

FINANCIAL AND LEGAL SERVICES

COMMUNITY ACTION PARTNERSHIP

227-0131

Consumer Credit Counseling and Volunteer Income Tax Assistance (VITA) - Aids low-income, elderly, non-English speaking, and handicapped persons complete their federal and state income tax returns.

ATTORNEY GENERAL'S OFFICE

1-701-328-2210

ATTORNEY REFERRAL AND INFORMATION SERVICE

1-800-932-8800

DIVISION OF JUVENILE SERVICES 227-7590

Legal custodian care and probation services for adjudicated youth.

LEGAL ASSISTANCE OF NORTH DAKOTA

1-800-634-5263

Legal Services for North Dakotans who cannot afford an attorney.

VOLUNTEER OPPORTUNITIES

- Amen Inc.....483-4344
- Badlands Human Service Center.....227-7525
- Community Action Partnership.....227-0131
- Dickinson Area Chamber of Commerce.....
225-5115
- Domestic Violence and Rape Crisis Center.....225-4506 or 1-888-225-4506
- NDSU Extension Service264-7665
- HospiceSec. 456-4378 or Dir. 456-4670
- Peace Corps.....1-800-424-8580
- Best Friends Mentoring Program.....483-8615
- St. Joseph's Hospital.....456-4000
- Special Olympics.....
- FirstLink.....483-2161
- Volunteer Income Tax Assistance.....227-0131

BASIC NEEDS

SALVATION ARMY

1-877-225-0373 or 225-0373

Temporary emergency services

AMEN FOOD PANTRY

483-4344

CARING for CHILDREN

1-877-KIDS-NOW or 1-877-543-7669

Sponsored by ND Blue Cross/Blue Shield. Provides medical, dental, mental health and chemical dependency care for children who cannot be covered by Medicaid and do not qualify for the ND Healthy Steps Program.

www.bcbsnd.com

ND Caring Foundation
4510 13th Ave S
Fargo, ND 58121-0001

ELDER CARE MEALS

Nutrition 456-1818
Transportation 483-6564

**RSVP DAKOTA WEST
227-8421**

LUTHERAN DISASTER RESPONSE

1-800-950-2901

Personal, family & financial counseling for
people in all of North Dakota.

ADAMS COUNTY SOCIAL SERVICES

1-701-567-2967

COMMUNITY ACTION PARTNERSHIP

227-0131

Emergency services - rental assistance, heating
assistance and other.

**BILLINGS/GOLDEN VALLEY
COUNTY SOCIAL SERVICES**

1-701-872-4121

BOWMAN/SLOPE COUNTY SOCIAL SERVICES

1-701-523-3285

DUNN COUNTY SOCIAL SERVICES

1-701-764-5385

HETTINGER COUNTY SOCIAL SERVICES

1-701-824-3276

STARK COUNTY SOCIAL SERVICES

1-701-264-7675

YOUTH SERVICES

SUNRISE YOUTH BUREAU (SYB)

Dickinson office: 483-9498

An agency working with youth & their families to provide early intervention, diversion, and prevention education through assessment and accountability in order to change attitudes and divert from further legal and social difficulties.

BEST FRIENDS MENTORING PROGRAM

483-8615; 1-877-877-8685 toll free

The program offers friendship and role modeling between an adult volunteer and an at-risk youth between the ages of 6-16. Two mentoring programs are offered: school-based mentoring and community-based mentoring. This program serves the 8-county area.

WARNING SIGNS of ALCOHOL or OTHER DRUG ABUSE

1. Change in school grades or school behavior.
2. Blaming others - not accepting responsibility of their actions.
3. Increase in physical aggression and verbal confrontation.
4. Associating with high-risk peer group (smoking, drinking, drugging, and sexually acting out.)
5. Change in sleeping/eating habits.
6. Lack of respect for adult authority - i.e. - teachers, parents, law enforcement.
7. Too secretive or boastful of their activities.
8. Unable to set goals and follow through toward success.
9. Dishonest when confronted about activities.
10. Self-mutilation in any form - i.e. - cutting on self, burning self, tattooing, threatening suicide.
11. Lack of remorse.

CRISIS HOTLINE

BADLANDS HUMAN SERVICE CENTER

225-5009 OR 1-800-491-2472

Emergency telephone counseling service.

ST. JOSEPH'S HOSPITAL: MENTAL HEALTH SERVICES 24 HR

456-4396

NATIONAL TOLL-FREE NUMBERS

1-800-662-HELP - Located in the National Institute of Drug Abuse in Maryland, this hot-line is maintained by NIDA as a confidential information and referral line that directs callers to cocaine abuse treatment centers in their local communities. They also distribute free materials on drug abuse.

1-800-NCA-CALL - National Council on Alcoholism Information line. The National Council on Alcoholism, Inc. is a national nonprofit organization that combats alcoholism, other drug addictions and related problems. The council also provides referral services to families and individuals seeking help with alcoholism or other drug problems.

NORTH DAKOTA 1-800 NUMBERS

1-800-472-2911- When in doubt call the North Dakota Help Hot-line - 24 hours, 7 days a week.

1-800-222-1222 - North Dakota Poison Control Center

1-800-472-2911 – Crisis Intervention.

1-800-472-2121- Law Enforcement, Fire, Medical, Highway, Domestic Emergency

1-800-472-2911 - North Dakota Mental Health Information Service

1-800-342-4535 – American Cancer Society

1-800-445-2322 - Crime Victims

1-800-472-2121- TDD (Hearing Impaired) Medical Emergency Services for North Dakota

1-800-472-2911- Abused Adult Resource Center (ND)

1-800-342-4718 - Coverage for uninsured children

1-800-472-2180 - Disease control/AIDS Hotline

1-800-RUNAWAY - Runaway Hotline

RAPE & SEXUAL ABUSE

BADLANDS HUMAN SERVICE CENTER

227-7500

Individual therapy; intensive sex offenders group.

DOMESTIC VIOLENCE & RAPE CRISIS CENTER

225-4506 OR 1-888-225-4506

24-hour shelter and crisis line.

ST. JOSEPH'S HOSPITAL: MENTAL HEALTH 24 HR.

456-4396

Treatment for adolescents or adults who have been victims of physical, sexual, or emotional abuse.

WESTWIND CONSULTING CENTER

225-1050

Consultation for Individuals

SCHOOL RESOURCES

DICKINSON PUBLIC SCHOOLS

456-0002

Regional After School Program

An after-school program for school age child care located in Dickinson public elementary schools.

ADULT LEARNING CENTER

456-0008

Provide services to help increase knowledge and improve skills essential in Basic Skills. High School, equivalency preparation (GED) and, career planning -- Human Relations.

STUDENT ASSISTANCE PROGRAM

High School staff and community working together to help students in crisis.

COMMUNITY SUMMER SCHOOL

483-1212

Many remedial, as well as enhancement classes are offered during summer for all ages.

HEART RIVER ALCOHOL & DRUG ABUSE SERVICES

483-0795

Alcohol and drug evaluation referrals.

DAY TREATMENT

225-1550

A school-based behavior program for 7-8th grade students who are experiencing difficulties in all three environments (home, school, or community).

STARK COUNTY SOCIAL SERVICE

264-7675

Crossroads; assistance with childcare and transportation costs to enable single, unwed mothers, 18 or under to obtain high school diploma or GED.

DICKINSON HIGH SCHOOL

456-0030

Counseling

HAGEN JUNIOR HIGH SCHOOL
456-0020
Counseling.

TRINITY JUNIOR HIGH AND SENIOR HIGH SCHOOL
483-6081

In-school Mentoring Program, Community Service, Counseling, Cursillo-retreat experience for adults
Search – retreat experience for students 16 & up, Scholarship program, Work study program

DRUG FREE SCHOOLS COUNSELOR (GRADES K-12). Del Quigley
456-0014

EMOTIONAL /PHYSICAL ABUSE SERVICES

BADLANDS HUMAN SERVICE
CENTER
227-7500

Individual, family therapy; men's anger management program.

DOMESTIC VIOLENCE & RAPE CRISIS CENTER
225-4506 or 1-888-225-4506

24-hour shelter and crisis line for adults and adolescents.

Counseling – Consultation for Individuals, couples, and families. Women and children support groups.

ST. JOSEPH'S HOSPITAL: MENTAL HEALTH 24 HR.
456-4396

Inpatient treatment for adolescents and adults.

STARK COUNTY SOCIAL SERVICE
456-7675

Evening Day Care/Respite – A program to provide a break and relieve some stress for parents. It is a one day per week after-school care for at-risk, emotionally or mentally ill children.

WESTWIND CONSULTING CENTER
225-1050

Psychotherapy – Professional guidance and problem solving.

SUBSTANCE ABUSE

AA-ALCOHOLICS ANONYMOUS
264-7752

A fellowship of people working to recover from alcoholism.

Badlands Human Service Center
227-7500 or 1-888-227-7525

Individual, family therapy; Co-dependency; High Intensive Day Treatment; DUI Evaluations; Outreach; Evaluations & Assessments; Intensive Evening Program.

HEART RIVER ALCOHOL & DRUG ABUSE SERVICE
483-0795

North Dakota DUI 16 hr. classes, MIC/MIP classes, alcohol and drug evaluations, interventions, low and high intensity outpatient treatment. Consulting.

COMMUNITY SERVICE

WESTWIND CONSULTING CENTER

225-1050

Adolescent intensive outpatient addiction program.

SOUTHWESTERN DISTRICT HEALTH UNIT

483-0171 or 1-800-697-3145

Tobacco Prevention & Control Program

Activities include: advocacy, policy, community involvement, tobacco use issues, and marketing. Cessation resources & services for youth and adults.

BADLANDS HUMAN SERVICE CENTER

227-7500 or 1-888-227-7525

Vocational rehabilitation; developmental disabilities services to persons with serious mental illness. Partnership Project - Working with families who have a severe emotionally disturbed child to help them access services in their own community.

BEST FRIENDS MENTORING PROGRAM

483-8615; 1-877-877-8685 toll free

The program offers friendship and role modeling between an adult volunteer and an at-risk youth between the ages of 6-16. Two mentoring programs are offered: school-based mentoring and community-based mentoring. This program serves the 8-county area.

HOUSE OF MANNA

483-5733 (Open MWF 1-4pm)

Provides clothes, shoes, coats, household goods & furniture free of charge to individuals in need. Funded by donation only.

COMMUNITY ACTION PARTNERSHIP

227-0131

Family Planning Program -available to all regardless of race, age, sexual orientation, religion or ability to pay. Includes: contraceptives, pregnancy testing, STD diagnosis & treatment, and free HIV testing.

Self-Reliance/Case Management Program- Individuals & families receive assistance, support and encouragement by a trained case manager as they reach their goal of self-sufficiency.

Tickets to Success Class -instructional & motivational classes that increase the potential for self-sufficiency by focusing on self-esteem, motivation, dress for success, etc.

Emergency Services - rental assistance, heating assistance, and other.

JOB SERVICE of NORTH DAKOTA

227-3100, 1-800-247-0983

Job Line- 227-3113

Job Corps - vocational training for youth in a residential setting.

Job Training Partnership Act – vocational training for youth, includes internships, OIT (on-the-job training), classroom or work experience.

4-H Group Ages 6-19

Participants learn how to develop skills: decision making, communication, conflict management, teamwork, and leadership skills. Contact your local county extension office for more information.

CHILD CARE RESOURCE & REFERRAL of LUTHERAN SOCIAL SERVICES

1-888-223-1510

Assist parents in finding childcare & offering support resources & training to childcare providers.

SOUTHWEST COALITION of SAFE COMMUNITIES

227-0131

Resources and community referrals for all areas of traffic safety: Driving under the influence, underage alcohol consumption, occupant protection, child passenger safety, bicycle, pedestrian, and traffic crash statistics.

MEDICAL & MENTAL HEALTH

BADLANDS HUMAN SERVICE CENTER

227-7500

Individual, family therapy; clinical assessment, psychological & psychiatric services; outreach

CATHOLIC FAMILY SERVICES

1-701-255-1793 (Bismarck)

Adoption; Unplanned Pregnancy Services; Guardian Services; Marriage Preparation; Counseling

Prairie Rose Activity Center: a facility where persons with a history of serious mental illnesses are welcomed into a supportive, accepting, and caring atmosphere.

HEART RIVER ALCOHOL and DRUG ABUSE SERVICES

483-0795

Smoking cessation for adults, counseling for family members in an alcoholic family.

SOUTHWESTERN DISTRICT HEALTH UNIT

483-0171, 1-800-697-3145

Maternal & Child nutrition evaluation, education and consultation.

Puberty and Abstinence Education- Changing I & II program; body awareness and changes during puberty, AIDS education, adolescent decision making tips.

STARK COUNTY SOCIAL SERVICES

264-7675

Crippled children services – diagnosis & arrangement for treatment of crippled children or those with conditions leading to crippling.

ND HEALTHY STEPS

1-800-755-2604

An insurance program for children who are not protected by private or federal health programs.

Applications are available from most local service agencies or by calling 1-800-755-2604.

Early Periodic Screening, Diagnosis, and Treatment-comprehensive health screening and follow up services for persons under age 21 who are eligible for Medicaid to detect, facilitate and insure treatment of physical and emotional problems.

ST. JOSEPH'S HOSPITAL AND HEALTH CENTER

456-4000

Self help group meetings

Nutrition counseling – diet consultations 264-7250

Diabetes – a class designed to provide knowledge about diabetes and to assist individuals to manage the disease. 264-4485

Mental Health Unit of St. Joseph's Hospital – Counseling and psychotherapy including psychiatric services are available to adolescents, adults, and families. 456-4396.

**LUTHERAN SOCIAL SERVICES OF NORTH DAKOTA
1-701-223-1510 (Bismarck)**

Adoption; Pregnancy Counseling; Youth Advocacy Services; Addiction Outreach; Senior Companion Program; Gambling Addiction; Domestic Violence Perpetrator's and Anger Management.

PREGNANCY

**COMMUNITY ACTION PARTNERSHIP
227-0131**

Family Planning Program -available to all regardless of race, age, sexual orientation, religion or ability to pay. Includes: contraceptives, pregnancy testing, STD diagnosis & treatment, and free HIV testing.

**NDSU EXTENSION SERVICE, Stark/Billings Counties
264-7665**

Family Nutrition Program-participants learn about food, nutrition, food safety, and managing food dollars in many inviting ways. THE FNP educator meets with anyone interested individually or in small groups. Calls 264-7665 to be put on the monthly newsletter mailing list and learn about scheduled activities for the month.

**SOUTHWESTERN DISTRICT HEALTH UNIT
483-0171, 1-800-697-3145**

(WIC) Women, Infants, and Children – special supplemental food program during and after pregnancy.

**STARK COUNTY SOCIAL SERVICE
264-7675**

Unwed Services – services to assist the unwed parent(s) in preparing emotionally, physically and economically to meet parenthood.

PARENTING

**WEST DAKOTA PARENT & FAMILY
RESOURCE CENTER**

**336 5th Street W
264-1142 or toll free 1-877-264-1142**

Active parenting, Developing Capable People, Positive Discipline, Positive Parenting, Living with your 10-15 year old, Parenting Teens and more - parenting sessions and programs, information, lending library, newsletters, serving Dickinson and surrounding southwest region.

Parent's Night Out -ongoing parent support group meeting each Monday night at the Adult Resource Center at 7:00 P.M. Childcare available upon request.

**HEART RIVIERALCOHOL and DRUG ABUSE SERVICE
483-0795**

Prime for Life under 21 Program. DUI 16 hr classes, alcohol and drug evaluations, interventions, low and high intensity outpatient treatment, consulting.

**NDSU EXTENSION SERVICE
264-7665**

Educational bulletins & workshops on human development and family/life issues. Workshop topics include:

- Children of Divorce

- Living with Your Teenager - series of six one page handouts.
- How to talk to your Kids so they will Listen – class on parenting techniques.
- Balancing Work and Family.

(Other topics available upon request).

"Parenting the First Year" –newsletters provided to parents of infants. "Parenting Pipeline". Newsletters provided to parents of children in Kindergarten, 2nd, 4th & 6th grades

STARK COUNTY SOCIAL SERVICES

456-7675

Parent aide - a preventative parenting program; individualized to clients needs.

Foster Care - alternative, 24 hour per day, family life experience, in a Licensee protective environment.

Child Protection Services - to prevent, remedy or alleviate potential, actual or alleged abuse, neglect, or exploitation of children under age 18, by a caretaker.

Family Focus Services - To help families strengthen their relationships, work with parents and children to prevent, shorten, or lessen risks of out-of-home placements. Voluntary program; individualized to client's needs.

Childcare Assistance - Assist in the costs of child care as a result of employment, education, and training.

Educational Programs - Planned~ time limited parenting education programs.

Crossroads - Childcare and transportation assistance to enable single, unwed mothers, 18 or under to obtain high school diplomas or GED.

Unwed Services - Services to assist the unwed parent(s) in preparing emotionally, physically, and economically to meet parenthood.