

# Important Numbers

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

Domestic Violence Hotline (Family Crisis Center):  
1-800-382-5603  
Sexual Assault Hotline  
(Centers Against Abuse & Sexual Assault):  
HOPE LINE: 1-877-362-4612  
Housing Hotline (CSADV):  
1-800-982-7233

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

**Iowa Child Care Complaint Hotline**  
Department of Human Services - Report a child care business that is  
not meeting Iowa's child care rules.  
Phone: 1-844-786-1296

**Iowa Concern Hotline**  
Iowa State University Extension  
(for stress, financial and legal issues)  
1-800-447-1985 (24 hours/day)

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

Disclaimer: The services and information in this directory are not all inclusive of the resources in our community. If you are aware of other community services you would like to add to this directory or if you know of inaccurate information listed in this directory, please contact BVCS Early Childhood Iowa listed on page 20. Your assistance is greatly appreciated.

Contact information for service organizations on pages 27 and 28 is available by calling Chamber- Main Street (712) 662-7316.

Updated June 2020

# Sac County Resource Directory



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**Partners for Progress** - The purpose of this group is to help all people in the community to thrive. Funding is through a grant from the Northwest Area Foundation. Working in conjunction with the ISU Extension they have sponsored VITA (Volunteer Income Tax Assistance) free income tax preparation service for low to moderate income people. They work with the Senior Center group to improve their facility and services to the community. Also each year they have held a “Free Cycle Saturday”. This big garage-like sale fills the Chautauqua Building with useable items donated by the community to be given away free to others in the community. Contact Carol Groen at 662-4404 or Sue Peyton at 662-3507.

**PEO** - This philosophical organization promotes education by sponsoring scholarships for traditional and non-traditional individuals looking to further their education. Meetings are held in the member’s homes on either the first or third Monday of each month. Jackie Mahler and Steph Kelsey.

**PTO- Parent Teachers Organization** - Monthly meeting for this group vary to accommodate the schedules of their member. Their purpose is to support the school, teachers and student of the area. They raise funds and supply the “extras” that the school budget can’t stretch to cover. Contact the school at 662-7200 for current leader.

**Red Hat Society**- Each member of this women’s club wear a red hat and purple dress and proceed to nurture their latent eccentricities by embracing their own spirit of fun. They are led by the Queen Mother Diana Sorensen and meet on the fourth Wednesday of each month.

**Sac Community Center** - offers many services for business and recreational needs. Daily fees and membership options are available for usage. The facility includes an indoor pool, gymnasium, weight and exercise rooms, and racquetball courts. There is also a conference room and kitchen available for rent. Check them out at <http://saccommunitycenter.com> or call 712-662-4553.

**Sac County Child Abuse Prevention Council** – The purpose of the Council is “to promote positive and safe environments for the children in our community through Public awareness, education, and services designed to prevent abuse and neglect”. The council meets bi-monthly, contact 712-662-3880 for additional information.

**Sac Fit** – Bridging the gap to healthier lifestyles for Sac County. Making wellness a priority. Facebook: <https://www.facebook.com/SACFITwellness>

**Sac County Hometown Pride** - Sac County and its nine (9) communities are working together with Keep Iowa Beautiful to enhance the appearance and economic pride throughout the county [saccountyhometownpride@gmail.com](mailto:saccountyhometownpride@gmail.com) or on Facebook.

**WaTanYe** – This club focuses on supporting the activities of the community by scholarship for seniors, support to the Sac County Mentoring group, volunteering at ParkView Rehab Center and many more activities. They raise funds through running the snack shack at the summer ball fields and a soup supper. They meet the third Wednesday of the month at Loring Hospital at 6pm. A supper is catered.

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## Financial & Income Assistance

➤ **Child Support Unit** - Enforces payment of ordered child Support, assists in modifying or ending a child support order when appropriate.

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

Website: <https://childsupport.ia.gov/>

➤ **Dept. of Human Services Office (DHS) Sac County**

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

Local Office: 116 South State St., Suite B, Sac City, IA 50583

Sac City Office Hours: By appointment only

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

Income and Resources for Meeting Basic Needs

(Income and resource/asset guidelines apply) <https://dhs.iowa.gov/>

- Medicaid/Title 19 – health care
- Cash Assistance (FIP – Family Investment Program)
- Food Assistance (Food Stamps)
- Child Care Payment Assistance
- Job Training Assistance

➤ **Health Insurance Marketplace**

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

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

ph: 1-800-318-2596

➤ **ISU Extension & Outreach**

ISU Iowa Concern Hotline 800-447-1985

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

Family Finance Phone 712-730-3884 ISU Extension Family Finance Specialist. The hotline is confidential offers some legal support, food preparation, housing and mortgage, referral support one-on-one various manners dealing with debt what rights are, receiving calls focusing on stimulus funds: Secretary of State website, IRS, Social Security, SSI, DE.

## Sac City Churches

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

## Service Organizations

Contact information for service organizations on pages 27 and 28 is available by calling Chamber- Main Street (712) 662-7316.

**Chamber-Main Street Sac City** - The mission of Chamber-Main Street Sac City is to promote the economic, social and political life of Sac City and its surrounding trade area. Goals are: to establish and sustain a revitalization program which reflects community spirit, involvement, and positive attitudes; to strengthen and broaden the economic base of Sac City; to improve the physical appearance of the commercial district using downtown as an initial focal point; to market Sac City through innovative promotions and activities in the commercial district and to showcase the unlimited advantages of Sac City. Website: <http://saccity.org/> for more information, call 712-662-7316 or e-mail [saccitymainstreet@prairieinet.net](mailto:saccitymainstreet@prairieinet.net)

**After 5 Club** is a group of Christian women that meets at 7pm either the third or fourth Monday of each month at the First Christian Church. There is a catered meal and inspirational speakers. Their focus is to promote local businesses and school projects.

**Kiwanis** - Focuses on changing the world by serving children one child and one community at a time. Lunch and meetings are every Monday at noon at the Sac Community Center. Website has current contact information at: <http://www.saccitykiwanis.org/>

**Lions** - The Lions are an international club whose purpose is to empower volunteers to serve their community, meet humanitarian needs, encourage peace and promote international understanding. Meetings: second and fourth Tuesday 7pm at the Community Center. Services for visually impaired individuals are the focus of the Lions. They sponsor leader dogs through the Rockwell City Correctional facility, collect used eye glasses, and provide college scholarships. Fund raising is through their famous omelet breakfasts.

**Men's Club**- Service to the youth of the community through providing activities and learning opportunities is provided by this club. They sponsor the punt, pass and sprint contest, bicycle rodeo, drive, chip and putt contest, sandbox fill, scholarships, and Christmas gifts to the outreach center. Fund raising is by soup and pie sales and hoagie sales, with proceeds used for community events and projects, and Men's Club activities. Meetings are held at the New York Life Insurance Office on the 4<sup>th</sup> Tuesday at 7pm.

## Legal

### ➤ Iowa Legal Aid

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

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

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

### ➤ Legal Hotline for Older Iowans

ph: 800-992-8161

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

Hours: 9:00 – 4:00 M - F

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

### ➤ Iowa Concern Hotline

ph: 800-447-1985

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

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

### ➤ Office of Ombudsman

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

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

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

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

### ➤ Iowa Attorney General Consumer Protection Office

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

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

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

Iowa Attorney General Main Office

ph: 515-281-5164 [www.iowa.gov/government/ag](http://www.iowa.gov/government/ag)

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

### ➤ Low Income Home Energy Assistance Program

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

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

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

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

The Low-income Home Energy Assistance Program (LIHEAP) is  
designed to aid qualifying low-income Iowa households (homeowners  
and renters) with income at or below 150% of the Federal Poverty  
Guidelines. Applications are accepted on a first come/first served basis  
at your local Family Development Center from November 1 through  
April 30 (October 1 for households with elderly/disabled member).

- In the payment of a portion of their residential heating cost for the  
winter heating months,
- To encourage regular utility payments,
- To promote energy awareness and to encourage reduction of energy  
usage through energy efficiency, client education, and  
weatherization.

### ➤ New Opportunities Financial Literacy Counseling

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

ph: 712-792-9266

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

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

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

### ➤ New Opportunities Inc., Sac County Family Development Center

1710 West Main Street, Sac City IA 50583

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

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

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

New Opportunities, Inc. offers Energy Assistance (LIHEAP), Food  
Pantry, SHARE, and a variety of other assistance programs, including:

**Clothes Closet:** used clothing available at very low cost

**Christmas Angel Tree:** gifts for families in need.

**Mobile Food Pantry:** Every other Month - February, April, June,  
August, October, December, on Wednesday 4:00 to 6:00 pm VFW Hall  
in Sac City.

## Other Financial Assistance/Resources

### ➤ **Sac County General Assistance**

100 N. West State Street (Courthouse, 2<sup>nd</sup> floor), Sac City, IA 50583  
 ph: 712-662-4552; Fax: 712-662-4552  
 Short-term financial assistance (i.e.: utilities, shelter, food vouchers, emergency medical); assistance in applying for other benefits.

### ➤ **Sac Supplemental Security Income (SSI)**

Social Security Administration, 800 Oneida St, Storm Lake IA 50588

Social Security Administration, 818 Bella Vista Drive, Carroll, IA 51401

Phone: 866-572-8381

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

National Helpline: 800-772-1213

<https://www.ssa.gov/>

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

### ➤ **Sac County Veterans Affairs**

100 N. West State Street (Courthouse, 2<sup>nd</sup> floor), Sac City, IA 50583  
 ph: 712-662-4552; Fax: 712-662-4552  
 Assist veterans and family members in applying for veterans benefits (ie: pension or service connected compensation, medical, death and burial, education, home loan, life insurance).

### ➤ **Sac City Welfare Board**

Make contact through local churches (page 27) or other agencies. Modest funding to assist with essential financial needs of individuals and families with Sac City addresses, when no other resources are available.

### **Iowa State University Extension**

Sac County Office, 620 Park Ave , Sac City IA 50583  
 ph: 712-662-7131; Fax: 712-662-7133

Website: <https://www.extension.iastate.edu/sac/>

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

### **Iowa Central Community College**

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

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

330 Avenue M, Fort Dodge IA 50501

Storm Lake: 712-732-2991

916 Russell St, Storm Lake, IA 50588

Website: <https://www.iowacentral.edu/>

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

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

515-964-6200 or 800-362-2127

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

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

500 NE 6<sup>th</sup> St, Pocahontas IA 50574

Main Office: 712-335-3588 or 800-540-3858

Lending Library for Teachers: 800-594-9494

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

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

### **Public Libraries**

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

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

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

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

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

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

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

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

## Education

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

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

- East Sac County Elementary – Sac City  
400 S 16<sup>th</sup> St, Sac City, 50583  
ph: 712-662-7200
- East Sac County Elementary – Wall Lake  
207 Boyer, Wall Lake 51466  
ph: 712-664-2627
- East Sac County Middle – Sac City  
300 S 11<sup>th</sup> St, Sac City, 50583  
ph: 712-662-3259
- East Sac County High School – Lake View  
801 Jackson, Lake View 51450  
ph: 712-665-5001

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

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

- Odebolt-Arthur Elementary & Middle School - Odebolt  
600 S Maple St, Odebolt, 51458  
ph: 712-668-2827
- BCIG Elementary – Ida Grove  
403 Barnes St, Ida Grove 51445
- OABCIG High School – Ida Grove  
900 John Montgomery Drive, Ida Grove 51445  
ph: 712-364-3371

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

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

- Schaller-Crestland Elementary; 300 S Berwick, Schaller, IA  
ph: 712-275-4266
- Ridgeview Middle School; 310 W Main St, Early IA  
712-273-5185
- Ridgeview High School; 519 East Maple St, Holstein, IA  
ph: 712-368-4353

**Kid's world Inc. Preschool** see page 21

**Head Start Preschool** see page 21

**Wee Wildcats Daycare** see page 21

## Housing Assistance

### ➤ Buena Vista County USDA Rural Development

1619 North Lake Ave, Storm Lake, IA 50588

ph: (712) 732-1851; Fax: 855-251-2245

<https://www.rd.usda.gov/ia>

Mon-Fri, 8:00 - 4:30

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

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

### ➤ Region XII Regional Housing Authority

PO Box 663, 320 E 7<sup>th</sup> Street, Carroll IA 51401

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

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

### ➤ Region XII Council of Governments

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

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

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

### ➤ Weatherization

New Opportunities Inc., Sac County Family Development Center

1710 West Main Street, Sac City IA 50583

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

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

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

### ➤ Senior Housing

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

#### **Meadowlane Apartments**

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

ph: 712-660-7821

#### **Brookridge Apartments**

South 16th Street, Sac City, IA 50583

ph: 712-792-7800

#### **Westview Apartments**

South 16th & Gishwiller, Sac City, IA 50583

ph: 712-662-7827 or 712-662-4755

## Food Resources

### ➤ Congregate Meals

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

- Sac City Senior Center: Tourgee & Main St; 712-662-7919
- Wall Lake Community Center: 108 Boyer St.; 712-664-2984
- Odebolt Community Center: 116 E. 2nd St; 712-668-2223
- Lake View: Eilert Auen Post, 310 Main St; 712-665-4005 (10-1P) Reservation 657-8547
- Auburn City Hall: 209 Pine St; 712-688-2264

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

### Home-delivered Meals

712-662-7919 – Sac City; 712-668-2223- Odebolt;

712-664-2984 – Wall Lake, Lake View; 712-688-2264-Auburn

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

### ➤ Food Assistance (Food Stamps)

See Department of Human Services, p. 2

### ➤ LSI Foster Care and Adoption

Lutheran Services in Iowa, 205 S 7<sup>th</sup> St, Denison, IA 51442

ph: 712-263-9341

Fax: 712-263-6061

M- F 8:00 am – 4:30 pm

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

**Behavioral Health Intervention Services (BHIS)**, family preservation, foster care services, Iowa's Kids net (adoption), pregnancy prevention.

### ➤ Parent Partner Program

Parent Partner Coordinator, Children & Families of Iowa,

Phone: 515-577-8929

Website: <http://dhs.iowa.gov/parent-partners>

Coordinator: Emmalee Bolin 515-577-8929

Email: [emmaleeb@cfiowa.org](mailto:emmaleeb@cfiowa.org)

Mentor families currently involved with Department of Human Services.

Parent Partner Activities

- Work with families to promote engagement in case plan activities.
- Help maintain connections between parents and children while in out of home care.
- Share insight and understanding about their own personal experiences that may help parents be successful in their reunification efforts.
- Assist in the goal of reunification and/or the development of appropriate alternative permanent plans.
- Provide a sense of hope and inspiration to parents in the “system”.
- Connect parents with resources.
- Provide encouragement, outreach and support.
- Work with Parent Partner team (Parent Partner Coordinator, child welfare case worker, planning committees, etc.).

### ➤ Sac County Mentoring

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

ph: : 712-662-7921

Fax: 712-662-8020

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

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



## Children and Youth

### ➤ **Decat/CPPC (Community Partnership for Protective Children)**

608 N Court Suite C Carroll, IA 51401

Phone: 712-792-4391 ext. 239

Email: [msscott@dhs.state.ia.us](mailto:msscott@dhs.state.ia.us)

Crawford/Sac Board funding programs for children 5-18 years. Call for information about Community Based Family Team Meetings. Local Planning Groups meet bi-monthly in Sac City.

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

Youth & Shelter Services, Inc. (YSS)

ph: 515-233-3141 ext. 4405

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

FaDSS is a state-sponsored program to help families who are receiving FIP work to become self-sufficient, through home visits and work with a Family Development Specialist. *Eligibility:* Adult member of household must receive FIP (cash assistance through DHS). Call for appointment.

### ➤ **Family STEPS Program**

Sac County Health Services, 116 South State St, Suite A, Sac City, IA 50583

ph: 712-662-4785

Fax: 712-662-7862

Website: [www.SacCountyHealthServices.com](http://www.SacCountyHealthServices.com)

Free home visits providing support and education to expectant parents and to parents with children up to age 5. Designed to help provide children a healthy start and to reduce the stress associated with the birth of a baby. No income guidelines.

### ➤ **Iowa Family Support Network**

ph: 1-888-IAKIDS1 (1-888-425-4371) or

Email: [iafamilysupportnetwork@everystep.org](mailto:iafamilysupportnetwork@everystep.org)

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

The Iowa Family Support Network (IFSN) is a website which includes information and referral for Early ACCESS, IDEA Part C services, along with Family Support Services and Group Based Parenting Programs. The IFSN website contains a statewide Resource Directory, Statewide Events, National Resources, and Projects and Research related to early childhood including early intervention.

### ➤ **Juvenile Court Services**

Carroll County Court House

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

Supervises court-ordered services for youth.

### ➤ **Food Pantry**

New Opportunities Inc., Sac County Family Development Center

1710 West Main Street, Sac City IA 50583

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

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

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

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

### ➤ **Summer Lunch Programs**

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

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

----Join us for a free breakfast and lunch! Open to all children and teens.

No registration or identification is required.

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

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

Phone contact: 712-273-5185

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

New Opportunities Inc.

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

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

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

## Employment

### ➤ **Connection Center at Goodwill**

229 W. Milwaukee, 50588  
 Storm Lake, IA 50588  
 ph: 712-749-5146 Hrs: M – F 10:00 am – 6 pm  
 Education: resume and cover letter preparation, job postings, workshops, application assistance, and interview preparation.  
 Technology: available computers, Wi-Fi Access, free printing and local faxing, multi-media projection screen, Windows 7/Office 2010.  
 Networking: Community resources, employment resources, free online learning, job search sites, career fairs, and resource room.

### ➤ **Iowa Works of Carroll**

619 N Carroll St, Carroll IA 51401;  
 ph: 712-792-2685  
 8:30 a.m. – 4:30 p.m. Hrs: M, T, Th, F and Wed 9:00 – 4:30  
 Website: <https://www.iowaworks.gov/vosnet/Default.aspx>  
*Primary services:* job placement, job insurance fi ling, services for veterans, labor market information, re-employment services.  
*Additional services:* pre-employment training, skills assessment, resume writing, on-the-job training, at-risk youth. A **Resource Center** is available Monday-Friday 8:30 a.m. – 4:30 p.m. for use of computer equipment.

### ➤ **Job Corps**

National Info-Line: 800-733-JOBS; (800-733-5627)  
<http://recruiting.jobcorps.gov>  
 Denison Job Corps Center  
 10 Opportunity Dr, P.O. Box 610, Denison, IA 51442  
 ph: 712-263-4192; Fax: 712-263-6910  
 Education and training of young persons: ages 16-24, solo parent program on site.  
*For application information:* contact one of the numbers above.

### ➤ **Early ACCESS**

Iowa Family Support  
 Ph: 1-888-425-4371 Website: <http://www.earlyaccessiowa.org/>  
 Early ACCESS serves children under 3 years of age; who have a health or physical condition that affects his or her growth and development; or have a delay in his or her ability to play, hear, see, talk, or move. There are many services and resources to help your child and family.

### ➤ **Early Childhood Developmental Screenings**

Prairie Lakes Area Education Agency  
 824 Flindt Drive, Suite 105, Storm Lake IA 50588  
 ph: 866-540-3858 ext. 87005  
 Website: <http://www.aca8.k12.ia.us/>  
 Free screenings for children from birth to age 5 when concerns are present or developmental delay is suspected. Screenings include complete evaluations, problem-solving and recommending services where appropriate.

### ➤ **Head Start**

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

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

Department of Human Services  
 Phone: 844-786-1296 Report a child care business that is not meeting Iowa's child care rules.

### ➤ **Licensed Day Care Centers**

Kid's World Inc. QRS 4 Star  
 1408 Robbins Street, Sac City, IA 50583  
 ph: 712-662-7259 Website: <http://frontiernet.net/~kwsc/index.html>  
Wee Wildcats Day Care QRS 5 Star  
 301 S Hanover Street, Schaller, IA  
 ph: 712-275-4266  
 Licensed with the Department of Human Services and participating in Iowa Quality Rating Scale (QRS) program. The purpose of the centers is to provide high quality child care in a safe and nurturing environment that promotes the development of the "whole" child while responding to family's needs.

## Pre-school and Child Care

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

PO Box 174 Breda, IA 51436

8:00 am 3:30 pm Monday-Friday

ph: 712-830-6775

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

The BVCS Early Childhood Iowa 3-County Board provides funding to early childhood programs for children prenatal through age five through a Request for Proposal process.

### Preschool Tuition Scholarships

Financial assistance in paying for 3 and 4-year-old preschool tuition to a local preschool. Sliding fee determined by income. Application required available at participating preschool, BVCS ECI website, or calling the office.

### ➤ Centralized Child Care Assistance

Department of Human Services

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

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

[http://www.dhs.state.ia.us/Consumers/Find\\_Help/A-Z\\_Services.html](http://www.dhs.state.ia.us/Consumers/Find_Help/A-Z_Services.html)

### ➤ Child Care Resource and Referral

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

ph: 877-216-8481

Call to receive information and referrals 855-244-5301 for families seeking child care in their community. Information on child care assistance and other family support services for income-eligible families. Online web referrals for child care is also available at [www.iowaccrr.org](http://www.iowaccrr.org).

### ➤ Consultants Serving Child Care Providers

Child Care Resource & Referral - **Child Care Consultant:**

ph: 712-541-2432 Services provided to child care businesses via site-visits, phone, email, and training on a variety of child care issues including business management and quality ratings.

**Business Development Specialist-** Ph-712-786-3489-assisting communities with child care solutions

Calhoun County Public Health - **Child Care Nurse Consultant:**

Ph:712-297-8323 – health and safety issues/trainings in early care and education environments.

### ➤ Child and Adult Care Food Program

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

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

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

## Transportation

### ➤ Western Iowa Transit System

Region XII Council of Governments, 712-792-9914

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

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

Auburn Contact: (712) 688-2203

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

## Family Safety

### ➤ Centers of Hope (CAASA & FCC)

**Centers for Hope (CAASA) and (FCC) offer:**

These services include a 24 hour crisis line, crisis counseling, advocacy & support groups for adults and children, shelter, medical, & legal advocacy, school outreach & violence prevention programs, community education & information programs, & professional education. All services are *free* and *confidential*.

**Centers Against Abuse & Sexual Assault (CAASA)**

<https://www.caasaonline.org/> Visit us on Facebook

CAASA counselors available anytime by calling:

Phone: 712-363-5713 Crisis Line: 877-362-4612

\*Hours adjusted to serve the client\*

CAASA provides services to victims of **sexual violence** and their families.

**Family Crisis Centers (FCC)**

Ph: 800-382-5603

Visit us on Facebook

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

FCC provides Western Iowa Survivors of Homicide (WISH Unit) & Other Violent Crimes support & counseling for tragic situations.

### ➤ Reporting Child Abuse and Dependent Adult Abuse

Iowa Department of Human Service Centralized Intake -

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

## Health

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

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

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

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

To qualify, a child must live in Iowa and:

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

### ➤ **Loring Hospital**

211 Highland Ave, Sac City IA 50583

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

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

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

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

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

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

### ➤ **Managed Care Organizations (MCO)**

The IA Health Link program is administered by contracted Managed Care Organizations (MCOs) which provide members with comprehensive health care services, including physical, behavioral and long-term care services and support. The MCOs have a comprehensive network of health care providers that ensures quality care to all Medicaid members. Iowa Medicaid Member Services Mon – Fri 8 am to 5 pm Phone: 1-800-338-8366 <https://dhs.iowa.gov/ime/about>  
Iowa Total Care Phone: 1-800-404-1061 [www.iowatotalcare.com](http://www.iowatotalcare.com)  
Amerigroup Iowa Phone: 1-800-600-4441 [www.myamerigroup.com/ia](http://www.myamerigroup.com/ia).

### ➤ **Senior Health Insurance Information Program (SHIP)**

1-800-351-4664 or <http://www.therightcalliowa.gov/>

Hours: 8:00 am – 4:00 pm M-F

Telephone consultation and free publications to provide information about the insurance questions faced by older adults, including: Medicare coverage, Medicare Supplement Insurance Policies, Medicare Part D, Long-Term Care Insurance. In person conferences available

### ➤ **Proteus**

409 Kenyon Road, Fort Dodge IA 50501

ph: 800-798-8225

<http://www.proteusinc.net/>

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

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

## Sac County Government Offices

100 N W State Street, Sac City, IA 50583

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

**County Assessor** 712-662-4492

**County Attorney** 712-662-4791

**County Auditor** 712-662-7310

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

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

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

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

**County Recorder** 712-662-7789

**County Sheriff** 712-662-7127

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

**Emergency Management** 712-662-4789

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

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

**Veterans Affairs** 712-662-7929

## Older Adults

### ➤ **Elderbridge Agency on Aging**

603 N. West Street, Carroll, Iowa 51401

ph: 712-792-3512 or 800-243-0678 OR elderbridge@elderbridge.org

7:45 a.m.- Noon 12:20 pm - 4:15 p.m. Monday-Friday

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

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

Information, assistance, case management and/or advocacy for a full range of senior needs. Informational meetings and programs for seniors.

Provides funding to other organizations that provide services including: adult day care, chore, congregate/home delivered meals, homemaker/personal care, legal assistance, medication management, mental health counseling, respite, senior health, and transportation.

### ➤ **Experience Works, Inc.**

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

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

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

### ➤ **Iowa Department on Aging**

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

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

Handbook For Older Iowans -A comprehensive easy-to-read booklet with basic information about health care, long-term care insurance, financial benefits, powers of attorney, wills and trusts, funeral laws, consumer protection, age discrimination, more. Published by the Young Lawyers Division of the Iowa State Bar Association, revised periodically. Search website for *Handbook for Older Iowans* for a downloadable copy or call for a free copy.

### ➤ **Managed Care Organizations (MCO) Continued**

Amerigroup Iowa Resource Link

<https://www.myamerigroup.com/ia/get-help/local-resources.html>

Getting Help 24/7 (Amerigroup Members):

<https://www.myamerigroup.com/ia/care/care-options.html>

### ➤ **New Opportunities Inc.**

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

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

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

### **Health Services Program**

Call for appointment: 800-642-6330 ext. 206, or 712-792-1344

Sliding fee scale, insurance accepted. Pap Smears & Breast Exams,

Pregnancy Testing, Prenatal Education, Birth Control, STD/STI Testing.

### **Family Planning For Women and Men**

Reproductive Health:

- Birth control exams and supplies
- Tests and treatment for sexually transmitted diseases
- Cancer screening; Pap smears and breast exams
- Infertility exams, counseling, and referral
- Test for high blood pressure and anemia
- Pregnancy tests
- Health Education

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

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

ph: 712-662-7929

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

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

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

Office Hours: Mon – Fri, 8:00-4:30; On-call 24/7

ph: 712-662-4785; or toll-free 800-967-3984; Fax: 712-662-7862

Email: [sacphns@prairieinet.net](mailto:sacphns@prairieinet.net)

Web: <http://www.saccounty.org/health-services>

**Home Health Care and Homemaker Services:** for people of all ages, provided by Registered Nurses, Therapists, and/or Home Care Aides.

*Payment options:* Medicare, Medicaid (Title 19), Private Health Insurance, Client/Private Pay/Sliding fee scale, State Grant, Veterans Administration, Elderbridge, Worker's Compensation.

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

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

**Immunization Clinics:** Third Thursday of every month, 3-4:30 p.m.

Alternate appointments also available. Call for information.

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

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

### **Care for Yourself/Breast and Cervical Cancer Early Detection**

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

**Family STEPS:** in-home visitation for prenatal - age five (see page 22).

### **Ages & Stages Development Screenings & 1<sup>st</sup> Five Program:**

Developmental screening focus on communication, gross & fine motor skills, problem solving and personal social behaviors. Any concerns can be referred to your doctor who can then refer to the 1<sup>st</sup> Five Coordinator. The 1<sup>st</sup> Five Coordinator will work with you and your doctor to get your child & family the resources that are needed to continue age appropriate development.

## **Disability**

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

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

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

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

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

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

### ➤ **Howard Center, Inc.**

1319 Early Street, Sac City IA 50583

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

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

<https://howardcenterinc.org>

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

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

2 Triton Circle Fort Dodge 50501

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

ph: 515-573-8175; Fax 515-955-1849

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

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

## Addictions

### ➤ Alcoholics Anonymous

Mondays, 8:00 p.m., Court House Annex, 116 S. State St, Sac City

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

24 hours/day, 7 days/week

Information and referrals for gambling concerns – for yourself or others.

### ➤ New Opportunities Inc.

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

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

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

Only open on Monday & Wednesday

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

23751 Highway 30 East: PO Box 427

Carroll, IA 51401

### Treatment Services:

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

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

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

Programs available for: school-aged youth; adults (including workplace education); and for communities through Coalitions.

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

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

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

### ➤ Sac County Health Services working in partnership with Webster County Health Department

#### Maternal Child Health & Adolescent Health Program

723 1<sup>st</sup> Ave South, Suite 220

ph: 515-573-4107; Fax. 515-955-1682

Email: [public\\_health@webstercountyia.org](mailto:public_health@webstercountyia.org)

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

The purpose of the program is to help insure all children and pregnant women have access to health, dental, social & educational resources. We also ensure children are developing in normal growth and development patterns, make sure clients have a medical home and identify any client with medical concerns/issues and refer them to the appropriate resources.

Services available include:

- Education regarding pregnancy
- Labor and delivery for pregnant women

Children benefit from:

- Developmental screenings
- Child health nursing in-home visits
- Dental services, and
- Immunizations & lead screening/testing.

#### 1<sup>st</sup> Five Healthy Mental Development Initiative

ph: 515-573-4107 or 888-289-3318

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

#### I-Smile Program

Dental children can receive dental screenings and preventative fluoride on their teeth at WIC or preschool. Education on how to care for children's teeth is provided to parents. School based clinics offer sealants to children in 2<sup>nd</sup> thru 8<sup>th</sup> grades. The I-Smile Coordinator can also assist with making a dentist appointment. The program targets pregnant women and children under the age of 21. Contact the I-Smile Program at 888-289-3318 or 515-573-4104 for additional information.

#### Postpartum and Child Health Nursing Visits

A registered nurse can make an in-home visit to a postpartum mom/baby or for children ages 0-21 to address any medical concerns or questions. These visits can be requested by your family doctor, a family member, or anyone with direct contact with a child. Contact information; Sac County Health Services 712-662-4785

#### Lead

Assistance to access lead follow-up through Iowa Department of Public Health.

➤ **United Community Health Center**

715 W. Milwaukee Ave, Storm Lake IA 50588  
 ph: Medical: 712-213-0109 Dental: 712-213-0179 Behavioral Health 712-213-0109 or toll free 855-871-0109 Fax:712-213-0186  
 Website: <http://www.uchcsl.com/>  
 Health appointments Monday-Saturday, some evening hours  
 Appointments recommended; same day scheduling available.  
 General primary and preventative health care for children and adults, including well-child and well-adult exams, sports physicals, vaccinations for children and adults, family planning, laboratory, dental and behavioral health services and low-cost pharmacy services. Spanish and Sudanese interpreters and language line available. Full Dental Services available M-F.  
*Payment options:* Private insurance, Medicare and Medicaid accepted.  
 Sliding fee scale for those without insurance (bring one month's pay stubs or last year's tax return to determine fee).

**Mental Health**

➤ **Cherokee Mental Health Institute**

1251 West Cedar Loop, Cherokee, IA 51012  
 712-225-2594 (24 hours a day)  
 Inpatient treatment for adults, adolescents and children who are in need of acute psychiatric service. Adolescent and children age 7-17 served.  
 Services available only upon referral by a county's CPC (Central Point of Coordination for mental health services); in Sac County contact Sac County Support Services (712-662-7998).

➤ **Counseling Services, LLC**

322 South 13th Street, Sac City, Iowa 50583  
 ph: 712-662-3222; fax: 712-662-3329  
 Office Hours M-F 9:00am-5:00pm & evening by appointment.  
 24-hour crisis calls accepted.  
 All types of outpatient counseling provided. Outpatient individual, couple and family counseling and assessment services. Psychiatric assessment and medication management also provided. People with substance Abuse and co-occurring issues are welcome.  
*Payment options:* sliding fee scale for eligible Sac County residents; private insurance, Medicare, Medicaid accepted. Sac County residents are not denied services because of inability to pay.

➤ **Lutheran Services in Iowa**

Lutheran Services in Iowa, 205 S 7<sup>th</sup> St, Denison, IA 51442  
 ph: 712-263-9341 Fax: 712-263-6061  
 M- F 8:00 am – 4:30 pm Website: <http://lsiowa.org/>  
 Behavioral Health Intervention Services (BHIS) service team wraps care around a child's entire family to empower them with skills like anger management, healthy decision making, and problem solving.  
 Flexible appointments, family-focused, wraparound care. Eligibility Title 19 Medicaid, mental health assessment prior to services call centralized contact at 888-457-4692.

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

ph: office: 712-662-8059 home:712-662-8055 fax: 712-662-8054  
 Turning point is an 8 bed crisis home that provides mental health services in a less intensive environment than an inpatient setting. The average length of stay is 3 to 5 days. The program is voluntary. We aim to provide an option for 24 hour mental health care without the need for Court Commitment.

➤ **Rolling Hills Community Services**

ph: 712-297-5292 ext 237  
<https://www.bvcountyiowa.com/>  
 Rolling Hills Community Services Region is committed to ensuring access to high quality, value-added community-based services for all eligible citizens within our communities that encourage resiliency, stability, and growth.

➤ **St. Anthony Mental Health Services**

St. Anthony Regional Hospital  
 405 S. Clark Street, Carroll, IA 51401  
 ph: 800-562-6060 - available 24-hours for crisis and non-crisis calls  
 Outpatient Services (712) 794-5435  
 Inpatient and outpatient care for a variety of mental health needs, including psychiatric consultation and treatment along with counseling for individuals, couples and families.

➤ **Season Center**

Outpatient Therapy and Specialized Trauma Services  
 Office location: 524 E 7<sup>th</sup> St, Carroll, IA  
 Phone: 1-800-242-5101 - referrals and appointments  
 Crisis Line: (844) 345-4569 [www.seasonscenter.org](http://www.seasonscenter.org)  
**Outpatient therapy:** Seasons provides outpatient therapy services to the following populations: adults, couples, families, children, and teenagers/young adults. We also offer therapy in Spanish for Spanish-speaking clients and services to individuals with co-occurring disorders. Through these services, individuals are provided a safe, therapeutic space to process their thoughts, feelings and behaviors while gaining skills for healthy coping. Therapy sessions may focus on trauma, depression, anxiety, unwanted behaviors, self-esteem, relationships, anger, and support making life decisions.  
**Specialized trauma services:** Our specialized trauma services provide healing and supportive services to children and their families in 10 northwest Iowa counties that have experienced trauma and have parents or caregivers who are on the path to recovery. Children and their families receive evidence-based practices and support services. In addition to evidence-based practices, children and their families will receive specialized screening and assessments, care coordination, and occasional opportunities for therapeutic respite care services.