERNATIONAL MOVEMENT ALCOHOLIC ANONYMOUS, 2745 “S” St., Lincoln, NE 68503 PH: 402-261-8224. Director: Merced Castro Nunez
<https://aa24horas.wordpress.com/2013/06/14/virgilio-a-el-primer-grupo-24-horas-de-a-a/>
For Spanish Speakers: Provides 24 hour care for Alcohol addiction. AA classes available.

INSIGHT RECOVERY CENTER – 770 No. Cotner, Suite 309, Lincoln, NE (402) 718-4645 -Tim Huske, LADC, President – Intensive Outpatient & Outpatient Drug/Alcohol Education, individual sessions. Offers services on a sliding fee scale, which can range between \$50 to \$30 dollars per week.

LUTHERAN FAMILY SERVICES – 2301 O St. Lincoln, NE. 68510 PH: 402-441-7940.
www.lfsneb.org
Provides alcohol and drug evaluations, intensive outpatient, outpatient, and aftercare for chemical abuse. Individual, family, and marital counseling. Children in the middle (frequently court ordered) for divorcing families. Sliding scale fees for services and does not require proof of income. Spanish speaking counselor on staff.

LYNN R. BEIDECK, LIMHP, LADC, LPC PH. RECOVERY/BEHAVIORAL HEALTH SERVICES - 2535 S. 10th St. Lincoln, NE 68502. PH: 402-560-9558. www.lynnbeideck.com Offering mental health, substance abuse evaluations and treatment. (on the Provider’s List).

MIDWEST INSTITUTE FOR FAMILIES AND YOUTH – 4701 Van Dorn St. Suite A, Lincoln, NE. 68506 PH: 402-434-2550.
Counseling services including individual, family, and group counseling. Insurance or Self pay. No Medicaid or sliding fee scale.

NEBRASKA MENTAL HEALTH CENTER – 4545 S. 86 St., Lincoln, and NE. 68526 PH: 402-483-6990 www.nmhc-clinics.com
Mental health and substance abuse programming for children, adolescents, adults and families. Domestic violence and anger management programs. Does take Medicaid, no sliding fee scale.

ORIGINS BEHAVIORAL HEALTH LLC – 5801 S. 58th Suite C Lincoln, NE 68516.
PH: 402-261-0598. Originshealth.org
Specialize in substance related disorders and mental health. Also provide substance abuse evaluations, individual and group therapy, alcohol and drug education classes, motivational interviewing, aftercare and intervention services. Private insurance, Medicaid, and self-pay.

PEOPLE CITY MISSION - 110 Q St. Lincoln, NE. 68508 PH: 402-475-1303.
www.peoplescitymission.org Curtis Center (men only) provides some classes geared towards anger management, substance abuse, hygiene, job skills. Provides life skills classes two times a week. Free medical clinic on site.

THE RECOVERY CENTER – 3200 “O” Street, Suite #5, Lincoln, NE 68510.
PH: (402) 742-9616 Email: recoverycenter@windstream.net www.lincolnrecovery.org
Offers an Intensive Outpatient Program, an Outpatient Program, Relapse Prevention, Evaluation Services, Aftercare Groups and Individual Sessions for substance abuse treatment. Also offers sliding scale fees for intensive outpatient and outpatient services, but persons must provide last pay stub as documented proof of income.

**SAINT MONICA'S HOME – 120 Wedgewood Dr. Lincoln, NE. 68510. PH: 402-441-3768
www.stmonicas.com**

Provides a short-term residential/outpatient rehabilitation for women over 19 years. Must be referred after primary treatment. Sliding scale fees, must provide last pay stub as documented proof of income. Does accept Magellan Insurance. The Project mother and child program focuses on creating strong families, intensive outpatient services, and outpatient mental health and substance abuse services.

**SALVATION ARMY ARC OF NEBRASKA –(ARC-OMAHA). 2551 Dodge St., Omaha, NE. 68131.
PH: 402-342-4135 Fax 402-341-7099 <http://satruck.org/>**

Offers an in house residence rehabilitation program with a focus on basic necessities. Providing a clean, healthy living arrangement, work therapy, group and individual counseling, spiritual direction. Anyone is welcome as long as they participate in a Christian program of recovery and willing to work within the organization. Generally runs for 6 months or longer. Program is free, clients work 8 hours a day, be able to stand on feet and lift.

TOUCHSTONE (Short-term residential substance abuse treatment program) – 2633 P St. Lincoln, NE. 68503. PH: 402-474-4343 info@str-touchstone.org <http://touchstonenebraska.org> Provides a comprehensive short -term residential treatment program promoting recovery, wellness and productive lifestyles changes. Counselors are licensed for dual diagnosis patients. Touchstone also offers sliding scale fees, but persons must provide documented proof of income to qualify (last pay stub(s), or W2).

VALLEY HOPE – Residential services: 1421 N. 10th St. P.O. Box 918, O'Neill, NE 68763 PH: 402-336-3747. Outpatient services: 7703 Serum Ave. Omaha, NE 68127 PH: 402-991-8824. This is the nearest area for Lincoln/Omaha. <http://www.valleyhope.org/default.aspx>

Intensive outpatient and relapse programs. Also provides aftercare and continued counseling, and counseling for psychological problems to individuals, couples or families. Do not take vouchers, and does not offer sliding scale fees.

VETERAN'S HOSPITAL – 600 S. 70th St. Lincoln, NE. 68510. PH: 402-489-3802. Outreach Center – 3119 “O” St. 68510. PH: 402-476-9736.

Provides evaluations, inpatient, and outpatient and after care substance abuse programs for veterans, medical detoxification, men's anger group control, also assistance for post-traumatic stress.

OXFORD HOUSES OF NEBRASKA

**Sunset Place – 5117 “N” St., Lincoln, NE 68510, PH: 402-488-5046 – For Women
Beds/Vacancies: 6**

**Hansen Manor – 1035 So. 12th St., Lincoln, NE 68508, PH: 402-261-5752 – For Men
Beds/Vacancies: 8**

**Hartley House - 645 N 30th St Lincoln, NE 68503, PH 402-937-7791 – For Men
Beds/Vacancies: 8**

**Everett House – 2009 S 16th St., Lincoln, NE 68504, PH 402-975-2050 – For Women
Beds/Vacancies: 8**

**South Street House – 2035 Jefferson Ave, Lincoln, NE 68502, PH 531-207-0158 – For Men
Beds/Vacancies: 6**

**Upco House – 4503 Adamds St., Lincoln, NE 68504, PH: (not listed) – For Men
Beds/Vacancies: 6**

CHILD CARE

CHILD CARE SUBSIDIES THROUGH THE DEPARTMENT OF HEALTH AND HUMAN SERVICES – These subsidies are designed for families no longer eligible for Aid to Dependent Children (ADC) due to earnings and for families who have not recently received ADC. To qualify, a person must be in need of child care because he/she is employed, actively seeking employment, participating in Employment First activity as part of his/her ADC program, attending school or training, attending medical or counseling appointments or are incapacitated.

To apply for services call: 402-323-3900 and follow the prompts. Applicants can go to your local office such as the DHHS office located on the second floor of the Gold's Building in Lincoln and complete an application on location.

CLOTHING

THE BARNABAS FREE STORE AND COMMUNITY CENTER – 931 Saunders Ave. (near the SW corner of 11th and Cornhusker) Lincoln, NE 68521. <http://sheridanlutheran.org/missions-giving/local-partners/barnabas/> **PH: 402-423-4769**
Hours: Saturdays: 9am-3pm. Thursdays: 9:30 a.m. to 12:30 p.m. and 6:00 p.m. to 8:00 p.m. (see calendar on website for changes/updates)

CAPITOL CITY CHRISTIAN CHURCH – Clothing Exchange and Distribution. 7800 Holdrege, Lincoln, NE 68505, PH: 402-467-4458. Free clothing third Saturday of each month 9:00 am-12:00 pm.

CATHOLIC SOCIAL SERVICES-ST. LOUISE THRIFT SHOP – 2241 O Street, Lincoln, NE 68510. www.csisus.org **PH: 402-474-1600.**
Half price clothing available during the first week of the month at the St. Louise Thrift Shop.

THE DAILY THRIFT STORE – 6433 Havelock Ave. Lincoln, NE 68507 **PH: 402-475-7777**
Provide high-quality, gently-worn items hand-selected by volunteers. Only fashionable items, clean and in good repair are considered for sale. The 3rd Thursday of each month we have our bag sale. You purchase a bag for \$10(10.70 with tax) and stuff it to overflowing with clothing and accessories.
ESTHER'S CLOSET- Havelock United Methodist Church – 4140 N. 60th Street Lincoln, NE 68507 **PH: 402-466-6736**
Gives away men's, women's, and children's clothing FREE on the second and last Tuesdays of each month from 5:00-6:00 pm.

ESTHER'S CLOSET – Havelock United Methodist Church – 4140 N. 60th St., Lincoln, NE 68507 **PH: 402-466-6736**
Free clothes for men, women and children. Call Church to be furnished with clothing

GOOD NEIGHBOR COMMUNITY CENTER- Shopping Floor – 2617 Y Street, Lincoln, NE 68503, **PH: 402-477-4173.**
Appointments: Must make appointment by calling before coming. **Services:** May shop for clothing once every two months. **Application:** The first time you must complete an application; have SS# for all members of the household. You must have proof of income each time. Everyone must have a client card.

LINCOLN BEREAN CHURCH – 6400 S 70th Street, Lincoln, NE 68516, **PH: 402-483-6512**
Clothing Exchange is the second Tuesday of every month from 12:30-7pm. Please come and shop for free.

MACIE'S PLACE – 2601 N. 47th Street, Lincoln, NE 68504. www.maciesplace.org , **PH: 402-601-1773 or 402-440-9929** Sunday and Monday – Closed. Tuesday-Friday 10am-5pm. Saturday 10am-4pm. Family Resource Center and Thrift Shop. All clothing and shoes \$1 each. Each family member can receive 5-10 pieces of clothing on a quarterly basis.

NORTHWEST LINCOLN CHURCH OF CHRIST – 3110 N. 1st Street, Lincoln, NE 68521; PH: 402-475-3313

Free clothing, shoes and totes given out on the first Saturday of the month from 9:00am-noon. Emergency clothing as needed.

ONCE UPON A CHILD – 2600 S. 48th Street #15, Lincoln, NE 68506, PH: 402-464-4443

Low cost name brand children's clothing.

THE PURPLE PEACOCK THROUGH NEW HOPE UNITED METHODIST CHURCH – 1205 N. 45th Street, Lincoln, NE 68503, PH: 402-466-5238

Provides gently used clothing, shoes, accessories and linens at no cost. Open Wednesday and Friday 9:30 am to 12 pm each week and on the third Saturday 9:00 am to 11:00 am.

PEOPLE'S CITY MISSION HELP CENTER (USED TO BE HOMELESS PREVENTION CENTER) – 6800 O Street, Lincoln, Ne, PH: 402-475-6888 Hours: MONDAY & FRIDAY – 9:00am-11:30am, 1:30pm-4:00pm WEDNESDAY: 9:00am-11:30am, 4:00pm-6:00pm for employed and college students,

Requires proof of income and ID for each member of household. Shop as long as you need, Shuttle Bus Clothing and furniture room is limited to once per day.

SALVATION ARMY CANTEEN-THE GATHERING PLACE – 1448 E Street, Lincoln, NE 68508, PH: 402-476-7398

Provides winter outdoor wear and blankets October through April, Saturdays at 5 pm.

SALVATION ARMY THRIFT STORE – 4690 Leighton Avenue, Lincoln, NE 68501,

PH: 402-474-4747 Vouchers are available on a case-by-case basis. Low cost clothing is available from the stores at 4690 Leighton Ave and 1126 N. 27th St.

YMCA JOB OUTFITTERS – 2620 O Street, Lincoln, NE 68510, PH: 402-434-3494.

Job Outfitters is open Monday through Friday from 1:00 to 2:00 pm. No appointment is necessary. To utilize this program, participants meet with a volunteer at the Workforce/One Stop Career Center in Energy Square Building at 1111 O St, Suite 205 in downtown Lincoln. Eligible participants will be issued a voucher that can be used at any Goodwill location for clothing, accessories, and shoes.

COMMUNITY CENTERS AND EMERGENCY SERVICES

BRIDGES TO HOPE – 3107 South 6th St. Ste. #107, Lincoln, NE. 68502. PH: 402-420-5696/ 402-430-3348 and also for special appointments (weekends). <http://bridgestohopene.org/>

A non-denominational, non-profit corporation for individuals incarcerated, recently released and transitioning back into society. When released from corrections individuals may come to receive house wares, clothing, personal hygiene products, furniture to help set up their house hold.

CATHOLIC SOCIAL SERVICES – 2014 O St. Lincoln, NE. PH: 402-474-1600.

Offering services for the homeless such as assistance with transitional housing. Also offers emergency cash assistance for those qualified, food pantry, and clothing at the North 27th St. Program. Hispanic outreach (translation, application help assistance for jobs, housing, GED and ESL)

CEDARS STREET OUTREACH SERVICES – 6601 Pioneers Blvd, Ste. 1 Lincoln, NE 68506 PH: 402-436-5437 CEDARS Street Outreach Services (SOS) provides street-based assistance to run away, homeless and at-risk youth in Lincoln, offers support to homeless youth as they work to leave the streets for safe shelter.

CENTER FOR PEOPLE IN NEED – 3901 North 27th St. Unit 1 Lincoln, NE 68521. PH: 402-476-4357 www.centerforpeopleinneed.org Offering basic human needs: food banks, clothing closets, shelters, rent resources, utility resources. Also assists with physical and mental health resources, employment support, college resources for low income, ESL, and immigration and citizenship issues.

COMMUNITY ACTION PARTNERSHIP – 210 O St. Lincoln, NE. 68508. PH: 402-471-4515.
HOURS: M-F 8-5 Provides services for families enrolled in the heads start program and daycare programs. The Emergency Services Program provides emergency assistance with past due rent, utility bills, and deposits. Households must complete an application over the phone or in person to be eligible.

COMMUNITY JUSTICE CENTER – 5625 O St. Suite #114 Lincoln, NE. 68508. PH: 402-429-1050.
<http://www.communityjusticecenter.org/> James Jones, Executive Director.
Contract with outside agencies for employment classes. Conduct Victim/Impact classes.

DEPARTMENT OF HEALTH AND HUMAN SERVICES – 1050 N St. Rm. 250, Lincoln, NE.69508.
PH: 402-471-7000.
Provides food stamps, ADC, energy assistance, rent assistance, protective services county and burial, Medicaid/Medicare.

EL CENTRO DE LAS AMERICAS – 210 O St. Lincoln, NE PH: 402-474-3950.
<http://elcentrodelasamericas.org/> Provides food pantry, English and Spanish classes, interpreters and citizenship classes.

FAMILY SERVICE COUNSELING – 501 S. 7th St. Lincoln, NE. 68508. PH: 402-441-7949.
<http://familyservicelincoln.org/programs/wic-women-infants-children/>
Provides food supplement program and childcare food supplement program, WIC services, before and after school program. Offer counseling services for children within the Lincoln Public schools.

FRIENDSHIP HOME – PO Box 85358 Lincoln, NE 68501. PH: (402) 434-6353. Emergency Line: 402-437-9302 Pre-Shelter Services- Our staff provides crisis counseling and, if Friendship Home is full, immediate access to other safe shelter options. Staff then assesses each woman's situation via daily telephone contact until shelter beds are available. Advocates and Case Managers provide counseling, referrals and information services catered to each woman. Confidential Shelter – Friendship Home provides a safe, confidential, home-like shelter, as well as access to food, clothing and other basic needs to women and children who are victims of domestic violence. Transitional shelter is provided to residents of Friendship Home who are working to obtain their own homes. Friendship Home provides some financial support for the families working to rebuild their lives while in transition. At shelter, Advocates and Case Managers work with residents to address needs, as well as to empower them to reach their goals.

THE GATHERING PLACE – 1448 E St. Lincoln, NE. 68508. PH: 402-476-7398.
http://www.communityactionatwork.org/programs/basic_needs/meals.html
Offers free meals Monday-Friday 5pm to 6pm. Michael Ryan, Gathering Place Administrator
myran@communityactionatwork.org

GOOD NEIGHBOR CENTER - 2617 Y St. Lincoln, NE.68503 PH: 402-477-4173.
<http://www.gncclincoln.org/> HOURS: M-TH 10-4 F 10-2
Provides emergency food/clothing, computer classes, GED, ESL

MALONE COMMUNITY CENTER – 2032 U St. Lincoln, NE. 68503. PH: 402-474-1110.
The mission of the Clyde Malone Community Center is to strengthen the Lincoln community by serving as a cornerstone for educational, cultural, and advocacy programs.

INDIAN CENTER INC. – 1100 Military Rd., Lincoln, NE. 68508. PH: 402-438-5231.
<http://indiancenterinc.org/>
Provide youth and family service programs for Native Americans who need mentors, who have problems with juvenile delinquency etc.; Workforce Investment Act programs for Native Americans in need of job placement, counseling, training, or GED. Family First Program for families with emotionally disturbed children of all ethnic groups. Food commodities, housing, health care and family support referrals to persons of all ethnic groups.

MATT TALBOT KITCHEN AND OUTREACH – 2121 N. 27th St., Lincoln, NE. PH: 402-477-4116
<http://www.mtkserves.org/advocacyoutreach/>

Meals served daily: 11:30am 12:30pm and 5:30pm-6:30pm. Other services include but are not limited to: message, phone and mail services; assist with food stamps applications; foot clinic, life skills classes, vision improvement plan (access to glasses), and identification recovery.

NORTHEAST FAMILY CENTER – 6220 Logan (Havelock area) Lincoln, NE. 68504 PH: 402-471-3700. <https://www.nfclincoln.org/>

Provides the following services for those residents of the Northeast area of Lincoln: Parenting groups for men/women, parenting network; summer day camp and after school program for school age children, 4-H program, library for parents and children, sponsor of teen night with homework assistance, S.H.A.R.E. Food Program, Academy of Rock, diaper depot, strengthening families support, Food distribution between 4-6pm on Tuesdays at United Methodist Church 4140 N. 60th Street

PEOPLE'S CITY MISSION – 110 Q Street, Lincoln, NE 68508. PH: 402-475-1303

The Family Shelter has community and single family rooms, with dormitory beds and can accommodate single women, single parent families, intact families, and families that include teen-age boys. The Men's Shelter is for homeless men. As part of their stay, guests are provided with: three meals a day; personal hygiene items; employment assistance; mail services and telephone services-including long distance calls. Guests who are working cab receive sack lunches and we provide personal counseling; a Life Skills curriculum' access to legal advice; transportation assistance; case management; referral services and drug testing when necessary.

RELEASED AND RESTORED – St. James Church – 2400 S. 11th Street Lincoln, NE – PH: (402) 806-0565

This space is open for game nights, movies, etc. so that people who want to stay sober have a place to go to meet like-minded people.

VICTIM/WITNESS PROGRAM – Macy Meyer, Victims/Witness Specialist, Master Social Worker
- Office of the Attorney General, 2115 State Capitol Building, Lincoln NE 68509
PH: 402-471-3823

EDUCATION ASSISTANCE

COMMUNITY ACTION PARTNERSHIP 210 O STREET LINCOLN, NE 68508

Contact: Andrea Backer PH: 402-471-4515 Fax: 402-471-4844 www.communityactionatwork.org

Employment and Education program, the mission is to empower people struggling in poverty to reach their full potential and achieve self-reliance. GED classes, computer lab and employment assistance.

EDUCATION QUEST (HEADQUARTERS): 1300 O ST., LINCOLN, NE. 68508. Treve Florom PH: 402-475-5222 OR 800-303-3745. <http://www.educationquest.org/>

Nonprofit organization with a mission of improving access to higher education in Nebraska. They strive to achieve this mission through free college planning services, outreach services, need-based scholarship programs, and college access grants.

NEBRASKA DEPARTMENT OF EDUCATION: 301 CENTENNIAL MALL SOUTH, P.O. BOX 94987, LINCOLN, NE 68509. PH: 402-471-2295. <http://www.education.ne.gov/>

The mission is to provide educational opportunities for adults to improve adult literacy skills. They can assist with application for copy of Nebraska High school diploma, information on Nebraska GED testing centers, a national GED testing locator, and access to forms to request transcripts and more.

SOUTHEAST COMMUNITY COLLEGE – 8800 O St. Lincoln, NE. 68520. PH: Lincoln Campus: 402-471-3333 Guided Studies Office. 402-437-2719 or 402-437-2717; Beatrice Campus 1-800-233-5027; Milford Campus: 1-800-933-7223.

Basic, intermediate, advanced and vocational ESL, and GED classes are offered. Registration is \$20 and \$120 for all 5 tests. Basic and vocational ESL classes are free.

EMPLOYMENT ASSISTANCE

CENTER FOR PEOPLE IN NEED – 3901 N. 27th St. Lincoln, NE PH: 402-476-4357
<http://centerforpeopleinneed.org/>

Job Training: Program provides training for low income individuals, immigrants and refugees. Programs include forklift training (\$350 cost), tuition assistance for Southeast Community College. Call Lynette at extension 244.

COMMUNITY ACTION PARTNERSHIP 210 O St. Lincoln, NE 68508 PH: 402-471-4515 Fax: 402-471-4844 www.communityactionatwork.org

Employment and Education program: The mission is to empower people struggling in poverty to reach their full potential and achieve self-reliance. GED classes, computer lab and employment assistance.

COMMUNITY JUSTICE CENTER – 5625 O St. Suite 714 Lincoln, NE 68510 Lincoln, NE. PH: 402-429-1050. James Jones, Executive Director.

Contract with outside agencies for employment classes. Also conduct Victim/Impact classes.

GOODWILL JOB CONNECTION – 1111 O STREET, LINCOLN, NE. PH: 402-441-4924 or 402-477-0436. <http://lincolngoodwill.org/programs-and-services> Goodwill's Job Connection is located in the American Job Center at Southeast Community College's Education Square. The purpose of Job Connection is to maximize the employability of job seekers in a market that requires some computer knowledge in nearly all jobs. Individuals may receive assistance with resume and cover letter creation and templates are available for use. Staff members are also available to help guide guests through online applications. Classes or tutorials for basic computer skills, typing and data entry are also made available. Many of the tutorials are available in both English and Spanish.

LINCOLN AMERICAN JOB CENTER- 1111 O St. Suite 205 Lincoln, NE PH:402-441-1660

Access to computers for job search and filing unemployment insurance. Access to the following: Experience Works; job training and work experience for individuals 55 and over. Workforce Investment Act; job search assistance, skill assessments and training for adults, youth and Dislocated Workers (those unemployed due to layoffs or business closings). Youth Come Thru- visit with a Youth Case Manager about the program every Thursday from 2:00–3:30 pm. Vocational Rehabilitation–Monday 1:00-5:00pm and Thursday 8:30-12:00 pm, Goodwill-Job Outfitters, assistance with clothing for job search and interviews, M-F 1:00-2:00 pm.

PROTEUS – 3830 VerMaas Place, Ste. #A, Lincoln, NE PH: 1-855-458-3421. www.proteusinc.net

Non-profit organization helping farm workers, immigrants, and others with a variety of services to improve health, education and economic opportunities.

VOCATIONAL REHABILITATION: 3901 N 27th St, Ste 6, Lincoln, NE 68521 PH: 402-471-3231 800-472-3382 Toll Free or 421South 9th St. Upstairs south of the parole office.

Representatives can assist with career assessments and counseling, job training, job placement assistance, and job site modifications and devices.

NEBRASKA FEDERAL BONDING PROGRAM - Nebraska Workforce Development 550 S 16th Street, P.O. Box 94600 Lincoln, NE 68509 PH: 402-471-2693 402-471-2776 Fax: 402-471-3050
<http://dol.nebraska.gov>

Federal Bonding Program is a federal tool to help a job applicant obtain employment and keep it. The program issues Fidelity Bonds, and is sponsored by the U.S. Department of Labor. For more information, Job Seekers call 1-877-US2-JOBS

YWCA - 2620 O St. Lincoln, NE PH: 402- 434-3494

Job Outfitters is a community resource for low-income women who are actively seeking employment or are working.

FINANCIAL ASSISTANCE

COMMUNITY ACTION PARTNERSHIP – 210 O St. Lincoln, NE PH: 402-471-4515

Payee Program: Provides financial case management for individuals receiving SSI, SSDI or other Social Security payments. Open to anyone required to have a payee.

CONSUMER CREDIT COUNSELING CENTER – 809 N 96th street #100, Omaha, NE 68114.

PH: 402-391-2479.

Non-profit, Provides financial counseling and budget planning. No fee for budget service, minimal fee for other services.

SOCIAL SECURITY OFFICE – Federal Building, 100 Centennial Mall North, Room 240, Lincoln, NE 68508. PH: 866-593-2880 (Call hours are 9 AM – 3 PM). www.ssa.gov

Provides assistance in starting the SSI process. Apply online for retirement benefits; change address, phone number if you receive benefits

VETERANS WORKFORCE DEVELOPMENT: 1111 “O” ST., Lincoln, NE. PH: 402-471-2275. FAX: 402-471-9776

Assistance in creating resume, job search, filling for unemployment, training for different programs 9i.e welding, sheet metal, hair styling, etc).

VETERANS BENEFITS ADMINISTRATION STATE SERVICE OFFICE (VBA) : 3800 Village Drive, Lincoln, NE. 68516. PH: 800-827-1000. www.VA.gov, Mailing address: P.O.Box 85816 Lincoln, NE 68516

Representative can provide information and assistance to eligible veterans for: Compensation and pension application, survivor benefits, burial, education, home loans, vocational rehabilitation and life insurance.

FOOD PANTRIES

Foodnet Sites

Sites in Lincoln/Denton/Milford/Seward/Crete

PH: 402-416-6197

Website: www.foodnetlincoln.org

Services: Provides mostly perishable foods, such as fruits and vegetables, daily products, and bread to needy families. Anyone that is in need of food is welcome.

NO SITES ON CHRISTMAS DAY. Contact at above phone number or internet site for neighborhood food site addresses and times.

****Bring your own bags or box to carry food home!**

Center for People in Need Neighborhood FOOD Program

3901 N 27th Street

Lincoln, NE 68521

Serves Lancaster County

Website: www.centerforpeopleinneed.org/programs-services/neighborhood-food/

Neighborhood Food Opportunity Outreach Delivery Program

For more info: **PH:** 402-476-4357

Services: provides free food for low-income families (see income guidelines) through collaboration with the Food Bank of Lincoln. **Contact at above phone number or internet site for more information on food sites and hours.**

****Being first in line does not mean you will receive better food, foods with a limited supply will be spread out throughout distribution.**

Emergency Food Programs

Emergency Food Pantry System/Food Bank of Lincoln

Provides seven-day food supply for individuals or families in crisis through twelve emergency food pantries. Call the following agencies for assistance:

Catholic Social Services

2241 O Street
Lincoln, NE 68510

Website: www.cssisus.org

Emergency Food Box Program

Contact: **PH:** 402-474-1600- Call one day in advance for a seven-day Emergency Food Box.

Application: First six applications are accepted. You must have a Social Security number for all family members, dates of birth, and complete a one-time application.

Services: You may receive a food box once every three months. No delivery is available. Also available are clothing vouchers for the Thrift Store, cash assistance for utilities, rent, medicines and other necessities.

Hours: Call Monday through Friday from 9:00 a.m.-12:00 p.m.

Indian Center

1100 Military Road
Lincoln, NE 68508

Website: www.indiancenterinc.org

Emergency Food Pantry

Contact: Person: Lucinda Mesteth, CSFP Director at **PH:** 1 402 802-3167

Hours: 8:00 a.m.-5:00 p.m. Monday and Wednesday, or Friday 1:00-3:00 p.m.

Services: Call during hours listed above for an appointment to receive a seven-day Food Box. If eligible you may pick up food every three months. You must bring Social Security numbers for all members of household every time you pick up, and proof of residence.

Application: Must bring Social Security Numbers for all members of the household every time you pick up.

Good Neighbors Community Center

2617 Y Street
Lincoln, NE 68503

Website: www.gnccincoln.org

Shopper's Choice Pantry or Clothing

PH: 402-477-4173 to make an appointment.

Hours: Begin taking calls at 9:00 a.m. Monday through Friday. Perishable food available Monday and Wednesday from 10:00 a.m. until 2:00 p.m.

Services: Individuals with appointments are given the opportunity to walk into our pantry and pick out food for themselves depending on their family sizes and the amount of food available. Clients may receive non-perishable food every 30 days.

Application: The first time you must complete an application. You must have Social Security numbers for all members of your household and proof of income each time. Special needs boxes available. Everyone must have a client card. If you do not have a client card, one will be issued.

Daily Food Programs

Aging Partners, Downtown Senior Center
Main Office 1005 "O" St.
Lincoln, NE 68508

Serves Lincoln/Lancaster County

Website: www.lincoln.ne.gov/city/mayor/aging/

PH: 402-441-7070

Services: Noon meals offered at all senior centers (6 in Lincoln and 4 in Lancaster County) on a donation basis for people age 60 and older. Call the main office for locations, times and menus. Other services available such as educational and recreational activities. **Apply:** reservations must be made two working days in advance.

The Gathering Place

1448 E St
Lincoln, NE 68508

Website: www.communityactionatwork.org/programs/basic_needs/meals.html

PH: 402-476-7398

Services: Free evening meals served to homeless and near-homeless individuals and families living in our community. Free meal, bread, coffee, etc.

Hours: Monday-Friday, 5:00-6:00 p.m.

** No ID needed.

Indian Center Senior Lunch Program

1100 Military Road
Lincoln, NE 68508

Website: www.indiancenterinc.org

PH: 402-580-1535

Services: Lunch served Monday through Friday, from 11:30 a.m. to 12:30 p.m.

Matt Talbot Kitchen and Outreach

2121 N 27th St
Lincoln, NE 68503

Website: www.mtkserves.org

PH: 402-477-4116

Services: Free meals served seven days a week from 11:30 a.m.-12:30 p.m. and 5:30-6:30 p.m. No ID required. Other services available. Special Meal times on Thanksgiving, Christmas Eve, and Christmas day. Call for details.

Meals on Wheels-Tabitha

4720 Randolph St
Lincoln, NE 68510

Website: www.tabitha.org/in-home/meals-wheels

PH: 402-486-8520

Services: Provides hot noon meal to individuals who are elderly or disabled. Call to get the referral process started.

Fees: Recipients pay for their meals either fully or at a reduced rate based on their income or assets.

Meals are provided regardless of ability to pay on and they never turn anyone away because of financial constraints. If the individual is receiving Medicaid, Medicaid will pay for the meals.

People's City Mission

110 Q St
Lincoln, NE 68508

Website: www.peoplescitymission.org

PH: 402-475-1303

Services: Emergency Shelter provides overnight shelter, three free meals daily.

Hours: Meal times for **MEN** are: Breakfast 5:45 a.m., lunch 12:30 p.m., dinner 6:00 p.m. Meal times for **FAMILIES** and **SINGLE WOMEN** are: Breakfast 6:45 a.m., lunch 11:15 a.m., dinner 4:45 p.m.

HOLIDAY – Food Baskets for Thanksgiving and Christmas available. Advanced sign-up needed.

Lighthouse

2601 N St
Lincoln, NE 68510

Website: www.lincolnlighthouse.org

PH: 402-475-3220

Services: Regular snacks and supper are provided Monday through Friday to youth grades 6th through 12th.

Weekly Food Programs

Indian Center

1100 Military Road
Lincoln, NE 68508

Website: www.indiancenterinc.org

PH: 402-438-5231

Services: Food Pantry-Perishables available Tuesdays at 1:00 p.m. and Thursdays at 10:00 a.m.

People's City Mission: Homeless Prevention Center

2615 O St
Lincoln, NE 68510

PH: 402-475-6888

Services: Provides items such as food, clothing, personal care needs, and furniture and household goods available at no charge to the poor and near-homeless of Lincoln. Food boxes only in the mornings. No food boxes in the p.m. due to high volume of clients.

Shopping Hours: Monday & Friday 9:00am-11:30am & 1:30pm-4:00pm. **Wednesday** 9:00am-11:30am, 4:00pm-6:00pm for employed and college students

**** must provide one of the following: current check stub/class schedule, verification of Medicaid/food stamps, or any services provided through the department of HHS**

Salvation Army

2625 Potter St
Lincoln, NE 68503

PH: 402-474-6263 – Ask for Jill at ext. 500 or Ramona at ext. 507

Hours: 9:00 a.m. – 4:00 p.m.

Services: Food Pantry available for needy families at these dates and times.

****Bring in photo ID and/or Social Security Card.**

Food Pantry

Monday-Friday – 12:00 p.m. – 4:00 p.m.

Wednesday extended hours – 12:00 p.m. – 6 p.m.

Walk-ins Welcome

Tuesday & Friday Perishables

Come in Tuesday & Friday mornings at 9:30 for breads, vegetables and other foods. No eligibility requirements.

HOLIDAY – Food Baskets for Thanksgiving and Christmas available. Advanced sign-up needed.

Monthly Food Programs

Indian Center

1100 Military Road
Lincoln, NE 68508

Website: www.indiancenterinc.org

PH: 1 402-802-3167

Services: Commodity Program for those over 60 years of age on a monthly basis.

Nebraska Aids Project

1120 K St. Ste. 100
Lincoln, NE 68508

Website: www.nap.org

PH: 402-476-7000

Services: Only for those with AIDS and HIV.

Carol Yoakum Family Resource Center

4621 NW 48th St.
Lincoln, NE 68524

PH: 402-434-2621

Services: Friends With Food, 5:00-6:00 p.m. fourth Monday of the month.

VA Nebraska-Western Iowa Health Care System

600 S. 70th St.

Lincoln, NE 68510

PH: (402) 486-7801

Website: www.nebraska.va.gov

Services: First Monday of every month. Must show valid ID, or current piece of mail.

Location: Building 40, Room 105 (Entry from hallway under Auditorium exterior stairway on North side of building)

The Bay Skate Park

2005 Y St Lincoln, NE 68503

PH: (402) 477-0209

Services: Provide groceries (perishables and nonperishables)

Hours: 12:30 pm – 2:30 pm 2nd Saturday of each month

Seasonal Food Programs

The Winter Night Watch Program

2625 Potter Street, Lincoln, NE

Lincoln, NE 68508

PH: 402-474-6263

Services: Serve hot meals from the Salvation Army Mobile Canteen Vehicle every Saturday and Sunday at 5:00 p.m., October through April only, in front of The Gathering Place at 15th & “E” St..

Food Bank Backpack Program

Services: During the school year, the Food Bank of Lincoln provides backpacks of food to students in 27 Lincoln Public Schools, 5 Lincoln Catholic schools and several communities in Southeast Nebraska. Each school determines who gets the backpacks, with an emphasis on children enrolled in the free and reduced lunch program.

Apply: Contact your child’s school principal if interested in receiving a backpack.

Participating Lincoln Elementary schools: Arnold, Belmont, Brownell, Calvert, Campbell, Clinton, Elliot, Everett, Hartley, Holmes, Huntington, Lakeview, McPhee, Meadow Lane, Norwood Park, Pershing, Prescott, Randolph, Riley, Roper, Saratoga, West Lincoln.

Participating Middle schools: Culler

Participating High schools: Bryan Community, Lincoln High (teen parents’ program participants only), Northeast (teen parents’ program participants only), North Star (limited number available).

Participating Catholic schools: St. Mary’s, Sacred Heart, Blessed Sacrament, St. Patrick’s, St. Teresa.

Participating rural schools: Beatrice, Bennet, Crete, Elmwood, Murdock, Exeter, Fairbury, Falls City, Milford, Norris, Raymond, Seward, Stromsburg, Syracuse, Utica, Waverly, and York.

Summer Food Program

Program maintained by Lincoln Lancaster County Health Dept., 3140 “N” Street, Lincoln, and NE.

PH: 402-441-8000

Services: Free meals for children age 2-18 at income eligible community sites. The program runs from late May to mid-August. (see insert at end of guide for site listings). The program details for late May to August will be posted on the Lincoln.ne.gov Health Promotion and Outreach website during the last week of May. A News Release will also be placed in the newspaper.

Senior Farmers Market Coupon Program

1001 O St. Ste. 101

Lincoln, NE 68508

PH: 402-441-8000 or 800-422-6692

Requirements: Must be a senior citizen (age 60+) and meet income guidelines (see below). Limited funds. Available on a first come first serve basis.

Services: Coupons will be available in June through participating senior centers, Area Agencies on Aging offices, and Commodity Supplemental Food Programs’ local distribution sites.

INCOME GUIDELINES:

1. Person household annual gross income cannot exceed \$20,035
2. Person household annual gross income cannot exceed \$26,954

Community Crops

Website: www.communitycrops.org

PH: 402-474-9802

E-mail: amy@communitycrops.org

Services: Community Crops is a group that manages community garden initiatives in the city of Lincoln. We provide tools (rakes, hoes, shovels, and seeds), resources, education and the garden space to grow your own healthy food.

Rural Food Programs

Food Bank of Lincoln

4840 Doris Bair Cir #A, Lincoln NE **PH:** (402) 466-8170 www.lincolnfoodbank.org

Services: Each site includes some USDA product, so participants must sign the standard income self-verification sheet, but no other documentation is required. **Participants are encouraged to bring their own bags and carts if possible. Go to: <https://www.lincolnfoodbank.org/services/mobile-food/> for updated Lincoln Area food & Meal Sites, Weekly Food Bank of Lincoln-Managed Distributions, Monthly Rural Mobile Food Distribution Schedules and Lincoln Fresh-Free Produce Schedule

HEALTH CARE

CLINIC WITH A HEART – 1701 S. 17th St. Lower Level, Lincoln, NE. **PH: 402-421-2924. <http://www.clinicwithaheart.org/>**

A faith-inspired organization, Clinic with a Heart serves the uninsured and underinsured through a ministry of healthcare. CWAH hosts clinics that provide uninsured and underinsured individuals with medical, dental, vision, hearing, physical therapy, chiropractic, mental health and spiritual care. **Check in time is 2:00 p.m. Tuesdays and Thursdays and patients will be seen at 4:00 p.m. First come, first serve basis.**

LANCASTER COUNTY HEALTH DEPARTMENT/ COMMUNITY HEALTH SERVICE DIVISION - 3140 N. St. Lincoln, NE. 68510. **PH: 402-441-8000.**

Presumptive Eligibility Medicaid for Pregnant Women, WIC program, Childhood Vaccines, STI Testing, HIV Clinic, General assistance medical clinic (by appointment only).

LINCOLN VA CLINIC – 600 S. 70th St. Lincoln, NE. 68510. **PH: 402-489-3802. Nicole Schneider LCSW Office: (402) 489-3802 ext. 6864 Cell: (402) 618-5880.**

Primary care services for Veterans in the Lincoln area. Can provide outpatient medical, mental health and substance abuse treatment services for eligible veterans. They are also able to provide assistance for Post-traumatic Stress Disorder, anger management groups, and assistance for veterans dealing with homelessness.

MATT TALBOT KITCHEN AND OUTREACH – 2121 N. 27th St. Lincoln, NE 68503 **PH: 402-477-4116 <http://www.mtkserves.org/>**

Provide eye exams/screenings, free nursing care, flu immunization clinics, foot care clinics for homeless or near homeless individuals. Call for times and dates as some companies provide services on specific dates.

NEBRASKA HEALTH AND HUMAN SERVICES – 1050 N St. 68508. **PH: 402-471-7000. Located on 2nd floor (Gold's Building).**

Provides child protective services. Children and family services assessment of reports of child abuse or neglect. Services and referrals for families and children. Does not have sliding scale fees.

NEBRASKA URBAN INDIAN MEDICAL CENTER – 2331 Fairfield St. Lincoln, NE **PH: 402-434-7177 FAX: 402-434-7180 <http://nuihc.com/>**

Provides primary health care clinics to serve the needs of Native Americans and others within the service area. Provided care is culturally and linguistically appropriate for the patients served. Services are available to both the insured and uninsured. Most insurance is accepted including Medicaid and Medicare. Uninsured patients are charged on a sliding scale at affordable prices, persons must provide last pay stub or W2 as documented proof of income. Services are provided to patients based on an established clinical schedule and emergency 24-hour on-call system.

PEOPLE CITY MISSION FREE CLINIC – 110 O. St. Lincoln, NE. 68508. PH: 402-817-0980.

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

The PCM Medical Clinic offers medical, dental, optical, school and sports physicals, pharmacy services, mental health, chiropractic, dermatology, physical therapy, and more for low-income, uninsured residents of Lincoln and Lancaster County. Patients with any type of insurance or medical assistance should continue with their current provider.

PEOPLE’S HEALTH CENTER – 1021 N. 27th St. Lincoln, NE PH: 402-476-1455

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

Provides affordable, comprehensive primary health care especially for those with limited resources. Those that don’t have insurance will meet with our patient support department and determine payment on a sliding fee scale (Must provide proof of last 30 days of income as well as W2 from last year). Services include general physical exams, immunizations, dental, pharmacy, HIV/STD testing, translation, mental health on a referral basis, Women’s health issues, and a physician house call program for chronically ill homebound elderly.

PROTEUS – 3830 VERMAAS PLACE SUITE #A, LINCOLN, NEBRASKA 68502. PH: 402-805-4004 OR 1-855-458-3421. Website: www.proteusinc.net

Non-profit organization helping farmworkers, immigrants, and others with a variety of services to improve health, education and economic opportunities. Also offers sliding scale fees, but must provide last pay stub or W2 as documented proof of income.

WOMEN’S HEALTH

**BIRTHRIGHT, INC – 5625 O St. #4, Lincoln, NE PH: 402-466-2609 <http://birthright.org/en/>
24-Hour toll-free hotline: 1-800-550-4900**

Free pregnancy tests, resources, and diapers. All support is non-judgmental and is confidential.

**CATHOLIC SOCIAL SERVICES – 3700 Sheridan Blvd. Lincoln, NE PH: 402-489-1834
<http://www.cssisus.org/> Pregnancy services, Individual and marital counseling and counseling for those facing an unplanned pregnancy, parenting and adoption planning. Catholic Social Services also offers sliding scale fees, but persons must provide last pay stub or W2 as documented proof of income.**

EVERY WOMAN MATTERS – 301 Centennial Mall South, 3rd floor, Lincoln, NE

PH: 402-471-0929 www.hhss.ne.gov/womenshealth/ewm

This program can help women get their annual health check-ups for free. The program is for women 40 through 74 years of age who have no health insurance, Medicaid or Medicare, and have a low to medium income. Services include: clinical breast exam, PAP test and pelvic exam, mammogram, blood pressure screening, blood glucose screening cholesterol screening.

HEALTHY MOTHER, HEALTHY BABIES – United Way of the Midlands Lincoln, NE

PH: Toll-Free Hotline: 1-800-862-1889 Helpline provides information and referrals for health and social services across the state of Nebraska. Call toll free 24 hours a day 7 days a week and all calls are confidential.

**LINCOLN CRISIS PREGNANCY CENTER – 111 Piazza Terrace Lincoln, NE PH: 402-483-4247
(24hr helpline) <http://www.lincolncrisispregnancycenter.org/>**

Services Provided: free pregnancy tests with immediate results, accurate information on pregnancy options, continued support (as desired), ultrasounds for qualifying clients, healthy relationship/sexual risk avoidance education, maternity and baby clothes and diapers, parenting education, birthing classes, referrals to community resources and agencies, post-abortion counseling and support groups. Also offers resources for men with expecting partners. Lincoln Crisis Pregnancy Center also offers sliding scale fees, but persons must provide last pay stub or W2 in order to qualify.

LINCOLN/LANCASTER COUNTY HEALTH DEPT – 3140 N. St. PH: 402-441-8065
<http://www.lincoln.ne.gov/city/health/nurse/>

Pregnancy testing by appointment, health and parenting information, referrals to health care providers.

LUTHERAN FAMILY SERVICES – 2201 South 17th, Lincoln, NE 68502 PH: 402-441-8491
www.lfsneb.org/ Unplanned pregnancy counseling, adoption program, family counseling. Also offers sliding scale fees, does not require proof of income.

PLANNED PARENTHOOD OF THE HEARTLAND – 5631 S. 48th St. Ste. 100 PH: 877-811-7526
<http://www.plannedparenthood.org/health-center/centerDetails.asp?f=4062>

Offers services to women on a sliding fee scale (must provide last pay stub or W2 as documented proof of income). Breast cancer screenings, procedures to prevent cervical cancer, female infertility, menopause, menstruation, ovarian cancer, pelvic exam, yeast infection and vaginitis, male infertility, urinary tract infections, pap tests and HPV tests, men's health, emergency contraception, abortion, STD testing and treatment

HALFWAY HOUSES/TRANSITION HOUSES

CURTIS CENTER @ PEOPLE'S CITY MISSION – 110 Q St. Lincoln, NE PH: 402-475-1303
<http://www.peoplescitymission.org/index.php/shelter/13-shelter/82-mens-transitional>

The Curtis Center is a supportive, transitional housing center for 60 men. The Curtis Center is a secure building with private sleeping rooms. Each room has a refrigerator, microwave and sink and is wired for basic cable TV services. Other amenities include laundry facilities, three congregate meals, a community lounge, a library for reading or study, two outdoor courtyards, and 24-hour staff. Men must apply and be accepted into this program. The maximum stay is 24 months. The program fee is \$350 per month. The Curtis Center program focuses on three areas: Vocational, Recovery or Educational. Each area includes classes, counseling and services designed to promote emotional health and economic self-sufficiency.

FRESH START HOME – 6433 Havelock Lincoln, NE. 68507. Contact: PH: 402-475-7777 Fax: 402-475-7779 www.freshstarhome.org

Provides transitional housing and living skills for women (children are not allowed to stay), and offers supplemental household goods. Women are asked to give at least a three month commitment and may stay for up to one year. Women create an Individualized Goal Plan (IGP) that identifies the goals they have and the steps to take to reach self-sufficiency. Residents are to complete hours of volunteer service to a community-based organization each week, attend educational workshops at the house, and perform household responsibilities. **Has SAP component. Drug testing at random. No fees if not employed – prorated fees based on income.

FRIENDSHIP HOME – P.O. Box 30268 Lincoln, NE. 68501. PH: 402-437-9362 Emergency Hot-Line: 402-437-9302. Email: info@friendshiphome.org <http://www.friendshiphome.org/>

Provides shelter for women and their children who are victims of domestic violence and sexual assault. Provides an array of crisis intervention services, case management and emotional support to women and children in shelter and those who are waiting for shelter.

24 Hours Transition House – 2625 S St., Lincoln, NE 68503. PH: 402-261-8224. Spanish Speaking Transitional Living House – Sliding Scale

HONU House (Mental Health Association of NE) – 4141 South 56th St, Lincoln, NE

PH: 402-975-2032

Serves Clients with Behavioral Issues coming from Correctional Facilities.

HOUSE FOR NEW LIFE – 4505 Holdrege St. Lincoln, NE. 68503. PH: 402-466-6080.

Nancy Carlson, Director.

A therapeutic, Christian based transitional living facility for ex-offenders, focusing on sex offenders. Life skills, church services, residence, food

HOUSE OF HOPE – 1124 N. Cotner Blvd. Lincoln, NE. 68508. PH: 402-435-3165.

Halfway house provides residence/aftercare treatment (groups and individual) for adult men that have completed chemical dependency treatment within the last year. Residents must be employable and be ambulatory. Sliding scale fee. **Has SAP component.

KEYA HOUSE (Nebraska Mental Health Association) – 2817 S. 14th St., Lincoln, NE 68502 PH: 402-261-5959, Serves adults in Region V area mental health and substance abuse issues

LIVING WATER RESCUE MISSION – York – 701 S. Lincoln Ave, York, NE (402) 362-0127

(402) 563-3783. Shelter for men, women and families with the goal of having participants obtain a job and establish a residence – Readiness groups.

New Life Place Transitional Living Houses – 2109 South 24, Lincoln NE 68502

PH: 402-301-5371 – Alcohol and Drug Solutions – Jodi and Damian Gilfillan

Men 20 bed– No specific criteria or evaluation needed. For Parole/Probation Transitional Assistance funding. Direct payments from clients not accepted. No sex offenders. \$20 per day for housing only and \$65 a day for housing/programming. Alcohol & Drug Solutions on First Floor of Home. Treatment both day and evenings to include Domestic Violence Classes. Mandatory House Meetings Every Sunday

840 F Street, Lincoln, NE 68502 – Women 10 bed

10 bed transitional living house of women \$20 per day– No specific criteria or evaluation needed. Parole/Probation Transitional Assistance funding. Direct payment from clients not accepted. No sex offenders. Programming not in-house but can attend programming at Men’s transitional living facility.

NEW WAY HOME – (requested their address not to be listed). PH: 402-540-5001.

Providing a sober living environment for both men and women who are recovering alcoholics and drug addicts. There must be a 3 month commitment, attend AA/NA at least 3 times per week, must be employed within 2 weeks. Must do a phone screening with current house residents.

Oxford Houses of Nebraska- \$300-\$400 deposit, differs on region

- Western NE Oxford Houses contact Cliff Caudell- 402-853-0970; cliffordjcaudell@gmail.com
- Nebraska Contact: Tracey Strueckrath at 402-281-8993 tracey.strueckrath@oxfordhouse.org or Jessica Alba at albajac@gmail.com

SOBER LIVING HOUSES OF NEBRASKA – 2030 Washington St. Lincoln, NE

PH: 402-327-9751 Providing a sober living environment for men. Must complete application and contract to apply. If on parole for less than 6 months, \$1450 is required up front to move in. If on parole for 6 or more months, a deposit of \$300 which includes first two weeks rent is required. The rent is \$400 per month after that. A minimum stay of 3 months is required.

ST. MONICA’S HOME – 120 Wedgewood Dr. Lincoln, NE. 68510. PH: 402-441-3768

<http://www.stmonicas.com/>

Residential/outpatient rehabilitation for women 19 years or older. Must be referred after primary treatment. Sliding scale fee. **Has SAP component. Project mother and child program. Project Strong Families program, Step-down Housing program, intensive outpatient, outpatient mental health and substance abuse services. In addition, St. Monica’s has added an Adolescent Girls Intensive Outpatient Program. (6-12

weeks of individualized, group, psychological assessments and education services for ages 13-18 yrs). Also offering outpatient mental health and substance abuse services for adolescent girls.

HOUSING ASSISTANCE

AGING PARTNERS – 1005 O Street, Lincoln, NE 68508, PH: 402-441-7070.

Listings of subsidized and retirement housing. List of retirement, Special Needs, Subsidized and also Nursing Care facilities.

**ASSISTIVE TECHNOLOGY PARTNERSHIP – 3901 N 27th Street #5, Lincoln, NE,
www.housing.ne.gov PH: 1-877-428-8844**

A free online service to list and find rental housing and housing services in Nebraska. Can also be accessed by phone toll free at 1-877-428-8844. Callers provide the desired location and how much they can spend. ATP will try to match the caller with housing they can afford.

CATHOLIC SOCIAL SERVICES – 2241 O Street, Lincoln, NE 68510, www.csisus.org PH: 402-474-1600. St. Gianna Women's Homes

A 24 apartment unit that is needed for victims of domestic violence and those escaping abortion. This program serves women of all faiths in the Diocese of Lincoln. St. Gianna does will not make any recommendations or referrals contrary to the Catholic faith and is staffed by the Marian Sisters. Call to get the referral process started. Usually full and client must continue to call to check on an opening.

CEDARS BRIDGES TRANSITIONAL LIVING PROGRAM – 6601 Pioneers Blvd. Lincoln, NE 68506, PH: 402-436-5437

Offers supervised community-based apartment living for youth ages 16-21 who may be homeless or coming out of the child welfare system. Independent living skills are highly emphasized. Family partner program available; emergency shelter available; early childhood development program.

COMMUNITY ACTION PARTNERSHIP – 210 O St. Lincoln, NE. 68508. PH: 402-471-4515 ext. 132 <http://www.communityactionnetwork.org/> Hours: M-F 8-5pm

Assists low to moderate income families in securing safe and affordable housing. Supportive Housing Program provides intensive case-management, assistance with rent payments, and referrals to services that will support clients' efforts to remain housed. Free weatherization for renters or homeowners, homes, apartments or mobile homes. Services include furnace inspection/maintenance, insulation, glass replacement and weather stripping. To be eligible, household income must be below 200% of the federal poverty guidelines and the home cannot have been previously weatherized after October 1, 1994.

HOUSING AND URBAN DEVELOPMENT AND VA SUPPORTIVE HOUSING PROGRAM (HUD-VASH) – 600 S 70th Street, Lincoln, NE 68510, PH: 402-489-3802 Ext. 68504

Program provides Section 8 vouchers for eligible homeless veterans.

CITY OF LINCOLN HOUSING AUTHORITY – 5700 R Street, Lincoln, NE 68505, www.l-housing.com PH: 402-434-5500. TDD Line: 1-800-545-1833 Ext. 875

Apply at office, no appointment necessary. Federally subsidized housing for low-income families and the elderly. Non-subsidized housing is also available.

Family Self Sufficiency Program – for families in Public Housing or Housing Choice Voucher Programs. Helps families work towards becoming financially self-sufficient. Each family works with a caseworker to develop an individual plan for up to a 5 year period. Families who reach their goals may receive an escrow savings account which is based on deposits made following increases in rent resulting from increases in earned income for the household. Support services include case management and financial assistance.

Rentwise – tenant education program that helps people know how to find and keep decent rental housing and how to become more successful renters. Renters who complete this program of six modules earn a

certificate of completion to show potential landlords and property managers that they want to be good tenants.

Nebraska Telephone Assistance Program (NTAP) – assists qualifying low-income individuals with keeping telephone services affordable by lowering monthly service rates. Individuals can qualify for NTAP by participating in Medicaid, SNAP, Kid’s Connection, SSI, LIHEAP, National School Lunch Program Free Lunch program, Federal Public Housing, TANF/ADC, or if household income is at or below 135% of poverty level.

NEIGHBORWORKS LINCOLN – 2121 N. 27th St. Lincoln, NE PH: 402-477-7181

<http://nwlincoln.org/>

Homebuyer education classes, mortgage counseling and assistance, and foreclosure prevention. Call for more information.

URBAN DEVELOPMENT DIVISION – 555 South 10th St, Room 205, Lincoln NE.

PH: 402-441-7864/ TDD 402-441-7615.

Provide housing rehab assistance in Lincoln for low and moderate-income homeowners and investor owners of units with low and moderate income tenants. Also, first time homebuyer assistance for low and moderate-income households. Some programs limited to designated areas.

a. Direct/Deferred Loan Program – for low and moderate-income homeowners who do not qualify for HLP loan and who are located in low/moderate income areas. Deferred payment loans are available at 0% interest. Minimum monthly payment may be required.

b. Emergency Repair Loan Program - emergency repairs. (replacement of furnaces, water heaters, dangerous wiring, etc) by very low-income homeowners citywide. A 0% deferred payment loan with no payments as long as owner lives on the property.

c. FIRST HOME Program – for low and moderate-income first-time homebuyers citywide who haven’t owned a home in 3 years. Must complete homebuyer training by Neighborhoods Inc. Deferred loan assistance available for gap financing and housing rehab.

d. Home Improvement Loan Program (HLP). – A 0% interest loan for low income and moderate income homeowners wanting to make home improvements to their older homes, citywide. Priority given to low/moderate income areas.

Housing Authority (Lincoln) – 5700 R St., Lincoln, NE. 68505. PH: 402-434-5500. TDD 800-545-1833 ex. 875. Family Resource Center 4621 NW 48th St. Lincoln, NE

Federally subsidized housing for low-income families and the elderly. Non-subsidized housing also available.

MEDICATION ASSISTANCE

DRUG ASSISTANCE PROGRAMS - Many pharmaceutical companies offer patient assistance programs to provide prescription medicines free of charge to physicians whose patients might not otherwise have access to necessary medicines. Each company determines the eligibility criteria for its program. Eligibility criteria and application process varies. Criteria are based on the patient’s insurance status and/or income level; some may also have residency requirements.

www.needymeds.com

www.rxassist.org

www.prescriptionassistance360.org

www.pharma.org

ANSWERS 4 FAMILIES – www.Answers4families.org – You may ask questions about drugs or drug interactions and receive a personal e-mail reply from a pharmacist. Click on eldercare, then click on the AskRx icon.

CENTERPOINTE WALK-IN CLINIC FOR MEDICATION MANAGEMENT – 1000 So. 13th St., Lincoln, NE PH: Clinic on Tuesdays from 1:00 p.m. to 5:00 p.m. (prefer clients come by noon).

Eli Lilly – www.lillytoassist.com or **PH:** 1-888-331-1002 - Eli Lilly, one of the largest pharmaceutical companies in the world, has a variety of patient assistance programs. If you are uninsured or underinsured and would like more information, visit the website.

LANCASTER COUNTY MEDICAL SOCIETY—4600 Valley Road Suite 250, Lincoln, NE 68510.

PH: 402/483.4800 lcmsne.org

Provides medication assistance through a national pharmaceutical company. Not all meds covered and will not qualify if person has ANY drug assistance coverage. Income maximums are: \$16,000/yr for single or \$24,000/yr. as family. A one-time medication refill will be provided at no cost.

MEDICARE RIGHTS CENTER (MRC) – <http://www.medicarerights.org/> **PH:** 800-333-4114. The Medicare Rights Center is a not-for-profit organization dedicated to ensuring that older adults and people with disabilities get good, affordable health care. Medicare offers no prescription drug coverage. The MRC has put together a resource list of discount drug programs that could help save on prescription costs. Continued medication assistance on a case-by-case basis.

PEOPLE CITY MISSION – 401 N. 2nd Street, Lincoln, NE. **PH:** 402-817-0980

<http://www.peoplescitymission.org/index.php/free-clinic>

Has a medical clinic. Call for further information regarding available hours. Prescription assistance is provided to those patients who qualify. We can also assist you in receiving medications long term from pharmaceutical companies. Also offers sliding scale fees for those who qualify (Must bring last pay stub, or W2 as documented proof of insurance)

MENTAL HEALTH SERVICES

ASSOCIATES IN COUNSELING AND TREATMENT – 2110 S. 38th St. Lincoln, NE **PH:** 402-261-6667 <http://www.actnebraska.com>

Individual mental health counseling for adults and adolescents, marriage, family counseling, anger management, domestic violence, and co-occurring substance abuse counseling. All services are on a sliding scale fee available for those who qualify, must provide last pay stub or W2 as documented proof of income. Call for appointment. Medicaid not accepted, insurance accepted. No medication services

- Have a psychologist/psychiatrist do the mental health evaluation; they do not have one onsite.
- IOP/OP and 8-15 hour drug and alcohol education classes
- Sliding fee scale: Co-occurring substance abuse evaluation can be \$15.15, \$60.00 for counseling.
- Will accept vouchers

BETTER LIVING COUNSELING SERVICES INC. – 7100 S. 29th St. Ste. B Lincoln, NE. **PH:** 402-476-0104 www.betterlivingcounseling.com

Offering services in family support, supervised visitation and in-home safety.

BLUE VALLEY MENTAL HEALTH SERVICES – 3901 Normal Blvd., Suite 201, Lincoln, NE.

PH: 402-261-4017 Fax 402-261-4137 www.bvbh.net

Community support/case management – mental health treatment for adults and youth for emotional and behavioral issues. Substance abuse services and evaluation; adult day treatment; family support services. Also provides sliding scale fees for mental health services in Auburn, York, and Gage counties (Must provide documented proof of income, last pay stub OR W2 to qualify)

Family Support Group (Strong Ties) - for family and friends of individuals with mental health issues. 1st and 3rd Wednesdays of each month. Begins at 6:00 p.m. and ends at 7:30 p.m. No appointment required. No cost. Group facilitator.

Lincoln Office: performs mental health evaluations (\$160.00), Co-occurring counseling (\$155.00 a session), OP Programming in Lincoln, medication management (Initial app. \$250.00 and follow up is \$105.00), Substance abuse evaluation (\$300.00), will accept vouchers

BRYAN LGH MEDICAL CENTER WEST – 2300 S. 16th St. Lincoln, NE PH: 402-481-5991
<http://www.bryanhealth.com/>

Outpatient, inpatient, partial hospitalization, and therapy groups. Emergency mental health/suicide intervention care available. Medicaid accepted. Does not have sliding scale fees.

CATHOLIC SOCIAL SERVICES COUNSELING CENTER – 3700 Sheridan Blvd. Lincoln, NE PH: 402-474-1600.

Individual counseling, family, pregnancy counseling. Sliding scale fee, must provide last pay stub or W2 as documented proof of income.

CHILD GUIDANCE CENTER – 2444 O St., Lincoln, NE. 68510. PH: 402-475-7666 www.child-guidance.org

Outpatient mental health clinic for children, adolescents, and families. Groups available for incest/sexual abuse. Residential adolescent program for qualified 12-18 year olds. Sliding scale fee (must provide last pay stub or W2 as documented proof of income), Medicaid and insurance accepted. Call for appointment.

CONNECTING LINKS – 421 So. 9th St., Suite 107, Lincoln, NE 68508. PH: 402-310-3816 – Contact Arsiaga, M.A., LMHP Therapist. Accepts vouchers; sliding fee scale; services include Dual Diagnosis Treatment, Mental Health Therapy, Drug Court Evaluations, Addictions, screening for OP/IOP. Serves children, adolescents, adults and seniors.

JENDA FAMILY SERVICES, LLC – 815 K St., Lincoln, NE 68508. PH: 402-474-0011 – contracts through the Nebraska Department of Health and Human Services and Probation. clinic PH 402-261-6470

Services include family support, transition family preservation, mental health treatment/therapies and drug testing. Other services include co-occurring evaluations, mental status exams, substance abuse evaluations/treatment and trauma assessments.

FAMILY SERVICE COUNSELING – 501 S. 7TH Lincoln, NE. PH: 402-441-7929
www.familyserVICELINCOLN.org,

Offers an array of prevention and intervention programs designed to support and strengthen the healthy development of all family members. May be able to work with client financially.

LUTHERAN FAMILY SERVICES – 2301 O Street., Lincoln, NE. PH: 402-441-7940 Fax: 402-441-8491 <http://www.lfsneb.org/>

Provides Behavioral Health Services that focus on the needs of those who have experienced trauma, including outpatient mental health treatment, substance abuse/addictions treatment, 24/7 urgent care and emergency and community support services; also treatment and therapeutic support for active military, veterans and their families. Assists with obtaining medication at a reduced cost for those who qualify. Provides sliding scale fees and does not require documented proof of income.

MENTAL HEALTH ASSOCIATES – 650 J St. Suite 403 Lincoln, Nebraska PH: 402-435-1313

Provide counseling on sliding scale fee (must provide last pay stub or W2 as documented proof of income.) with flexible hours. No Mental Health Evaluations at this time.

MENTAL HEALTH ASSOCIATION – 1645 “N” St., Lincoln, NE PH: 402-441-4371

Offers Peer support – LPD referral program to determine most effective services for the consumer.

MIDWEST INSTITUTE FOR FAMILIES AND YOUTH - 4701 Van Dorn St., Suite #1 Lincoln, NE. PH: 402-434-2550 Counseling services including individual and group counseling; substance abuse counseling, marriage and couples counseling. Accepts insurance and Medicaid. Does not offer sliding scale fees.

NEBRASKA MENTAL HEALTH CENTER – 4545 S. 86th Lincoln, NE PH: 402-483-6990
<http://www.nmhc-clinics.com/>

Mental health and substance abuse programming for children, adolescents, adults and families. Domestic violence and anger management programs. Offering outpatient, group, and intensive outpatient. Do not offer sliding scale fees.

- Mental Health evaluations-(\$130.00 and then for each additional unit testing it will cost \$95.00 to \$100.00).
- Co-Occurring counseling, price depends on clinicians credentials
- No IOP/OP
- Substance Abuse evaluation \$230.00
- ****Contact Thomas McPherson, practice administration via email for referral tmcpherson@nmnc-clinics.com**

OMNI BEHAVIORAL HEALTH – 2300 s. 13TH St., Lincoln, NE PH: 402-474-3322
<http://www.omnibehavioralhealth.com/>

Outpatient treatment for children and adults, specializing in home based therapy. Community treatment aide services. Sliding scale fee (provide last pay stub or W2 as documented proof of income) and Medicaid accepted.

ORIGINS BEHAVIORAL HEALTH – 5801 S 58th Suite C Lincoln, NE PH: 402-489-9990.
<http://www.originsbehavioralhealth.com/>

Specialize in substance related disorders, mental health and EMDR treatment. Also provide substance abuse evaluations, individual therapy, motivational interviewing, and aftercare and intervention services. Private insurance, Medicaid, and self-pay. Does not offer sliding scale fees.

REGION V SYSTEMS – 1645 “N” St, Suite 1, Lincoln, NE, Kristen Nelson PH: 402-441-4343
Advisory role only – for mental health and mental health emergency systems –
knelson@region5systems.net

UNIVERSITY OF NEBRASKA – LINCOLN FAMILY RESOURCE CENTER (East Campus Loop and 35th St.) Lincoln, NE PH: 402-472-5035. <http://cehs.unl.edu/cyaf/outreach/frc.shtml>

Marriage, family, individual, couples, family, and daily counseling. Sliding scale fee (must provide last pay stub(s) or W2 as documented proof of income). Financial management and nutrition counseling also provided.

UNIVERSITY OF NEBRASKA (LINCOLN) COUNSELING AND SCHOOL PSYCHOLOGY - Psychological Consultation Center – 325 Burnett Hall Lincoln, NE. PH: 402-472-2351
www.psychology.unl.edu/pcc/home

Assessment and therapy for psychological problems to individuals, couples and families. Intakes are \$10 and therapy sessions are \$25 per session. A fee reduction application, based on household income, number of dependents, and federal poverty level is available. Forms of payment that are accepted are cash and check. Credit and debit cards are not accepted. Provides sliding scale fees, however, persons must provide last pay stubs(s) or W2 as documented proof of insurance.

- Mental Health evaluations-only accepts cash/check. First session bring \$10.00, second is a \$40.00 deposit. The client can pay some each session but before the last session the client must have paid \$250.00. The \$10.00 and \$40.00 will factor into that
- Co-occurring therapy-\$25.00 each
- Substance Abuse evaluation: \$125.00, no groups only individuals
- **** Apply for a fee reduction, prefers client to call in for referral**

LINCOLN VETERAN’S CENTER (OUTREACH CENTER) – 3119 O St. Suite A Lincoln, NE PH: 402-476-9736 Referral and counseling services for combat related era veterans and families. Free services.

VICTIM/WITNESS PROGRAM – Macy Meyer, Victim/Witness Specialist, Master Social Worker
- Office of the Attorney General, 2115 State Capitol Building, Lincoln NE 68509 **PH: 402-471-3823**

ZENILOQUY – 2142 No. Cotner Blvd, Lincoln, NE 68505. PH: 402-440-8357

Sliding Fee Scale – A specialized therapy recognizing the need for continuity of care in collaboration with community partners. Offers clients a unique MIND Body approach that is trauma informed and gender responsive. The program includes the following: Start Now (a coping skills therapy designed to treat offenders with behavioral difficulties); WRAP (a self-designed prevention and wellness process); Yoga/Mindfulness (addresses self-awareness and emotional regulation); and social skills group.

RESIDENTIAL TREATMENT SERVICES

CENTER POINTE (Full Circle) – CENTER POINT (Full Circle) – 610 “J” St. Lincoln, Nebraska. Administrative Office located at 2633 “P” St. Lincoln, Nebraska PH: 402-475-8717 Adult Outpatient Services:. The outpatient services located at 1000 South 13th Street, Lincoln, NE. PH: 402-475-8718. Adult residential: PH: 402-475-8748.

Offers inpatient and outpatient treatment for dual diagnosed persons for drug and alcohol abuse. Day Treatment and Day Rehabilitation programs for dual disordered adults also offered. A mental health diagnosis is required. Offers dual diagnosis inpatient and outpatient treatment for mental health, drug, and alcohol abuse for residential programs.

INDEPENDENCE CENTER (Bryan/LGH Hospital) – 1640 Lake St. Lincoln, NE

PH: 402-481-5268 <http://www.bryanhealth.com/AboutUs>

The Independence Center specializes in addressing issues of alcohol and/or drug abuse. The Independence Center offers the following services: Detox, Inpatient, Short-term Residential (STR), Day Treatment/Partial Care (PC), Intensive Outpatient (IOP), and Outpatient (OP). The Bryan Independence Center requires a down payment for those individuals seeking treatment who do not have insurance.

TOUCHSTONE – 2633 P St. Lincoln, NE. PH: 402-474-4343 info@str-touchstone.org <http://touchstonenebraska.org/>

Provides a comprehensive short-term residential treatment program promoting recovery, wellness and productive lifestyles changes.

SEX OFFENDERS COUNSELING AND PROGRAMS

CHILD GUIDANCE CENTER – 2444 O ST. Lincoln, NE PH: 402-475-7666 <http://www.child-guidance.org/treatment.html>

A sex offender relapse prevention program. Offers adolescent sex offender counseling ages 12-18 yrs. Also a residential adolescent program for 12 to 18 yrs.

COUNSELING AFFILIATES OF NEBRASKA- 1550 S. 70TH St., Suite 101 Lincoln, NE 68506 PH: 402-488-0077 Dr. Mary Paine, Dr. Giles, Dr. Jason Christensen

Provides general counseling and specialized sex offender programs.

DR. STEVE BLUM (Private Counseling) Long Professional Center 4535 Normal Blvd. Suite 212 Lincoln, NE PH: 402-441-9292. <http://www.stevenblum.net/>

Provide counseling for sexual offenders and sexual deviance, individual counseling.

KATY HILGENKAMP, MA, LMHP, CPC – Sex Offender Counseling -7341 Otoe St. Lincoln, Nebraska PH: 402-890-2550.

Provide outpatient adult sex offender counseling. Offering individual sessions using a victim/advocacy cognitive behavioral approach. The offender is expected to complete written assignments and attend both individual and group therapy. The program can be expected to take a minimum of two years to complete. Marital, family, and victim therapy are also available to the families of the offenders. Fees: \$30 (group), \$60 (individual/family). Insurance and Medicaid accepted.

SPECIALIZED RESOURCES FOR WOMEN, MINORITY, AND DISABLED

FRIENDSHIP HOME – P.O. Box 85358 Lincoln, NE PH: 402-434-6353

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

Provides shelter for women and their children who are of domestic violence and sexual assault.

NAF – MULTICULTURAL HUMAN DEVELOPMENT CORPORATION – 300 N. 27th SUITE A, LINCOLN, NE. Regional Office: PH: (402) 734-4100

Provides classes to learn English as a second language, GED certification, financial assistance for college tuition, on the job training, job seeking skills and job placement. This is mostly for farm worker and Spanish speaking individuals. Administrative Office located in North Platte, NE. Regional Offices located in Columbus NE, Omaha NE, Gering NE, Grand Island NE. and South Sioux City, NE. Also provide emergency services as food, gas, and help with rent.

VOICES OF HOPE – 2545 N St. Lincoln, NE. PH: 402-476-2110. Crisis lines: 402-475-7273. voicesofhopelincn.org

Provides 24-hour advocacy and shelter for sexual assault and domestic violence victims and assistance with protection order applications. Short term services. Free of charge.

SAINT MONICA HOME – 120 Wedgewood Dr. Lincoln, NE PH: 402-441-3768. www.stmonicas.com

Residential/ outpatient rehabilitation for women over 19 years. Must be referred after primary treatment. Sliding scale fee. Project mother and child program, project strong families, intensive outpatient, outpatient mental health and substance abuse counseling.

COMPANION LINK, 221 Sun Valley Blvd., Lincoln, NE 68528. PH: 402-477-2101

Provides resources and employment to people with developmental or intellectual disabilities.

THE ORCHARD PEER SUPPORT SERVICES – 300 So. 13th St., Lincoln, NE PH: 402-477-0152

Hours: Monday through Thursday 10 a.m. to 6 p.m.; Fridays and Saturdays 10 a.m. to 8 p.m. Provides supportive groups and activities on a daily basis.

AGING PARTNERS

AGING PARTNERS HEALTH AND FITNESS CENTER – 233 S. 10th St. Lincoln, NE PH: 402-441-7575

Open Monday-Friday, 8am – 4pm. Certified personal trainers available on Tuesday and Thursday by appointment. The suggested contribution is \$10/month for those over 60 and \$15/month for those under 60

AGING PARTNERS LINCOLN AREA – 1005 O St. Suite 300, Lincoln, NE PH: 402-441-7070 <http://lincoln.ne.gov/city/mayor/aging/>

The listing below covers areas throughout the state in Nebraska:

EASTERN NEBRASKA OFFICE ON AGING – 4780 S 131st St, Omaha, NE. PH: 402-444-6558, <http://www.enoa.org/>

THE HARVEST PROJECT – 1005 “O” St., PH: 402-441-7070

Offers the services of an experienced multi-disciplinary outreach team. The team is comprised of three professional case managers who specialize in aging, mental health, and substance abuse concerns. Services are cost free, confidential and include identification and screening, crisis intervention, professional consultation assessment, etc., Referrals listed below.

PERSONAL & FAMILY SERVICES, 1005 “O” St. – PH: 402-441-7070

Free, confidential information regarding all aging services. Personal assistance, advice, and advocacy with any aging-related problems or concerns. Division of Aging Partners.

STATEWIDE SUPPORT GROUPS:

SUPPORT GROUPS: AA, ALANON, AND ADULT CHILDREN OF ALCOHOLICS, CA, EA,GA,NA,OA, SLAA, DOMESTIC VIOLENCE AND SEXUAL TRAUMA, HIV POSITIVE GROUPS. (See your local telephone listings for meetings and locations). Website: <http://lincaa.org/wp-content/uploads/2011/11/lincaa-meeting-list-2011-12.pdf>.

Alcoholics Anonymous (AA) – search for meetings by town, district, date, etc. <http://area41.org/>

Narcotics Anonymous (NA) – For meetings in the State of Nebraska, access this website and search for meetings in Nebraska and throughout the United states (including Lincoln). Website: <http://na.org/meeting>

Cocaine Anonymous: <http://www.canebraska.org/>

BRIDGING THE GAP – PH: (402) 556-1879

A temporary contact program designed to help the alcoholic in an alcoholism treatment program make that transition. Contact your local AA and ask for Bridging the Gap.

HEALTH DEPARTMENTS CITY, COUNTY AND DISTRICT

Lincoln-Lancaster County Health Department

3140 N St. Lincoln, NE PH: 402-441-8000 Fax: 402-441-6229 health@lincoln.ne.gov
<http://www.lincoln.ne.gov/city/health/>

Four Corners Health Department (Regional)

2101 N. Lincoln Ave. York, NE PH: 402-362-2621 or 1-877-337-3573 <http://www.fourcorners.ne.gov/>
(Butler, Polk, Seward, and York counties)

Public Health Solutions

995 East Highway 33 Ste. #1 Crete, N1E PH: 402-826-3880 or 888-310-0565 Email:
tsutterphs@neb.rr.com (Fillmore, Gage, Jefferson, Saline, and Thayer counties)
<http://www.phsneb.org/>

Sarpy/Cass Department of Health and Wellness

701 Olsen Dr. Suite #101 Papillion, NE PH: 402-339-4334 or 800-645-0134 (Cass and Sarpy counties)
www.sarpycasshealthdepartment.org

Southeast District Health Department

2511 Schneider Ave. Auburn, NE PH: 402-274-3993 (Johnson, Nemaha, Otoe, Pawnee, and Richardson counties) www.sedhd.org

ALCOHOL/DRUG/GAMBLING PROGRAMS

THE BRIDGE – 907 S. Kansas Ave., Hastings, NE PH: 402-462-4677 www.thebridgehastings.com

The Bridge has offered long-term residential treatment services for women in a therapeutic, transitional setting. We are a gender competent facility located in a residential area of Hastings, Nebraska.

Counselor Credentialing Guide

Ph. D.	Doctor of Philosophy
Ed. D.	Doctor of Education
Psy. D.	Doctor of Psychology
Ed. S.	Education Specialist
M. A.	Master of Arts
M. Ed.	Master of Education (essentially the equivalent of the M.A.) EdM
M. S.	Master of Science
M. S. W.	Master of Social Work
B. A.	Bachelor of Arts
B. S.	Bachelor of Science
B. S. Ed.	Bachelor of Science in Education
B. S. W.	Bachelor of Social Work
ABD	All But Dissertation (NOT a degree! Be very wary of ANYONE listing this as a degree or credential!)
CADAC	Certified Alcohol and Drug Addictions Counselor
CCGC	Certified Compulsive Gambling Counselor
CFLE	Certified Family Life Educator
CPC	Certified Professional Counselor
CSAT	Certified Sexual Addictions Therapist
CMAT	Certified Multiple Addictions Therapist
LADC	Licensed Alcohol and Drug Counselor
LCSW	Licensed Clinical Social Worker
LMHP	Licensed Mental Health Practitioner
LIMHP	Licensed Independent Mental Health Practitioner
LMFT	Licensed Marriage and Family Therapist
MD	Doctor of Medicine
NCC	Nationally Certified Counselor
NCAC	Nationally Certified Addiction Counselor
P	Provisional License, whenever you see the P <u>in front</u> of the initials
RPT	Registered Play Therapist
RPTS	Registered Play Therapist Supervisor
SAP	Substance Abuse Professional
EMDR	Eye Movement Desensitization and Reprocessing

Fee and Sliding Fee Scale Clinics

Location	Name	Phone	Address Line 1	Clinic Type
Lincoln	People's City Mission Free Medical Clinic	402-817-0980	401 North 2 nd St.	Medical & Dental
Lincoln	Clinic with a Heart	402-421-2924	1701 S. 17 th #4g	Medical & Dental
Lincoln	People's Health Center			
Lincoln	NE Urban Indian Health Coalition	402-434-7177	2331 Fairfield	Medical
Lincoln	Matt Talbot Kitchen	402-477-4116	2121 No. 27 th St.	Monthly clinic with a Heart
Lincoln	Lincoln and Lancaster County Health Department	402-441-8015	3140 "N" St.	Dental
Lincoln/Omaha	UNMC Sharing Clinics	402-559-2666	804 So. 52 nd St.	Quarterly Medical
Lincoln/Omaha	UNMC Sharing Clinics	402-472-1341	UNMC College of Dentistry, 40 th & Holdredge Street	Quarterly Dental
Alliance	Alliance Migrant Health Clinic	308-762-3696	619 Box Butte Ave.	Seasonal
Chadron	CAPWN Dental Clinic	308-432-8142	221 Chadron Ave.	Dental
Columbus	Good Neighbor Community Health	402-563-9224	2282 E. 32 nd Ave.	Medical & Dental
Gering	CAPWN Health Center	308-632-2540	940 Crescent Dr.	Medical
Gering	CAPWN Dental Center	308-632-2279	940 Crescent Dr.	Dental
Grand Island	Heartland Health Center	308-382-4297	3307 W. Capital Ave	Medical
Grand Island	Third City Community Clinic	308-398-5312	1107 N. Broadwell Ave.	Medical & Dental
Hastings	Mary Lanning Healthcare Community Health Center	402-461-5265	606 N. Minnesota Ave.	Medical
Madison	Madison Medical Clinic	402-454-3304	222 S. Main St.	Medical & Dental
Norfolk	Midtown Health Center	402-371-8000	302 West Phillip Ave	Medical & Dental
North Platte	West Central District Health Dept. Dental Clinic	308-696-1201 ext. 228	107 No. Dewey St.	Dental
Omaha	One World Community Health Center	402-734-4110	4920 S. 30 th , Ste. 103	Medical & Dental
Omaha	Charles Drew Health Center, Inc.	402-453-1433	2915 Grant St.	Dental
Omaha	Charles Drew Health Center, Inc.	402-451-3353	2915 Grand St.	Medical
Omaha	One World West Omaha	402-505-3907	4101 So. 120 th St.	Medical & Dental
Omaha	One World Northwest Omaha	402-401-6000	4229 No. 90 th St.	Medical
Omaha	Benson Community Health Center	402-558-9242	5420 Northwest Radial Hwy	Medical
Omaha	Homeless Satellite Clinic	402-345-9860	Catholic Charities Campus for Hope, 1490 No. 16 th Street	Medical
Omaha	Homeless Satellite Clinic	402-346-8401	Sienna Francis House, 111 No. 17 th St.	Medical
Plattsmouth	Cass Family medicine	402-296-2345	122 South 6 th Street	Medical



Community Action Partnership Offices in Nebraska

Southeast Nebraska Community Action Partnership

Chief Executive Officer: Vicky McNealy

Main Offices: 802 Fourth Street Humboldt, NE 68376

Telephone: (402) 862-2411 or (402) 862-2412

Web Site: www.senca.org

Serves the Counties of Cass, Johnson, Nemaha, Otoe, Pawnee and Richardson.
Weatherization also serves Sarpy.

Community Action Partnership of Lancaster and Saunders Counties

Executive Director: Vi See

Main Offices: 210 "O" Street Lincoln, NE 68508

Fax: (402) 471-4844

Web Site: www.communityactionatwork.org

Serves the Counties of Lancaster and Saunders.

Navigators: Pam and Alfred

Blue Valley Community Action Partnership

Chief Executive Officer: Richard D. "Rick" Nation

Main Offices: 620 5th Street Fairbury, NE 68352

Telephone: (402) 729-2278

Web Site: www.bvca.net

Serves the Counties of Butler, Fillmore, Gage, Jefferson, Polk, Saline, Seward, Thayer and York
In Kansas: Jewell, Smith

Navigators:

Butler County: Cortney Hartz: (402) 729-2278, Extension 136

Fillmore County: Cortney Hartz: (402) 729-2278, Extension 136



Community Action Partnership Offices in Nebraska

Gage County: Donna Leikam: (402) 223-6034

Jefferson County: Ryan Bailey: (402) 729-5568
Roxanne Hammond: (402) 729-2278, Extension 124
Jamie Swartz: (402) 729-2278, Extension 121

Polk County: Lisa Epp: (402) 747-2102

Saline County: Jamie Vyhnalek: (402) 826-2141, Press 3 for Immunization
Graciela Quiroz: (402) 641-1799

Seward County: Cortney Hartz: (402) 729-2278, Extension 136

Thayer County: Ryan Bailey: (402) 768-6704

York County: Lisa Epp: (402) 362-3516

Español: Graciela Quiroz: (402) 641-1799

Northeast Nebraska Community Action Partnership

Chief Executive Officer: Robin Snyder

Main Office & Mailing Address: PO Box 667, 603 Earl Street Pender, NE 68047

Telephone: (402) 385-6300

Web Site: www.nencap.org

Serves the Counties of Antelope, Burt, Cedar, Cuming, Dakota, Dixon, Dodge, Knox, Madison, Pierce, Stanton, Thurston, Washington and Wayne

Navigator: Ashley Frevert



Community Action Partnership Offices in Nebraska

Central Nebraska Community Action Partnership

Chief Executive Officer: Cheryl Holcomb

Main Offices: 626 N Street Loup City, NE 68853

Telephone: (308) 745-0780

Web Site: www.welcome2cncs.com

Serves the Counties of Blaine, Boone, Boyd, Brown, Colfax, Custer, Garfield, Greeley, Hall, Hamilton, Holt, Howard, Keya Paha, Loup, Merrick, Nance, Platte, Rock, Sherman, Valley and Wheeler

Community Action Partnership of Mid Nebraska

Chief Executive Officer: Meredith Collins

Main Offices: 16 West 11th Street Kearney, NE 68847

Telephone: (308) 865-5675

Web Site: www.communityactionmidne.com

Serves the Counties of Adams, Arthur, Buffalo, Chase, Clay, Dawson, Dundy, Franklin, Frontier, Furnas, Gosper, Grant, Harlan, Hayes, Hitchcock, Hooker, Kearney, Keith, Lincoln, Logan, McPherson, Nuckolls, Perkins, Phelps, Red Willow, Thomas and Webster
In Kansas: Norton and Phillips

Navigators: Navigators are located in Kearney and North Platte and are willing to travel. Please contact 1-877-335-6422 to make an appointment.

Northwest Community Action Partnership

Executive Director: Karen Harbach

Main Offices: 270 Pine Street Chadron, NE 69337

Telephone: (308) 432-3393

Web Site: www.ncap.info

Serves the Counties of Box Butte, Cherry, Dawes, Sheridan and Sioux



Community Action Partnership Offices in Nebraska

Community Action Partnership of Western Nebraska

Chief Executive Officer: Margo Hartman

Main Offices: 3350 10th Street Gering, NE 69341-1700

Telephone: (308) 635-3089

Web Site: www.capwn.org

Serves the Counties of Banner, Cheyenne, Deuel, Garden, Kimball, Morrill, Scotts Bluff, and for Migrant Head Start, Box Butte County

Eastern Nebraska Community Action Partnership

Chief Executive Officer: Alex Gray

Main Offices: 2406 Fowler Avenue Omaha, NE 68111

Telephone: (402) 453-5656

Web Site: www.encapomaha.org

Serve Douglas and Sarpy counties.

Resolute Group

Main Offices: 11205 Wright Circle, Suite 140 Omaha, NE 68144

Toll Free: 844-233-7096

Telephone: 531-600-2271

Fax: 402-505-6233

Web site: <http://weareresolute.com/help-me-enroll/nebraska/>

Navigator services for Douglas and Sarpy counties.

Navigators: Tiffany and Courtney

Enroll NE Find Local Help -- <http://enroll-ne.org/local>