



Community Resource Directory 2010-2011

**Serving Lewis & Clark,
Broadwater, Jefferson Counties
and beyond since 1965**



**improving lives,
strengthening
communities**

Emergency Numbers

Emergency 911

Ask-a-Nurse 1-800-762-8778

Poison Control 1-800-525-5042

Suicide Crisis 1-800-273-TALK 1-800-273-8255

Montana's Statewide Toll-Free Child Abuse Hotline: 1-866-820-KIDS (1-800-820-5437)

Helena

Non-emergency & Crisis Intervention Team 442-3233 Highway Patrol 444-7000

Sheriff's Department 442-7883 Police Department 447-8479

Fire Department 447-8472 Crimestoppers 443-2000

Search and Rescue 442-7883

Road Conditions 1-800-226-7623 State or dial 511 or www.mdt.511.com

East Helena

Emergency 911 Non-emergency 227-5377

Fire Department 227-5321

Please Note:

Rocky Mountain Development Council (RMDC) is providing this directory for general information purposes. RMDC disclaims all liability in respect to the information given. The resource directory is not intended as a source of advice. Nor does RMDC endorse or recommend any services or individuals listed. Clients should always seek the advice of an appropriately qualified professional. RMDC has made every attempt to provide content that is true and accurate as of the date of printing; however the information may contain omissions or errors for which we apologize. Please notify us of any suggested corrections for next year directory.

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Addictions/ Substance Abuse

Addictive & Mental Health Disorders Division

555 Fuller, Helena

444-3964

Mental Health Service Plan Information Line 1-888-866-0328

Oversee chemical dependency and mental health services for the state of Montana.

Al-Anon and Alateen

24-hour service number

443-0438

For people involved with alcoholics. Call for place of meetings.

Alcoholics Anonymous

Helena: 443-0438

Augusta: 562-3294

Townsend: 266-3842

Fellowship of men and women. Free meetings are held throughout the week. They offer help in the areas of: Al-Anon, Alateen, Alatot, and the 12 Steps.

Boyd Andrew Community Services

P.O. Box 1153, 111 North Last Chance Gulch, Suite 1E, Helena

443-2343

Treatment and referral for alcohol and other drug problems; diagnosis and individualized treatment programs for those abusing mood altering chemicals. Out-patient counseling, referral to in-patient treatment, after care counseling and residential halfway house care are some examples of these services. Chemical dependency is a chronic, progressive disease which can be fatal if untreated. This disease can be arrested and sobriety can be achieved. Adult and adolescent programs are available.

Boulder, 465-9654

Townsend, 431-2270

Whitehall, 465-9654

Montana Meth Project

1-888-366-6384 Toll Free

406-721-2538

Bill Slaughter, Executive Director

info@montanameth.org

P.O. Box 8944, Missoula, MT 59807

A marketing campaign founded by businessman and Montana rancher Thomas M. Siebel to inform potential Meth consumers about the product attributes and actual risks associated with methamphetamine. The goal is to substantially reduce methamphetamine use in Montana. The Montana Meth Project is a state affiliate of the national Meth Project organization.

Montana Tobacco QUIT Line

1-800-784-8669

Narcotics Anonymous

1-800-990-6262

www.namontana.com

A nonprofit fellowship or society of men and women for whom drugs have become a problem. This is a program of complete abstinence from all drugs with regular meetings to support each other in recovery, and only one requirement for membership: the desire to stop using.

Prevention Resource Center (PRC)

100 North Park Avenue, Suite 130

444-3484

www.prevention.mt.us

Resources and referrals via telephone, website, and *Prevention Connection* newsletter.

Reduces child abuse, youth use of tobacco, alcohol, and other drugs, youth violence/crime, school dropout, teen pregnancy and sexually transmitted disease.

Adult Day Care

Gottfried Haus, LLC

5611 Georgia Drive, Helena
Adult day care center.

458-6159 202-2575

TheGottfriedHaus@aol.com

June's House

675 Myles Road, Helena
Adult Foster Care and Assisted Living

442-4628

Masonic Home of Montana

2010 Masonic Home Road, Helena

458-5431

Rocky Mountain Care Center

30 South Rodney, Helena

443-5880

Sharon's Sunshine Care

2598 Casper, East Helena 59635

458-5535

Talbert House

200 Stabern, Helena
Adult foster care for clients of the Center for Mental Health.

457-0220

Advocacy

Adult Protective Services

2030 11th Avenue, P.O. Box 4210, Helena,
Investigates abuse and neglect referrals.

If emergency call 911

Jennifer Weiss

444-5707

1-800-551-3191

Area IV Agency on Aging (AoA) – Senior Services Resource Center @ RMDC

648 North Jackson Street, Helena

447-1680 or 457-7368

1-800-551-3191

Provides information, referrals and assistance (**I&A**) for people 60+ as well as younger people with disabilities; health insurance counseling for Medicare and Medicaid (**SHIP**); Home and Community Based Services (**HCBS**) **Case Management** for people 65+; and local and regional **Long-term Care Ombudsmen** services for residents of nursing homes and assisted living facilities.

Child Protective Services

DPHHS - Child and Family Services Division

2024 9th Avenue, Helena, 59601 444-2030

Investigates child abuse & neglect reports. Make referrals concerning child protective issues. Provides foster care & limited day care for parents in need. Includes information on day care licensing, foster care, & adoption.

"If Emergency, call 9-1-1"

Child Abuse Hotline 1-866-820-5437

FAX 444-1681

Citizens Advocate

State Capital Building, P.O. Box 200801 Helena 59620

1-800-332-2272

444-3468

Helps citizens who have problems pertaining to state government agencies.
Information/referral source.

Also see: **Communities Learning Appropriate Behaviors (CLAB)**, Page 44

Also see: **Disability Rights – Montana**, Page 10 and 31

IRS Taxpayer Advocate Service

10 W. 15th St., Ste 2319, Helena 441-1022
Provides services to those facing financial hardships. Services are free of charge.

Office of Consumer Protection

Montana Department of Justice 444-4500
1-800-481-6896

Patient Advocate Foundation (PAF)

1-800-523-5274 www.patientadvocate.org
Provides education, legal counseling, and referrals to cancer patients and survivors concerning managed care, insurance, financial issues, job discrimination, and debt crisis matters.

WEEL (Working for Equality and Economic Liberation)

32 S Ewing, Helena 495-0497 Fax 442-2346 www.weelempowers.org
Provides social and economic justice for low-income families. Provides advocacy, policy change and social action.

Associations/ Societies/ Organizations

Alzheimer’s Association, Montana

3010 11th Avenue North, Billings, MT 59101 406-252-3053
Provides family support, community education, public awareness and supports research for the prevention, cure and treatment of Alzheimer’s disease and related disorders.

American Association of Retired Persons (AARP)

Montana State Office, 30 W 14th Street, Suite 301 Helena 59601
1-866-295-7278, 441-2277 www.aarp.org
Nation’s leading organization for people age 50 or older. Spanish available.

American Cancer Society

728-1004 www.cancer.org
Patient grants provided for transportation and prescriptions. Offers packages, pamphlets, and films with information on prevention and early detection of all cancers.

American Diabetes Association

3203 3rd Avenue Suite 203, Billings 59101
1-800-342-2383 256-0616 Fax: 896-0289 www.diabetes.org
Mission: To prevent and cure diabetes and improve the lives of all people affected by diabetes. Provides educational workshops and seminars for families and health professionals. Also provides a summer camp and teen retreat for youth.

American Heart Association – Montana Affiliate

1065 Joslyn St, Helena 433-6515 1-800-562-6718
Provides help in fighting heart disease and stroke.

American Lung Association of the Northern Rockies

825 Helena Avenue, Helena 442-6556 1-800- LUNG USA dpaulson@ALA-NR.org
Provides medical information and free materials on smoking, asthma, air pollution, Camp Huff & Puff, respiratory disease, and support group programs.

American Red Cross - Lewis & Clark Chapter

442-0260

A humanitarian organization that provides relief to victims of disasters and helps people prevent, prepare for and respond to emergencies. Also provides courses in First-Aid, CPR & water safety, babysitting classes and blood program.

Brain Injury Association of Montana

1-800-241-6442

444-2340

University of Montana, 52 Corbin Hall, Room 333, Missoula 59812 www.biausa
Provides information and resource services to traumatic brain injury survivors, family members, and professionals, increases public awareness, reduces the incidence of traumatic brain injury, raises funds to support brain injury research and training.

Governor's Advisory Council on Aging

1-800-332-2272

Also see: **Montana Independent Living Project (MILP)**, Page 11

Helena Area Chamber of Commerce

225 Cruse, Helena Email: rretzathelenachamber.com

442-4120

March of Dimes Birth Defects Foundation

316 Fuller Avenue, Helena 1-800-5977116

www.marchofdimes.com

Leading the way for healthier babies.

Montana Shares

442-2218

Also see: **Peers, Unlimited**, Page 12

United Way

805 North Main, Suite 2, P.O. Box 862, Helena 442-4360

www.uwlcc.com

Increases the organized capacity for people to care in our community and provide vital services to residents in need.

Child Care

Child Care Partnerships (CCP)

901 North Benton, Helena

443-4608 or 1-800-244-5368

Fax 443-6186

www.childcarepartnerships.org

Child care resource and referral agency linking parents to Best Beginnings Child care scholarships and childcare programs in the Tri- county area. Offers technical assistance, sponsors the Child and Adult Food Program, and provides parenting classes through the Family Resource Center. Provides list of available registered child care providers.

Rocky Mountain Preschool and Day Care (RMDC)

200 South Cruse Avenue, Helena, MT 59624

Located in the Neighborhood Center 447-1627 or 1-800-356-6544

Fax 447-1629

Provides quality daycare to children ages two and-a-half (2 1/2) to six (6) years old. Based on the philosophy of Dr. Maria Montessori.

Complaints

AARP fraud.....	1-800-434-3410
Abuse and Home Health Hotline.....	1-800-762-4618
Commission on Practice	1-406-444-2608
Community Mediation Center (Resolution).....	1-406-522-8442
Dept. of Commerce (Bank and Securities).....	1-406-444-2091
Division of Banking and Financial Institution.....	841-2920
Human Rights Bureau (Discrimination).....	1-800-542-0807
Long Term Care Ombudsman	1-800-551-3191
Medicare Fraud and Abuse Hotline (Noridian).....	1-800-633-4227
Mental Health Ombudsman	1-888-444-9699
Montana Citizen's Advocate.....	1-800-332-2272
Montana Fair Housing (Housing).....	1-800-929-2611
Mountain Pacific Quality Health Foundation (Medicare)	1-800-497-8232
Office of Consumer Protection	1-800-481-6896/444-4500
Public Service Commission (Utilities).....	1-800-646-6150
State Auditor (Insurance, Securities and Phone Fraud).....	1-800-332-6148
Telemarketing Fraud.....	1-406-444-3553
Worker Compensation Mediation.....	444-6534

Counselors, Psychologists & Psychotherapists

Please refer to the Yellow Pages or another phone directory.

Courier Services/Moving Assistance

Blue Moon Couriers

2905 North Montana Avenue, Helena
Works with CVS pharmacy only.

227-6717

Capital Taxi Courier Service

Office: 443-3256

Dispatch: 449-5525

www.capitoltaxi1@bresnan.net

Tiger Express

Helena

458-0074

Delivery courier service and moving service. Available only in the Helena area.

Dentists

Refer to the Yellow Pages or another phone directory.

Disability Assistance

Also see: **Area IV Agency on Aging**, Page 6

Also see: **AWARE**, Page 30

Blind and Low Vision Services

700 Casey Suite B, Butte, MT 59701

1-888-279-7531

C.A.R.E.

1513 Butte Avenue, Helena

439-9454

For persons with developmental disabilities.

Disability Rights Montana

1022 Chesnut, Helena

449-2344 1-800-245-4743 Voice/TDD Fax 449-2418

www.disabilityrightsmt.org

Disability Rights of Montana has eight federally funded programs:

Assistive Technology (AT) focuses on obtaining assistive devices or services for school, work and home. Usually these are covered by Medicaid funds.

Client Assistant Program (CAP) assists consumers with the Vocational Rehabilitation process so they can gain the skills and training necessary to enter or re-enter the work force.

Protection & Advocacy of Persons with Developmental Disabilities (PADD) provides services for people with developmental and learning disabilities in special education programs at schools and institutions.

Protection and Advocacy of Individuals with Mental Illness (PAIMI) provides services for individuals with mental illness or emotional disorders.

Protection and Advocacy of Individual Rights (PAIR) encompasses all disabilities with the emphasis on ADA, State Human Rights, employment issues, and accessibility issues. Legal assistance is available.

DPHHS Developmental Disabilities Division

P.O. Box 4210, Helena

444-2995 or

444-1831

DPHHS Senior and Long Term Care Regional Program Officer

P.O. Box 4210, Helena

444-1707

Eagle Mount

3400 Centennial Drive, Helena

www.eaglemounthelena.org

442-6103

A non-profit organization that provides recreational activities for people with disabilities.

Family Outreach

www.familyoutreach.org

1212 Helena Avenue, Helena

Child Services - 443-7370

Adult Services – 443-1571

Fax 449-6062

Provides home based services, education and support services for infants through early adulthood with developmental delays or disabilities. Also provides supportive living program for 18 and older.

Helena Industries

442-8632

1325 Helena Avenue

Fax: 449-6200

Provides sheltered and community vocational opportunities for adults with disabilities.

Referrals are typically funded through DPHHS Vocational Rehabilitation and Developmental Disability Divisions.

HEAR Now

6700 Washington Avenue S., Eden Prairie, MN 55344

1-800-328-8602

Ask for HEAR NOW

Hearing aid assistance, Starkey Foundation.

Also see: Lewis & Clark County Health Dept. HCBS Case Management Team, Page 27

443-2589

Montana Association for the Blind

442-9411

State DPHHS, P.O. Box 465, Helena, MT

Statewide, non-profit, self-help consumer organization whose purpose is to work for the social and economic improvement of every blind person in the State of Montana.

Lions Club

Gold Rush 458-8933

Lions 422-0240

P.O. Box 107, Helena

Hearing and sight assistance.

Low Vision Montana and Lions Club

1-800-601-5004

www.lowvision.mt.org

Montana Independent Living Project

34 North Last Chance Gulch, Suite 500

442-5755 or 1-800- 735-6457 (Voice/TDD) Fax 442-1612

www.milp.us

Bozeman Office: 1185 North 14th Ave., Suite 2, Bozeman 59715

522-7300

Provides assistance to Montanans with disabilities that result in a substantial barrier to independent living. No one is refused services because of inability to pay.

Montana Telecommunications Access Program (MTAP)

P.O. Box 4210, Helena

444-1335

1-800-833-8503

Offers free and low cost telecommunications equipment to Montana residents who are hearing, mobility or speech disabled. MTPA also operates the Montana Relay, a service that makes it possible to place home calls between standard phones and text telephones.

Montana Vocational Rehabilitation – Blind and Low Vision Services

3075 North Montana, Room 106

P.O. Box 202957, Helena, MT 59620-2957 444-1710

1-877-296-1757 (voice – TTY)

Fax: 406-444-9659 Email: mhofland@mt.gov

Montana Youth Leadership Forum

406-442-2576

1617 Euclid, Helena, MT

www.montanaylf.org

MYLF (pronounced "my life") is a unique career and leadership training program for high school sophomores, juniors, and seniors with disabilities. By serving as delegates from their communities at a 5-day intensive training, youth with disabilities cultivate leadership, citizenship, and social skills.

PEERS, Unlimited

PO Box 173, Helena

439-5487

A citizen advocacy organization that promotes social equality and justice for persons with developmental disabilities by matching them with a volunteer from the community. PEER PALS is a program pairing students who have a disability with students who are non-disabled, helping kids with disabilities become more integrated into the school environment.

Prickly Pear Special Services Cooperative

2525 Lake Helena Drive, East Helena 59635

227-7322

Fax 227-8039

Provides special education services to its member districts. Provides support, in-service and technical assistance to administrators, regular and special educators, and professionals.

Rural Institute – MonTECH Program

(In state only) 1-877-243-5511

406-243-5751

montech@ruralinstitute.umt.edu

700 SW Higgins Ave., Suite 250, Missoula, MT 59803

Provides fee, confidential information about assistive technology (AT) devices and services for Montanans with disabilities and age related restrictions; assists with information on specific product descriptions, prices, and suppliers; identifies possible funding sources; and acts as an advocate for Assistive Technology services.

Spring Meadow Resources

2850 Broadwater Avenue, P.O. Box 905, Helena

443-2376

Provides services for adults with developmental disabilities.

Vocational Rehabilitation

www.dphhs.mt.gov/dsd/programs.shtm

3075 North Montana Avenue, Helena

444-1710

Assist persons, 18 or older, with disabilities in securing and maintaining employment. If eligible, provides for academic training, on the job training, vocational training, and placement services.

Westmont (for adults with disabilities)

2708 Bozeman Ave., Helena

447-3100

Provider for individuals with disabilities, includes residential facilities, vocational assistance and employment services.

Domestic Violence/ Victim Assistance/In Emergency call 911

Adult Protective Services

1-800-551-3191

BSAFE- Mt. Legal Services Association

616 Helena Ave, 59601

442-9830

1-800-666-6124

Building security through Assets and Financial Education. Open Monday-Thursday 8:30 a.m. to noon and 1:00 to 4:30 p.m., Friday by appointment only.

Child Protective Services

1-866-820-5437

Investigates reports of abuse and neglect involving children under the age of 18.

Domestic Violence Hotline

National Teen Dating Violence Hotline – 1-866-331-9474
24 hour information, referral, crisis intervention.

1-800-799-7233 TTY

The Friendship Center

1430 Sanders, 442-6800 or 1-800-248-3166 www.thefriendshipcenter.org
Safe emergency and transitional housing for victims of domestic violence or sexual assault.
Services include 24 hour crisis line, counseling, support groups, children's programs, legal advocacy and more. All services are free and confidential.

Montana Coalition Against Domestic and Sexual Violence

P.O. Box 818, Helena 1-888-404-7794 or 443-7794 www.mcadsv@mt.net
Advocacy program. For help call 911 or 1-800-799-7233
General Education. Provides domestic assault assistance. Free of charge.

S.A.F.E. House

1-800-880-8425 Office: 222-5902
A safe temporary place to stay for Meagher County Residents. 222-8154

Sexual Assault Outreach – Friendship Center

442-6800 or 1-800-248-3166
Provides crisis intervention, counseling, medical and legal advocacy, support services, information & referrals, & emergency shelter to women & men who experience sexual assault. 24-hour crisis line. Confidential & free of charge.

Victim Information Office of Montana Department of Corrections

Sally Hilander 444-7461

Education/ Youth and Adult

Adult Education Program/Drivers Education

815 Front Street, Helena 324-2117 Fax 324-2155
Provides courses to enhance a hobby, develop in academic area or work on self-enrichment.

Adult Learning Center

815 Front Street, Helena 324-2118 Fax 324-2155
www.helena.k12.mt.us/schools/adultlea/index.dhtm
Provides an education program to obtain a high school equivalency diploma (GED.)
Center helps basic skill improvement for specific vocational purposes, learning English or a second language, need citizenship preparation, or college preparation and have not graduated from high school.

Career Training Institute (CTI)

347 North Last Chance Gulch, Helena 443-0800 Fax 442-2745 www.ctibrc.org
Provides employment and training programs for economically disadvantaged individuals, displaced homemakers (men and women), two-parent households, and single parents.
On-site classes include: computer literacy, Career Preparation class, "Jump Start".

Carroll College

1601 North Benton Avenue, Helena 447-4300 or 1-800-992-3648 www.carroll.edu
Four-year liberal arts college but also offers two-year associate degrees and a credit and non-credit Continuing Education Program. Discounts for senior citizens to audit classes as

well as Accelerated College Experience (ACE) for high school students.

Head Start Program, Rocky Mountain Development Council

www.rmdc.net

200 South Cruse Avenue, Room 218, P.O. Box 1717, Helena
457-7308 or 1-800-356-6544

Fax 447-1629

Provides an Early Childhood Development Program for children 3-5 years of age and their families in Townsend, Whitehall, Helena and East Helena. Helps children achieve their full potential. Provides comprehensive health, nutritional, educational, social and other services.

Learning Partners Adult Education for Meagher County

406-823-6356

School District No. 1 - Helena

55 South Rodney, Helena 324-2000 Fax: 324-2022

www.helena.k12.mt.us

School District No. 9 - East Helena

227-7700

P.O. Box 1280, East Helena

The University of Montana - Helena College of Technology

1115 North Roberts, Helena 444-6800

1-800-241-4882

Fax 406-444-6892 Voice TDD 406-444-6897

www.umhelena.edu

Provides educational and technical training in Business, Health, and Technical & Trade. Programs range in length from 2-4 semesters, earn an Associate of Applied Science (A.A.S.) degree or Certificate of Applied Science. Financial Aid is available.

Employment

A2Z Personnel Services

629 Helena Avenue www.A2Zpersonnel.com

443-7664

Experience Works!

715 Front Street, Helena 447-3211 Fax: 447-3224 www.experienceworks.org

Offers training and employment opportunities for people 55+ with limited incomes

Express Personnel Services

1100 West Custer Avenue, Helena

442-7501

Home Health nurses, personal care assistants

Helena Job Service- Work Force Center

447-3200

715 Front Street, P.O. Box 201505 Fax: 447-3224 24 hr. Job Hotline: 447-3222

M-W 8-5, TH 9-5, F 8-5

www.montanajobs.us/helena

Provides job placement, job development, employment counseling, testing, state job workshop, veterans services, job training. No fee.

Montana State Worker Compensation www.safemt.com

Regulation 444-6530

Customer Service 444-6500

Montana Vocational Rehabilitation Programs

1-877-296-1197 or 406-444-2590

National Farmworker Jobs Program (NFJP)

Toni Svaeson 406-431-8842

tonis@reomontana.org

Provides assistance for farmworkers or ranch hands and families. Provides quality employment and training services to assist eligible individuals and families in finding employment that will provide them a living wage. Includes seasonal farmworkers, migrant farmworkers and farmworkers' family members.

Rural Employment Opportunities, Inc.

318 North Last Chance Gulch, Helena

www.reomontana.org

REO's job training program helps disadvantaged farm and ranch workers retrain for non-agricultural employment. Must be a U. S. citizen, a seasonal farm worker, and meet income guidelines.

Westaff

210 East Lyndale Avenue, Helena

www.westaff.com

443-7169

Energy Assistance

Energy Share of Montana

Fax 447-4300

442-4900

318 North Last Chance Gulch, Helena

www.energysharemt.com

Private, non-profit organization that provides utility assistance to low/moderate income families. Supplement to Low Income Energy Assistance Program (LIEAP).

LIEAP (Low Income Energy Assistance Program & Weatherization) @ RMDC

648 North Jackson, P.O. Box 1717, Helena 59624

447-1625 1-800-356-6544 Fax 447-1629

www.rmhc.net

Marie VandenBosch, Ombudsman

Pays part of winter energy bills for those eligible. The Weatherization Program helps improve heating efficiency of homes & permanently reduces energy consumption. Eligibility based on income. Owners & renters may apply for these programs. If your household is receiving benefits from SSI or AFDC, you may qualify automatically. You may apply for LIEAP Oct 1 through April 30.

Meagher County LIEAP

P.O. Box 1530, Livingston

1-406-222-0896

1-800-289-0896

Meagher County Weatherization Program

P.O. Box 1530, Livingston

1-406-222-0896

587-4486

Offers affordable housing programs. Energy assistance also offered. Pricing based on income.

Financial Assistance

Capital City Case Management

431-2184

Cheryl Taylor, Payee

Taylor Special Service, P.O. Box 9604, Helena 59604

431-6333

Payee guardianship, medical guardianship. Services hourly rate or based on income & Medicaid. They will work with Medicare and Medicaid services.

Consumer Credit Counseling Service

910 East Lyndale Avenue, Helena

443-1774

www.cccsmt.org

Mountain Payee Services

1-800-725-0755

Patricia Crichton, Hab/Aide/Payee Services

406-438-1579

Pcrichton11@hotmail.com

Overall assistance with finances.

Paying for Senior Care

www.payingforseniorcare.com

A web service connecting families with financial and care resources to pay for long-term care.

Also see: **Social Services/Public Assistance Category**, Page 36

Foster Care / Adoption

Adoption and Family Support Program – Intermountain

Contact: Twila Costigan, Program Manager

457-4859

Specially trained staff coordinate and provide in-home mental health services to foster/adoptive and birth/kinship families. Services include respite and training for families and licenses families to provide therapeutic foster care.

Catholic Social Services of Montana

1301 11th Avenue, P.O. Box 907 Helena 59624

442-4130 24 hour pregnancy crisis line 1-800-babydue (1-800-222-9383)

www.cssmt.org

Provides counseling and assistance to all regardless of race, religion, or ethnic origin. Adoptive placement, conducts home studies for adoptive parents. Assistance in legal finalization for the adoption in District court. Adoptive parents must meet several requirements.

Dan Fox Family Care Program

616 Helena Ave, #104, Helena

443-4730

Placement of youth for whom long term foster care, adoption, or guardianship is the plan.

Lutheran Social Services of Montana www.lssmt.org

1-800-726-3083

501 Central Plaza, PO Box 1345 Suite 201, Great Falls 59401

406-761-4341

Offers services for adoptive placement, for those who wish to adopt and for both family and counseling for unplanned pregnancies.

Montana Counseling Center (Office of Vince O'Toole)

25 South Ewing, Room 509, P.O. Box 634, Helena

442-2914

Resource for those interested in adoption. Maintains a voluntary reunion registry for adult adoptees and/or birth families or birth parents. Support group meets first Thursday each month. Network of adoptive families and consultant on staff.

Also see: **Montana Youth Homes**, Page 44

The Elkhorn View

431-1107

Adult foster care. Montana City

Youth Dynamics, Inc. (YDI)

219 North Rodney, Helena

449-4908

Fax 449-4918

Arranges therapeutic foster care for emotionally disturbed youth, 0-18 years of age.

Referral to YDI comes through DPHHS, Aware, and independent therapists working with the children. Provides the following support services and treatment to parents: weekly home visits by YDI treatment manager; scheduled respite on a regular basis; monthly training and support group; 24-hour emergency response; ongoing training; and a tax-free stipend (a good second income).

Health Insurance

Healthy Montana Kids (formerly CHIP)

Toll Free 1-877-543-7669

Online applications at: www.hmk.mt.gov

P.O. Box 202951, Helena, MT 59620

Email: hmk@mt.gov

Offers low cost or free health coverage for children up to age 19. Health insurance program for children who are not eligible for Medicaid and have no other health insurance coverage. Apply on line, call for application or get one from Head Start.

Home and Community Based Services State Office, MT DPHHS

444-4150

(aka: Medicaid Waiver Program)

Medicaid

1-800-362-8312

See Healthy Montana Kids

Medicare

1-800-633-4227

www.medicare.gov

For people 65+ and those who qualify due to disability.

Montana State Auditor, Commission of Securities and Insurance

www.sao.mt.gov

1-800-332-6148

1-406-444-2040

Provides information about insurance and security issues, and handles complaints and fraud.

Mountain Pacific Quality Health Foundation

3404 Cooney Drive, Helena 59602

443-4020 1-800-497-8232

Fax: 406-443-4585

Provides oversight and handles complaints regarding quality care concerns for Medicare recipients. The best quality health care is provided to every patient we serve every time.

State Health Insurance Program (SHIP) through Area IV Agency on Aging at RMDC

457-7368 (leave message)

1-800-551-3191

Information and Counseling – helps with Medicare, Medicaid, Supplemental Insurance, Long Term Care and other insurance

Together Rx Access Discount Card www.togetherrxaccess.com

1-800-444-4106

For discounts on prescriptions. Call 1-800-444-4106 with questions.

Health Resources

Birthright

443-0662

Hotline 1-800-550-4900

38 South Last Chance Gulch, Suite 4A, in the Dunthy Building, Helena

Hours: M, T, Th 2:30 – 4:30; W 3:30 – 5:00, F 8:00 – 10:00

Free and confidential help to any female distressed by an unwanted pregnancy. Provides counseling and support, shelter homes, Lamaze training and a support person during labor and delivery, parenting and infant clothing. Assistance and referrals to local community services.

Broadwater County Health Services

124 North Cedar, Townsend

266-5209

Fax: 406-266-3940

LICampbellmt.gov

Open Tuesday-Thursday 8:00 a.m. - 5:00 p.m. in the County Health Department

Cancer Care

1-800-813-4673

Candlelighter's Childhood Cancer Foundation (CCCF)

1-800-366-2223 (leave message)

www.candlelighters.org

Children's Health Insurance Program (CHIP)

See Healthy Montana Kids under "Health Insurance", Page 18

Comprehensive Hearing Services

2626 Winne, Helena

443-8838

Provides hearing testing, hearing aids and professional service. Fee based.

Donated Dental Services

P.O. Box 1154, Helena, 59624 – Email mpetrick@nfdh.org

449-9670

Eye Care America

www.eyecareamerica.org

1-800-222-3937

Florence Crittenton

901 North Harris, Helena, 59601

442-6950

Fax 442-6571

www.florencecrittenton.org

Residential therapeutic home for pregnant and parenting young women aged 12 to 21. Offers 24 hour care, group and individual therapy, drug and alcohol recovery support services, parenting classes, adoption counseling, independent living skills and a child development center.

Health Care for the Homeless

533 N. Main, Helena

449-5682

Provides medical services and case management to homeless individuals and families. We are part of the Lewis & Clark County Co-operative Health Center. Patients can be seen at 533 North Main or at the Co-operative Health Center.

Jefferson County Health Department

Boulder: 214 S. Main, 225-4007

Whitehall: 11 East Legion, 287-3249

Medicare and Medicaid accepted for immunizations.

Last Chance Audiology

1325 Euclid Avenue, Helena

443-3330

Offers complete audiological and hearing aid services. Fee based. Medicare and Medicaid accepted.

Leo Pocha Health Clinic

435 North Last Chance Gulch 449-5796 Fax 449-5371
Call for an appointment. Provides services of a medical doctor. Third party billing is accepted. No one, regardless of race, will be refused. This is a Native American Service. Hours: Monday – Thursday 7:30 – 6:00, closed Friday.

Lewis & Clark AIDS Project

PO Box 832, Helena 449-1357 Fax 442-1316
Direct services to those affected by HIV. Education and prevention information.

Lewis & Clark City-County Health Department

1930 9th Avenue, Helena 443-2584 Fax 457-8990
Provides health education and communicable disease control through immunization services. Costs based on income and family size, no one is denied services based on inability to pay. Doctors available M-F, 8 - 5. The immunization clinic is open Monday, Wednesday, and Friday from 11 - 4:30 Anonymous HIV/AIDS testing and counseling services and travel immunizations are offered during clinic hours. Free Blood Lead Level testing is also available during clinic hours. Call 4-HEALTH for more information.

Augusta Public Health Nurse

Augusta, MT 59410 406-562-3509

Cooperative Health Center

1930 9th Avenue, Helena 443-2584 Fax: 457-8990
Cooperative Health Center provides comprehensive primary health care, mental health services, and dental care to residents of Lewis and Clark County. Based on income and family size.

Comprehensive Cancer Screening Program 1-888-803-9343 443-2584

Dental Clinic

1930 9th Avenue Suite 207, Helena 443-2584
Provide dental services on an ability to pay basis. By appointment only.

Environmental Health Office

Fax: 406-447-8398 447-8351
City-Council Building 316 North Park room 404, Helena 59623

Healthcare for the Homeless

God’s Love Shelter, 533 North Main, Helena 449-5682

Lead Education and Abatement Program

2 South Morton P.O. Box 1231, East Helena 59635 457-8583
Works to reduce blood levels in children throughout community outreach, data collection, and education about the environmental lead hazards, nutrition, and hygiene.

Lewis & Clark Co. Home and Community Based Services Case Mgt 443-2584

Parker Medical Clinic

P.O. Box 729, Lincoln, MT 59639-0729 406-362-4617 Fax: 362-4850

Tobacco Education and Cessation Program 1-800-QUIT.NOW 443-2584

Meagher County Public Health Nurse

457-3234

White Sulphur Springs @Mountain View Medical Center

Medicaid, SNAP and TANF

Online application at: www.dphhs.mt.gov

Go to "Programs & Services" – click on Public Assistance

Also see: Lewis & Clark County Offices of Public Assistance, Pages 37

Montana PharmAssist Program

Patient Packet: 1-866-913-2323 Toll Free in Montana or Out-of-state 406-444-0440

<http://www.dphhs.mt.gov/prescriptiondrug/index.shtml>

Program open to all Montana citizens, regardless of age or income. Citizens will benefit from a no cost in depth consultation with licensed and credentialed participating pharmacists.

Montana Right to Life

1900 North Main, Suite C, Helena 443-0827 Fax 443-0840

Social Service organization that promotes awareness & protection for individuals threatened by abortion, infanticide and euthanasia.

Montana Speech, Language and Hearing Association

406-749-0925

PO Box 1806, Red Lodge 59068

Options Women's Clinic

www.optionswomensclinic.com

422-1011

1205 Butte Avenue, Suite 2, Helena

Mon – Thur 11 – 4, Fri 8:30 – 12:30

Your first stop when you may be experiencing an unplanned or unwanted pregnancy.

Provide free and confidential pregnancy testing, options counseling, and limited ultrasound to give you the information you need to make the choice that is right for you.

Partnership Health Center Geriatric Assessment Center

406-258-4117

Missoula

Planned Parenthood

1500 Cannon, Helena

443-0169

www.IMPP.org

Provides health care, limited primary care, birth control, pregnancy testing and counseling, gynecology exams, testing and treatment of sexually transmitted diseases, AIDS testing and education, nutrition education, rubella screenings, PMS counseling, infertility education, and free blood pressure screening. All services provided are confidential. A sliding fee scale is used to determine payment with all costs at a reasonable rate.

Vaccines for Children (VFC) Immunization Section

Department of Public Health and Human Services

www.dphhs.mt.gov

Cogswell Building, 1400 Broadway, Helena Fax: 444-2920

444-5580

Doctors enrolled in the VFC program can give free vaccines to children who qualify for the program. Children may qualify if they are: enrolled in Medicaid, or without health insurance, or are American Indian or Alaskan Native, or are insured, but their health insurance does not cover immunizations. Children are eligible from birth through age 18 years.

Hospitals

Broadwater Health Center Hospital and Home Health

110 North Oak, Townsend

266-3186

www.BroadwaterHealthCenter.com

Mountain View Medical Center

16 West Main, White Sulphur Springs

547-3321

Shodair Children's Hospital

2755 Colonial Drive, P.O. Box 5539, Helena 59601

444-7500 or 1-800-447-6614

Fax 444-7536

www.shodairhospital.org

Provides the following services.

Child Psychiatric Services: helps children and adolescents experiencing severe emotional difficulties, including - Acute Psychiatric Program, Residential Treatment, Adolescent Program, Children's Program and Partial Hospitalization.

Department of Medical Genetics: provides comprehensive services to individuals with genetic conditions or concerns about their risk to transmit or develop a genetic disorder.

Shriner's for Children

Algeria Shrine Center email: mail@algeriashriners.org

15 North Jackson Avenue, P.O. Box 1174, Helena 442-5305, Ext. 3 Fax 442-5322

Provides medical information and assistance in the areas of ortho, spinal and burns to youth and handicapped individuals age 18 and under.

St. Peter's Community Hospital

2475 Broadway, Helena

442-2480

www.stpetes.org

Offers a broad full range of services including Behavioral Health Unit for adults, Cancer treatment center, Care Management, Cardiac Rehabilitation, Diagnostic Imaging, Dialysis, Emergency Department, Hospice, Intensive Care Unit, Medical/Oncology Unit, Physical Medicine & Rehab, Respiratory Therapy, Surgical Unit, Urgent Care, and Women & Children's Unit.

Housing- General Information & Assistance

Aging in Place Specialist

459-4663

homeworks_MT@msn.com

Contact Jim Burgess, Certified by the National Association of Home Builders

First Time Homebuyers Classes,

Beki Brandborg beki@initco.net

431-2151

Website: www.montanafirsttimehomebuyers.com

Gr8 Hope Housing Program

50 South Park

Email: lmooon@rmdc.net

Rocky Mountain Developmental Council P.O. Box 1717, Helena 442-1236 x104

Homebuyer assistance program providing closing cost and down payment assistance to low-income, first time homebuyers to purchase a home in the greater Helena area.

Habitat for Humanity, Helena Area

1531 National Avenue, Suite A, PO Box 459, Helena

449-4663

Email: DirectorHabitat@Qwestoffice.net

Volunteer 442-6510

Through volunteer labor, management expertise, & tax-deductible donations of money &

materials, Habitat builds and rehabilitates homes with the help of the homeowners.

Helena Area Housing Task Force

Beki Brandborg

431-2151

Coalition of lenders, non-profit realtors and government representatives who care about access to affordable housing.

Montana Dept of Commerce Home Program

301 South Park, Rm 240, P.O. Box 200545, Helena 841-2820 Fax 841-2810

To expand the supply of decent & affordable housing, particularly rental housing, for low- & very low-income Americans. Housing includes existing rental housing made affordable through tenant-based rental assistance. Referral Service to available programs & agencies.

Homelessness Prevention and Rapid Rehousing (HPRP)

@ Rocky Mountain Development Council

457-7336

Provides short-term financial assistance for people who are homeless or about to be homeless. Assistance includes security deposit, utility deposit, rent and utility arrearages and short-term rental assistance.

HUD (Housing and Urban Development)

100 Neill Avenue #27

449-5050

www.hud.gov

Serves as a referral for low- income housing.

Montana Dept. of Commerce - Montana Board of Housing

301 S Park Ave Room 240, P.O. Box 200528, Helena

841-2840 800-761-6264

Fax 841-2841

www.housing.mt.gov

Created to help alleviate the higher cost of housing for lower income individuals and families with five programs are offered:

Single Family Bond Program assists first-time homeowners

Disabled Accessible Affordable Home Ownership Program assists people with disabilities to acquire affordable, accessible

Multifamily Bond Program provides 30-to-40-year below-market rate loan funds for the development of low-income, multifamily rental housing.

Low Income Housing Tax Credit Program

Elderly Program (aka Reverse Annuity Mortgage or RAM)

Montana Fair Housing – Attn. Pam Bean

904 A Kensington Ave. Missoula

1-800-929-2611

Section 8 Housing Assistance Program - Helena Housing Authority

812 Abbey, Helena 442-7981 (Voice/TDD)

Toll free: 1-800-378-7981 (Voice/TDD)

Helps with rental costs. You may qualify if: (1) your household includes one of the following: yourself and one or more family members, a single person 62 years of age or older, or a single person who is disabled or handicapped, or persons displaced by natural disaster or governmental action; and (2) your total income is not over the established guidelines. M-F 8:30 - 5:00.

Rural Development Home Program (USDA)

790 Colleen Street, Helena

449-5000 Ext. 4

www.rurdev.usda.gov/mt

Helping low to moderate- income families purchase and repair a home. Provides low

interest loans and grants for rehabilitation, home improvement, and repairs. For people of all ages. All loans and grants have to be outside Helena City Limits.

Housing- Helena

Almanor Apartments

1415 Missoula Avenue, Helena 59601

442-8218

Hours: 8:30 - 11:30 and 1:30 - 5.

2-3 bedrooms apartments. Screening is required for all applicants. Income based rent.

Aspen Village Apartments

615 Janet Street

1-800-466-7722

Wheelchair accessible, income based rent, independent living apartments for seniors and persons with disabilities.

Broadwater Village

1427 Broadwater Circle, Helena

442-2429

8:30- 1:00 weekdays. Provides housing for low and moderate income families.

Colonial Terrace

2480 Broadway

442-7232

Eagles Manor Residences

715 North Fee, Helena

442-0610

For seniors and persons with disabilities. Income based rent. On site meals.

East Park Villa

2615 Broadway

449-9795

Affordable senior housing.

Helena Housing Authority (Public Housing)

812 Abbey, Helena

442-7970

Fax 442-0574

www.hhamt.org

For low-income families, elderly, and persons with disabilities. Income based rent. Office hours: M-F, 8:30 - 5:00.

Helena Manor

2115 Missoula Avenue, Helena

442-8840

Moderate priced family apartments.

Hunters Pointe

2801 Colonial Drive

www.Hunters-Pointe.com

443-4222

Senior retirement community.

M.E. Anderson Apartments

100 South Warren

442-7970

For seniors and persons with disabilities. Income based rent.

Memorial Park Apartments

5 Memorial Drive

443-5785

One bedroom affordable apartments.

Pheasant Glen Apartments

3440 Ptarmigan Lane 443-0127
For seniors and persons with disabilities. Income based rent.

Ptarmigan Apartments

3400 Ptarmigan Lane, Helena 449-7511
For seniors and persons with disabilities. Income based rent.

Queen City Estates

2300 North Roberts, Helena 449-7165
Wheelchair accessible, income based rent, independent living apartments for persons with disabilities.

Serendipity Apartments

8 South Park, Helena 457-5556
Income based rentals. For seniors and persons with disabilities.

Shadow Mountain Apartments

2527 Ferndale Lane 442-3991
Affordable housing for families and individuals. Some are handicap accessible.

Sunset Capital Apartments

520 Logan, Helena 442-2970
Meal programs (lunch and dinner). Income based rent. Seniors and persons with disabilities.

Tower Hill Apartments

24 South Ewing, Helena Office Hours: M,Tu,Th,F 8-Noon 443-2311
Provides subsidized housing for low and moderate-income families.

Vista Square

1701 Prospect, Helena 442-3222
Secure housing for all ages.

Waterford Retirement Community

915 Saddle Drive, Helena 449-4900
Senior retirement community.

YWCA of Helena

501 North Park Avenue, Helena Kellie@ywcahelena.org 442-8774
Provides safe and affordable transitional housing for women and small children and connects them with helpful community resources.

Housing- Augusta

Rocky Mountain Front Properties

Main Street 562-3633
Income based family apartments.

Housing- Boulder

Big Boulder Residences

501 East 4th Street

225-3712

Subsidized family housing for low and moderate income families.

Housing- East Helena

Eastgate Apartments

3800 Beechnut Street

227-5760

Provides housing for low income and moderate- income families. Rural development program.

East Helena Senior Apartments

400 East Riggs

227-5760

Low and moderate income.

Housing- Townsend

Broadwater Villas

442-7178

601 South Oak Street. Multi-family, income based rent.

Housing- Whitehall

Coachman Court for Seniors

409 East Legion

498-1305

For seniors and persons with disabilities.

Cowdry Court for Families

205 West Legion

587-8288

Family housing. Income based rent.

Housing- White Sulphur Springs

Castle Mountain Apartments

406-547-3651

For seniors and persons with disabilities. Income based rent.

Spring Manor

107 South Central

406-721-4922

For seniors and persons with disabilities. Equal opportunity housing.

In-Home Assistance/ Family Support Services

A2Z Self Direct

629 Helena Avenue

www.A2Zpersonnel.com

443-7664

Adult Dependent Living of Helena

1023 8th Avenue, Mary 442-8117 or cell 410-2354
An in-home care service, takes personal pay or private insurance only.

A-Plus Health Care

555 Fuller Ave., Helena 59601 Fax: 422-1062 443-3866
Provides personal care services and assistance.

Apex of St. Peter's

St. Peter's Community Hospital, 2475 Broadway, Helena 447-2739
Home oxygen and sleep therapy equipment. Respiratory equipment and life line. Also see Lifeline of St. Peter's below.

Apria Health Care

815 26th Street North, Great Falls 406-761-3716

Area IV Agency on Aging Case Management @RMDC

648 North Jackson 457-7368 1-800-551-3191
Home and Community Based Services (HCBS) Medicaid Waiver program for people 65+.

Alzheimers Family Support Group – Helena

Facilitator: Cindy Stevick 406-431-0452
Betsy Salois 406-431-9801
Professional Plaza Building, 900 N. Montana Avenue, Helena.
Serving families and caregivers of persons with dementia. No diagnosis required. Meetings: 2nd Tuesday and 4th Thursday of every month – 7:00 to 9:00 p.m.

Capital City Case Management

P.O. Box 6982, Helena Fax: 443-2785 431-2184 or 431-2185
Email: capcitycm@capcitycm.com

Caregivers Support Group

Cindy Stevick 431-0452
Serving families and caregivers of persons with dementia. No diagnosis required.

Family Child Health Home Visiting

Lewis & Clark City-County Health Department, 1930 9th Avenue, Helena
443-2584 Fax 457-8990
Provides information, education, referral, and support through home visits to pregnant women and families with children up to age five. Pregnant women are assisted in obtaining prenatal care, nutrition information, housing, and other financial assistance.

Frontier Home Health and Hospice

800 Front Street, Helena
Home Health Office: Fax: 406-447-3144 Office: 406-443-4140
Comprehensive assessment, training and management of your home medical needs after hospitalization, surgery or debilitating illness.
Hospice Office: Fax: 406-447-3144 Office: 406-443-4140
Provides end of life medical care and support to a patient and their family, including a grief support group.

Home Care Montana

321 East Main Suite 215, Bozeman 406-582-1680

Home Health nurses, personal care attendants

Home Link of St. Peter's

1-800-717-7744

St. Peter's Community Hospital, 2475 Broadway, Helena

Services offered in your home include: Home health aid, home infusion, hospice, physical therapy, speech and language pathology and medical social services

Home Sweet Home Health Care, Inc.

461-4981

Offers home health services, respite care, nursing services and homemaker services to people of all ages.

Hospice of St. Peter's

2475 Broadway, Helena

444-2244

Care for life-threatening illnesses or terminally ill. Individual and group grief counseling.

Lewis & Clark Co. Health Dept. HCBS Case Management

443-2584

Lifeline of St. Peter's

1-800-353-4663

447-2739

2425 Broadway – St. Peter's Hospital. See detail under Apex of St. Peter's above.

Medicaid "Self Direct" Personal Assistance through MILP

1-800-735-6457

442-5955

Also see: **Montana Independent Living Programs**, Page ____

Mountain View Medical Center and Home Health

16 West Main, White Sulphur Springs

www.mvmc.org

547-3321

Nightingale Nursing and Caregiving

4185 North Montana, Helena

443-1036

North West Home Care

1900 North Last Chance Gulch, Suite 8

442-6755

Provides personal care services and personal assistance

The Foot Nurse

431-0006

Specializing in providing medical foot care in the home. Licensed and insured.

Legal

Child Support Enforcement

www.childsupport.mt.gov

3075 North Montana Avenue, Suite 112, P.O. Box 202943 Helena 59620

444-9855 or 1-866-850-1556 or 444-6808 for information on your Montana Access Card

Montana Lawyer Referral and Information Service

449-6577

Montanabar.org (legal help button)

A service of State Bar of Montana providing referrals to attorneys and information regarding other legal resources. (Does not have attorneys on staff or provide names of pro bono or reduced fee attorneys.)

Montana Legal Services Association

616 Helena Ave, Suite 100 Helena

442-9830/1-800-666-6899

Fax 442-9817

www.montanalawhelp.org Phone: M-F 7:30 a.m. – 5:00 p.m., Sat. 9:15am – 12:45 pm.
Handles civil matters for low-income families. Income eligibility requirements. No attorney fee. Client may be required to pay some costs, publication costs, etc. Often costs can be waived.

Office of Juvenile Probation

Lewis and Clark County Courthouse, 228 Broadway, Room 306 447-8228
Provides youth court services. Supervision and correctional services available.

Senior & Long-Term Care Legal Service Developer 1-800-332-2272 444-7783
Montana Dept. of Health and Human Services

State Bar of Montana- Lawyer Referral Service

7 West 6th Avenue, Suite 2B, PO Box 577, Helena
442-7660 Fax: 442-7736 www.montanabar.org
Free, non-profit lawyer referrals and information.

Libraries/ Literacy

Broadwater Community Library 266-5060
201 North Spruce, Townsend

Clancy Library
6 North Main, Clancy 933-5254 <http://clancylibrary.googlepages.com>
High speed internet and fax and copy services.

Jefferson Community Library 225-3241
202 South Main, Boulder
Hours: Sun. 1 – 5 p.m., Mon. & Wed. evenings 6:30 – 8:30 p.m., Tues, Wed, Thurs, Fri 10:00 a.m. – 5:00 p.m.

Lewis & Clark Library
120 South Last Chance Gulch, Helena 447-1690 www.lewisandclarklibrary.org
Children's Story Time- Wednesdays and Thursdays 10:30 –11:00 a.m. and 1:30- 2:00 p.m.
Hours: Mon-Thursday 10:00a.m.- 9:00 p.m, Fri. 10:00 a.m. – 6:00 p.m. Sundays 1:00-5:00 p.m.
Branch libraries in Augusta and East Helena.

Lincoln Community Library
102 9th Avenue, Lincoln 362-4300 swood@mtlib.org
Story hour every Thursday from 11:30am-Noon

Literacy Council- L & C www.helenaliteracy.org
Adult Learning Center 815 Front Street, Helena Peggy Benkelman - 324-2111
Tutors work with students who are seventeen or older to gain or increase their reading skills.

Meagher County City Library 547-2250
15 1st Avenue South East, WSS

Montana Talking Book Library [Email: mtbl@MT.gov](mailto:mtbl@MT.gov) <http://msl.MT.gov>
1515 East 6th Avenue, P.O. Box 201800, Helena 444-2064 1-800-332-3400
Provides library services for the blind, physically handicapped, and individuals who cannot

read conventionally printed material.

Wakina Sky Learning Circle and Library

Helena Indian Alliance 436 North Jackson, P.O. Box 1240, Helena 449-0318
After school program for students grades 1 through 12. Includes mentoring, academic tutoring, physical activities, art, and Native American Cultural activities.

Whitehall Community Library

110-1 West, Whitehall. Story time Fridays. Offer summer reading programs. Whitehall Teen Center in basement of library. 287-3763

Medical Alert Systems

American Senior Safety

4712 Admiralty Way, #229, Marina Dell Rey, CA 90292
Medical alarm in home. Not covered by Medicare.

www.seniorsafety.com

1-888-473-2800

Lifeline through Apex of St. Peter's Hospital

201 S. California, Helena 447-2739
Button you wear through the phone. Not covered by Medicare.

www.lifelinesystem.com

LifeFone /Personal Emergency Monitoring System

1-800-882-2280 x 305

Medical Alert

Personal emergency monitoring system through CVS Pharmacies .

www.medicalalertsysteem.com

1-800-283-2300

VRI

330 Progress Road, West Carrollton, OR 45449
A medical alert system.

www.monitoringcare.com

1-800-860-4230

Medical Equipment/ Out-Patient Medical Care

Byrom Health Care for Medical Supplies

A reliable mail order resource

<http://www.byramhealthcare.com>

Clark's Orthopedic and Medical

2716 Billings Avenue

442-6069

Community Home Oxygen

3928 Wynne, Butte 59701
Medicare and Medicaid accepted.

406-494-6900

Community Home Oxygen

3103 Prospect, Helena
Medicare and Medicaid accepted.

443-3716

Also see: Goodwill Industries, Page 40

Harrington Surgical Supply

53 East Broadway, Butte 59701
Medicare and Medicaid accepted.

406-723-6541/

1-800-345-9517

Lincare

3330 Colton Drive Suite B, Helena

449-2253

Home and oxygen respiratory. Medicare and Medicaid and most insurances accepted. A national company.

Meagher County Senior Citizen Center Loan Service

547-3651

P.O. Box 682, White Sulphur Springs, 59645. Contact person Beth Hunt

Medic Alert

1-800-ID-ALERT

www.medicalert.org

1-800-432-5378

Provides ID bracelets to identify medical allergies & diseases in case of an emergency.

Specialized Medical

495-8600

3660 N. Montana Avenue, Helena

Mental Health

For Helena:

In a crisis call 911 or the non-emergency # 442-3233 and ask for CIT officers, a “ crisis intervention team”. They will send a specifically trained team to respond.

For communities other than Helena:

In a crisis call 9-1-1 and ask for an officer with experience in psychiatric crisis. OR if possible, bring person to St. Peter’s Hospital where they have appropriate staff to assist.

AWARE, Inc.

616 Helena Avenue, Suite 305 Helena

449-3120

Fax 449-3125

www.aware-inc.org/communities/helena.htm

Provides community based case management services to qualifying children, adolescents and adults with serious emotional disturbance. Regional offices located in Anaconda, Billings, Butte, Bozeman, Dillon, Great Falls, Helena, Kalispell, Livingston, Miles City & Missoula.

Center for Mental Health

900 North Jackson, Helena

443-7151

Fax 443-3420

www.center4mh.org

Serves Lewis and Clark, Broadwater, Jefferson and Meagher Counties. Clinical services include psychiatric, medication monitoring, individual and group therapy. Please contact your Head Start Family Advocate for a supplemental list of mental health providers.

Boulder: 106 N. Main, P.O. Box 420,

225-9114

Townsend: 417 Broadway,

266-3327

White Sulphur Springs: 417 Broadway, Townsend

547-2524

Compeer Helena

mbrown@rmdc.net

457-7319

At Rocky Mountain Developmental Council

A volunteer program working to improve the quality of life for people recovering from mental illness through the power and gift of friendship.

Disability Rights Montana

449-2344

1022 Chestnut, Helena,

www.Disabilityrightsmontana.org

Intermountain

www.intermountain.org

Fax: 442-7949

500 South Lamborn, Helena

442-7920

Provides residential care, treatment and education to emotionally disturbed youth who are unable to function within their homes or community. Agency referral usually through DPHHS-Family Services Program.

Kid’s Management Authority (KMA)

phelms@rmdc.net

At Rocky Mountain Developmental Council

443-3113

Provides support, education, and coordination of service for youth with a mental health diagnosis and their families using a wraparound approach to services. Offers a monthly community information meeting, a monthly parent support and information group and a monthly youth support and ant-stigma group. All services are free.

Mental Disabilities Board of Visitors

Capitol Station, Helena

444-3955

Reviews care at Montana’s institutions for the mentally ill and the developmentally disabled. Also provide legal representation at Montana state hospitals.

Mental Health of America – Montana Chapter

25 South Ewing, Helena

Fax: 442-4276

205 Haggerty Lane, Suite 170, P.O. Box 88, Bozeman, MT 59771

1-877-927-6642

Mental Health Services Information Assistance Line

1-888-866-0328

Information only on how to access Montanan public mental health services.

State of Montana - Addictive and Mental Health Disorders Division

For administrative questions only.

444-3964

Montana Warm Line

1-877-688-3377

www.montanawarmline.org

Provides services to people across the state who live with mental illness. Provides telephone and internet based support for people looking for help but are not in crisis. Warm Line operates from 4:00 p.m. – 10:00 a.m. Monday through Friday and 1:00 – 10:00 p.m. Saturday.

NAMI - Montana

www.namimt.org

616 Helena Avenue, Suite 218, Steamboat Block, 2nd Floor #218

443-7871

Supports, educates and advocates for Montanans with severe mental illnesses and their families. NAMI Montana has over 400 members and growing (join.now). Our affiliates are located in Billings, Bozeman, Great Falls, Havre, Helena, Kalispell, Livingston, Lewistown, and Missoula.

Ombudsman through NAMI Montana

Advocate for Mental Health

444-9699

Our Place

Rocky Mountain Development Council

442-1374

631 North Last Chance Gulch

Promotes and encourages recovery and wellness through positive interactions and experiences within a peer-directed community-based environment. Serves individuals age 18 and over with mental illness and/or substance abuse disorders. Hours: Wed. through Sun. 12:00 – 6:00 pm.

Also see: **Shodair Children's Hospital**, Page 21

St. Peter's Community Hospital – Behavioral Health unit

2745 Broadway, Helena

495-6560

jtholt4@stpetes.org

Offers a 23-bed adult and geriatric inpatient hospitalization program for short-term treatment for individuals 18 years and older. The inpatient hospitalization program involves stabilizer crisis that led to hospitalization, providing a thorough evaluation, developing an individualized treatment and coordinating care in a warm, supportive, and secure environment that provides 24-hour nursing. The Behavioral Health Unit services include individual and group therapy, medication stabilization and management, activity therapy, patient and family education and aftercare planning.

Nursing Homes - General

Long Term Care – Ombudsman

Area IV Agency on Aging - Rocky Mountain Development Council

P.O. Box 1717, Helena

Mary Ann Hayes

457-7376

Advocate for good care and living conditions in assisted living facilities and nursing homes.

Montana Health Care Association

For nursing home information

443-2876

MT DPHHS – Certification Bureau/ Abuse and Complaint Coordinator

444-4463

MTSSAD@MT.gov

Nursing Homes/ Housing

Big Sky Care Center

2475 Winne Avenue

442-1350

Broadwater Health Center

10 North Oak, Townsend

266-3186

Cooney Convalescent Home

2555 Broadway, Helena

447-1651

Elkhorn Health and Rehabilitation (formerly Evergreen Health Care & Rehabilitation)

474 Highway 282, Clancy

bkroll@hms.com

933-8311

Mountain View Medical Center Long Term Care

16 West Main, White Sulphur Springs

www.mvmc.org

547-3321

Rocky Mountain Care Center

30 South Rodney, Helena

443-5880

Fax: 443-6655

24- hour skilled nursing with emphasis on rehabilitation.

Nutrition and Food Assistance

Augusta Food Bank

Augusta Senior Center, Box 21, 134 Main, Augusta 59410 562-3623

Broadwater Food Pantry

For emergency food needs or to drop off food 422-8825
315 Broadway, P.O. Box 1164, Townsend, MT 59644
Open Saturdays 9:00 – 11:00 for food boxes and Fridays 4:00 – 5:00 for food donation drop off.

Edwards Grocery

116 East Main, White Sulphur Springs. Will deliver. 547-3731

Food Stamps - See SNAP under Social Services/Public Assistance

Helena Food Share

Helena - 1616 Lewis Street, P.O. Box 943, Helena 443-3663
East Helena – United Methodist Church, corner of Main, E. Riggs & Prickly Pear, open 2:00 – 4:00 Mondays and 5:00 – 6:30 p.m. Thursdays.
Provides food items at no charge through several programs. Identification is required. Call 443-3663 between 8:00 a.m. and 4:00 p.m. M – F for program details.

Heritage IGA

109 South Lane Avenue, East Helena. Will deliver. 227-5304

JeffCo Food Share

First Baptist Church, 107 West Hauser, Boulder 225-4240
Open 2nd and 4th Thursday from 12:00pm-3:00pm www.BoulderBaptist.com

Nutrition Coalition Food Bank

P.O. Box 813, White Sulphur Springs 447-3393

Tri County Senior Nutrition Program (Broadwater, Jefferson, Lewis and Clark)

Rocky Mountain Development Council
200 South Cruse Avenue, P.O. Box 1717, Helena www.rmdc.net
Helena: 457-7300 or 1-800-356-6544 447-1686 (TDD) Fax 447-1629
Provides services designed to enhance the physical and social well being of elderly citizens. The Daily Dinner Club Program provides nutritious noontime meals five days a week to seniors. The Home Delivered Meals Program provides meals to disabled & homebound seniors who are unable to participate in the Dinner Club Program. Social activities are also provided Participants must be at least 60 years old.

United Methodist Church Food Bank, Lincoln

362-4565

WIC Program (Women-Infants-Children)

Lewis & Clark County Health Department
1930 9th Avenue, Suite 207, Helena 443-2584/457-8912 Fax 457-8990
The WIC Program provides health and nutrition assessment and education as well as referral to other agencies. The program serves pregnant or breast feeding women, infants, and children up to age five.

Whitehall Food Bank

287-3537

Personal Care Homes/Assisted Living

Aspen Gardens, LLC,

7, 9, 11, 13, and 16 Bumblebee Court, Helena

457-0092

Connie's Country Cottage

8130 Diamond Springs Drive, Helena, MT 59602

458-5773

Country Life at Montana City

12 Bessler Road, Clancy 59634

461-4333

Liberty Place, Inc.

P. O. Box 446, Whitehall

287-9887

Masonic Home of Montana

2010 Masonic Home Road, Helena 59602

Personal care and adult day care. Assisted living home.

458-5431

Our House

2000 Winne, Helena

Assisted living home.

443-3364

Rosetta Assisted Living

525 Saddle Drive, Helena

10 Day Springs Loop, Helena

443-6339

449-7587

Sharon's Sunshine Care

2598 Casper Drive, East Helena, 59635

Foster home for elderly. Four unit home.

458-5535

Shelby House

2320 Spokane Creek Road, East Helena

475-9347

475-3621

Son Heaven

2510 Ferndale, Helena, MT

2540 Ferndale, Helena, MT

449-0229

495-0436

Tiffany's & Linda's Tender Loving Care

114 North Spruce

266-4453

Townsend Personal Care Inc

marcuzzi@mt.net

128 Highway 12 East, Townsend

266-3711

Waterford Retirement and Assisted Living

915 Saddle Drive, Helena, MT

449-4900

Wendy's House

6285 Sleeping Giant View Drive, Helena 59602

wotendercare@mt.net

458-6277

Physicians

Refer to the Yellow Pages or another phone directory.

Schools

Refer to Addendum A

Request a list from reception at RMDC 447-1680

Senior Centers/ Senior Activities

Augusta Senior Center 562-3623
P.O. Box 314, Augusta

Boulder Basin Senior Center 225-3656
201 South Main, Boulder
Meals provided Tuesdays and Thursdays.

East Helena Senior Center 227-9959
Fireman's Hall, East Helena

Lincoln Senior Center 362-4504
P.O. Box 56, Lincoln 59639

Helena Senior Citizen Center
Rocky Mountain Development Council
200 South Cruse Avenue, P.O. Box 1717, Helena
457-7300 or 1-800-356-6544 447-1686 (TDD) Fax 447-1629 www.rmhc.net
Provides a focal point for social and service activities that keep the senior citizens active and involved in the community. The center hosts events such as parties, games, crafts, day trips, lunches, newsletters and informational programs. Services offered include blood pressure, oxygen level testing, exercise classes, foot clinic, income tax assistance, volunteer opportunities and many other areas of concern for seniors. For further information, stop by the Senior Center or contact the Senior Center Program at 447-1680.

Meagher County Senior Center 547-3651
101 – 1st Avenue East, White Sulphur Springs
Senior meals, home delivered meals, senior activities.

Montana Office on Aging 444-4077
P.O. Box 4210, Helena

Summit Club of Mountain West Bank
1225 Cedar 449-2265
2728 Colonial Drive 443-4381

Townsend Senior Dinner Club 266-3995
516 2nd Street, Townsend

Social Services/ Public Assistance

Also see: Adult Protective Services, Page 6 and 12

Also see: Area IV Agency on Aging, Page 6

Birthright of Helena

www.birthright.org

534 North Last Chance Gulch, Livery Square, Suite 206 443-0662 Hotline: 1-800-550-4900

Free, non-judgmental and confidential help for women facing unplanned pregnancy, and post pregnancy support.

Catholic Social Services for Montana

1301 11th Avenue, P.O. Box 907 Helena 59624

442-4130 24 hour pregnancy crisis line 1-800-babydue (1-800-222-9383)

www.cssmt.org

Provides counseling and assistance to all regardless of race, religion, or ethnic origin. Adoptive placement and Waiting Child Program for placement of children with special needs.

Also see: Child Protective Services, Page 6 and 13

God's Love

533 North Main, Helena

442-7000, Transitional Living Shelter: 443-6007

Provides food, shelter, clothing, and other basic necessities for transients and families.

Transitional Living Program- 6-month shelter program with support services, counseling, case management, basic & medical need.

Also see: Good Samaritan and Goodwill, Page 40

Helena Indian Alliance

435 North Last Chance Gulch, Helena

Alliance: 442-9244 Fax: 449-5797 Leo Pocha Clinic: 449-5796

www.helenaindianalliance.com

A non-profit corporation to improve social and social-economic conditions for Native Americans. Youth activities, Substance abuse program, Referrals, Health Services, and general Native American advocacy. Also sponsor "Cherish Our Indian Children Program". And Wakina Sky Learning Circle for after school programs for students grades 1 through 12.

Lewis & Clark County Office of Public Assistance

3075 North Montana Avenue, P.O. Box 202959, Helena 59620, 444-1700 Fax 444-1751

Food Stamps, Medicaid, and Cash Assistance to families and individuals in need. Eligibility for all programs is needs tested. To be eligible for cash assistance you must have at least one dependent child. Medicaid benefits can only be extended to individuals who are aged, blind, or disabled by Social Security Standards or meet TANF cash. M-F 7:30 - 5:00

Meagher County Office of Public Assistance

15 West Main, Courthouse, White Sulphur Springs Fax: 406-547-2476

547-3752

Rocky Mountain Development Council

200 South Cruse Avenue, P.O. Box 1717, Helena 59624
457-7300 or 1-800-356-6544 TDD: 447-1686 Fax 447-1629 www.rmdc.net
A Human Resource Development Council which sponsors various social service programs for the low-income, elderly, and handicapped. Programs include: Area IV Agency on Aging, Daily Dinner Club, Energy Share, Foster Grandparents, Head Start, Low Income Energy Assistance, Meals on Wheels, Preschool & Day Care, Retired Senior Volunteer Program, Senior Citizens Center, Senior Companion Program, Weatherization, Mental Health and various youth programs.

Salvation Army

1905 Henderson Street, Helena
Social Services: 442-8244 **Church:** 442-8244
Emergency food, clothing, shelter, and utility assistance. Eligible three times in a 12-month period. Transitional housing program.

Social Security Administration

New Federal Building, Great Northern Town Center, Helena
1-800-772-1213 866-563-9496 www.ssa.gov/SSA_Home.html
Provides retirement, survivors, and disability monthly benefits. Must have work credits and age for retirement and survivors benefits. Medicare benefits, if qualify. Disability benefits are based on work credits and physical or mental disability, age and very limited income and resources to receive SSI benefits.

Support Groups

AA Hotline/Alanon/Alateen/Alcoholics Anonymous Hotline 443-0438
www.aamontana.org for meeting times.

Alcoholics Triumphant
Neighborhood Assembly of God Church
2475 Stuart, Helena Meets Mondays, 8:00 P.M.

Alzheimer’s Support Group Cell for Cindy Stevick - 431-0452

Hospice House
2312 Lockey, Helena 444-2244

Divorce & Separated Support Group
530 North Ewing, Helena Contact Kathy Surbrugg at 442-5825
Meets at Faith Formation Building every Tuesday from 7-9 PM – 13 week program

Domestic Violence Support Group
Refer to Friendship Center under “Domestic Violence/Victim Assistance”

Family Outreach www.familyoutreach.org Email: MLuccaatfamilyoutreach.org
1212 Helena Avenue, Helena 443-7370

Food Stamp Hotline & Citizen Advocacy
444-3468 447-1625 1-800-332-2272

Helena Caregiver's Support Group 437-2079
P.O. Box 472, Helena, julie/massey@gmail.com

Helena Police Department
221 Breckenridge, Helena Non-Emergency 442-3233 Emergency 911
Crime Stoppers 443-2000
Accident & Crime Reports 447-8461

Hospice of St. Peter's Community Hospital
2475 Broadway – St. Peter's Hospital, Helena 447-2462
Library and Reprints: Lending library with excellent materials on grief and loss (books, videotapes, and pamphlets.) Reprints of helpful articles are available.

Also see: Montana Association for Blind, Page 11

NAMI Montana www.namimt.org 443-7871

Narcotics Anonymous 1-800-990-6262
Meets at ALANO Club 1432 Gallatin. For times of meetings, call 443-9855

Overeaters' Anonymous 449-4943
Meetings Monday & Thursday, 7 p.m. at Susanna's Place, 512 Logan Street, Room 204 and Saturday, 9 a.m. Room 104.

Parents Support Group 443-4218
St. Paul's Methodist Church
Meet Wednesday, 7-9 P.M. For parents, foster parents or guardians of emotionally disturbed children.

Social Gatherings Information Shirley Bennett 442-3020
An opportunity for socializing with others who have lost a partner. Meet at Senior Center – 200 South Cruse, the 3rd Thursday of each month 5:30 P.M. winter months.

Young and Widowed 443-7624

National, Hotlines, Information and Self-Help Support Groups

800 Alcohol	1-800-ALCOHOL	1-800-252-6465
Abortion Hotline		1-800-772-9100
AIDS Info Clearinghouse		1-800-458-5231
Addictions Referral Network		1-800-577-4341
Al-Non/Alateen		1-800-356-9996
Al-Anon Family Groups, Inc.		1-800-870-3400
Alzheimer's Disease Education & Referral Center		1-800-438-4380

American Trauma Society		1-800-556-7890
Boys' Town National Hotline		1-800-448-3000
Brain Injury Association		1-800-444-6443
Cancer Information Service	1-800-4-CANCER	1-800-422-6237
CDC National HIV & AIDS Hotline		1-800-232-4636
CDC National Sexually Transmitted Diseases		1-800-227-8922
Center for Substance Abuse Treatment National Hotline		1-800-662-4357
Child Find of America, Inc.		1-800-426-5678
Nation Wide Problem Gambling Helpline	1-800-482-TALK	1-800-482-8255
CSAP's National Clearinghouse for Alcohol & Drug Info.		1-877-726-4727
	And	1-800-967-5752
Down's Syndrome		1-800-221-4602
Dyslexia International		1-800-222-3123
Mother's Against Drunk Driving	1-800-GET-MADD	1-800-438-6233
National Adoption Center	1-800-TOADOPT	1-800-862-3678
National Center for Missing & Exploited Children		1-800-843-5678
National Clearinghouse on Child Abuse & Neglect Info.		1-800-394-3366
National Health Information Center		1-800-336-4797
National Institute of Mental Health, Depression & Panic Disorder Hotline		1-800-421-4211
National Rehabilitation Information Center	1-800-34-NARIC	1-800-346-2742
National Runaway Switchboard		1-800-621-4000
Parents Who Have Abducted Their Children		1-800-292-9688
Relapse Prevention Hotline - Phoenix House	1-800-RELAPSE	1-800-735-2773
Shriner's Hospital		1-800-237-5055
Y-ME National Breast Cancer Hotline		1-800-221-2141

Thrift Stores

Good Samaritan

442-0780

P.O. Box 5177, 3067 North Montana, Helena 59601

www.goodsamministries.com

Provides shelter and general assistance. The Thrift Store sells or gives out clothing, furniture, & household items. Eligibility is on a case-by-case basis. Open M-F 9-8, Sat. 9-7, & Sun. 10-6.

Goodwill Industries Thrift Store

457-1325

1100 Roadrunner Drive, Helena M-Sat. 9-7 and Sun. 11-6

Provides vocational training for individuals with disabilities, as well as people who are unemployed due to educational or vocational disadvantage. Clothing, furniture, household items, and a durable medical equipment loan closet. M – Sat. 9 – 7 and Sun. 11 – 6.

Montana National Guard Thrift Store

Fort Harrison

324-3375

Montana Veteran's Foundation Thrift Store

406-449-3222 or 422-2098

1400 Joslin, Helena

Work program for unemployed veterans. Every purchase goes directly to veteran wages and store expenses.

Thrift Store

1313 Cedar, Helena, 9:00 – 6:00 Monday through Saturday

Transportation

Broadwater Health Center – “Old Baldy” Transportation

Townsend

266-3186

Eagle Emergency Transfer Services

Helena

441-9111

Offer emergency and non-emergency transfers via ambulance.

Helena Area Transit (HATS)

630 North Main, Helena Handicap Permit: 447-8328

447-1580

Curb to curb services within Helena. M-F, 7 - 5 (excluding holidays).

Full fare \$1.50 one way. Age 55 and over & Handicap - \$.85.

Medicaid Transportation Program

1-800-292-7114

Must have 24 hour notice and be Medicaid eligible.

Mountain View Medical Center Bus

16 West Main Street, White Sulphur Springs

1-406-547-3321

Old Trapper Taxi – Capitol Taxi

24 hours a day - within city limits \$6 and up.

449-5525

Office 443-3256

Out of State Travel Assistance:

Angel Flight – www.angelflightwest.org

1-888-426-2643

National Air Patient Travel – www.patienttravel.org

1-800-296-1217

Senior Transportation

Rocky Mountain Development Council
P.O. Box 1717, 200 South Cruse Avenue, Helena 447-1680
For RMDC senior volunteers and nutrition programs within Helena city limits.

Wheelchair Getaways, Accessible Van Rentals 227-6524

Whitehall Senior Center Bus
P.O. Box 87, 3 North Division Street, Whitehall 1-406-287-5336

Veteran’s Organizations

American Legion Post No. 2 443-9790

American Veteran’s Transportation 447-7763

Bozeman Veteran’s Clinic 582-5300

Also see: Compeer, Page 31

Disabled American Veterans 495-2089

Family Assistance Center <http://montanaguardfamily.org>
Helena – 324-3232
Glasgow – 228-2932
Missoula – 329-2180 (Extension 111)
Billings – 655-6200
Great Falls – 731-4900

Homeless Veteran’s Office 447-6064 447-6045

State Veterans Affairs Office 841-3740

VA Montana Health Care System, Patient Representative 447-7990

Vet-to-Vet, PTSD Support, Helena Area 447-6000

Veterans Administration, Meagher County Senior Center 1-406-388-4601

Veteran Outreach, Employment Consultant, Helena 442-3228

Veterans of Foreign Wars, Helena 443-8757

Veterans of Foreign Wars, East Helena 227-8163

Willis Cruse House VA Transitional Center, 1112 Leslie 495-6098

Veterans Administration Medical Center 442-6410
Fort Harrison 59636

Medical and surgical hospital care. Inpatient/outpatient services. Rehabilitation services, alcohol and drug treatment, physical therapy. Counseling and social work services available with discharge planning to community care facilities. Readjustment counseling services available to Vietnam Era Veterans. Services for the blind.

Veterans Administration Regional Office

Fort Harrison 59636

1-800-827-1000

Provides financial compensation for injury during active service. Pension for wartime veterans based on incomes. Home loans & guaranteed loans. Veteran's educational assistance program. Eligibility requirements vary, but must have been on active duty & released from active military service under conditions other than dishonorable.

V.F.W. Department of Montana

Fort Harrison 59636

495-2086

The objectives of this organization are fraternal, patriotic, historical, & educational; to preserve & strengthen comradeship among its members; to assist worthy comrades; to perpetuate the memory & history of our dead, & to assist their widows & orphans.

Volunteer Organizations

AARP Montana

1-866-295-7278 or 441-2277

30 West 14th Street, Suite 301, Helena www.aarp.org

Augusta Volunteers

Call the Senior Center to setup

562-3623

Big Brothers Big Sisters

30 W 6th Avenue, Helena

442-7479

Fax 449-6421

Accepts referrals for any child who needs the companionship of an adult other than parent or legal guardian and helps to establish good adult/child relationships and friendships.

Also see: Compeer, Page 31

Foster Grandparent Program

Rocky Mountain Development Council

www.rmdc.net

200 South Cruse Avenue, P.O. Box 1717, Helena

447-1680 or

1-800-356-6544

Fax 447-1629

Foster Grandparents (age 55 and older) give their time and love to children in places such as daycare centers, school systems, Head Start programs, & various other non-profit agencies serving children who have needs that range from mental to physical disabilities to the everyday emotional needs of latch key children. Children reap the benefits of academic & social success that may not have been possible if not for the companionship, love, & guidance they receive from the Foster Grandparent. Seniors who are low income & over 55 are qualified to receive a non-taxable stipend, mileage, monthly training & other benefits.

Hospital Volunteers

St. Peter's Hospital, Helena

444-2135

Retired and Senior Volunteer Program (RSVP)

Rocky Mountain Development Council

200 South Cruse Avenue, P.O. Box 1717, Helena 59624-1717

447-1680 or 1-800-356-6544

Fax 447-1629

www.rmdc.net

Provides volunteer opportunities to people 55 years old and older regardless of income. Volunteers serve from a few hours to twenty hours or more per week doing such things as clerical work, tutoring, preparing bulk mailings and sewing quilts as well as assisting at schools, libraries, hospitals, nursing homes, and other non-profit agencies where help is needed. A job assignment is made in accordance with the talents, skills, and interests of the volunteer. The RSVP program enables communities to continue to reap the benefits of the knowledge, expertise, and experience senior citizens have to offer. Contact the RSVP Director.

Senior Companion Program

Rocky Mountain Development Council

200 South Cruse Avenue, P.O. Box 1717, Helena

406-447-1680 1-800-356-6544

447-1686 (TDD)

447-1629 (Fax)

www.rmdc.net

Brings together volunteers age 55+ and over with adults who need help with the simple tasks of day-to-day living. The program's goal is to help homebound seniors and adults with special needs continue living in their own homes as independently as possible.

Senior Corps of Retired Executives, (SCORE) Small Business Administration

10 West 15th Street, Suite 1100, Helena, 59626

441-1094

Volunteer Helena at United Way of Lewis & Clark County

442-4360

www.VolunteerHelena.com is a website dedicated to connecting people interested in volunteering to agencies in need of volunteers.

Youth and Family

Big Brothers Big Sisters

www.bbbs-helena.org

442-7479

Boy Scouts

Helena

442-7926

Provides activities for males (K-12) to develop a sense of individuality, self-esteem, and interests. Builds character, confidence, and leadership.

Campfire Girls

www.campfire-usa.org

452-8543

Child Care Partnerships

www.childcarepartnerships.org

443-4608

Children's Wish Foundation International

1-800-323-9474

Fax: 770-393-0683

Fulfills special wishes of children with critical illnesses.

Communities Learning Appropriate Behaviors (CLAB)

439-9393

2047 North Last Chance Gulch #345, Helena

Programs to prevent youth exposure to violence and violent behaviors among youth, including age appropriate community events, youth outreach and awareness (YOA), youth and family workshops/counseling and a bully tip-line.

Eastgate Childcare provided by the YMCA
www.helenaymca.com/html/childcare.php

442-9622

Girl Scouts

324 Fuller Avenue, Helena

1-800-823-4475

Provides activities for females to develop a sense of individuality, self-esteem, and interests.

Healthy Mothers/Healthy Babies – The Montana Coalition

400 N. Park, Helena

449-8611

1-800-421-6667

Parents can obtain free information about parenting by calling the toll free number listed above. Information including referrals to health care, social services, healthy pregnancy information, accessing healthy food, safety and more will be available.

Helena Youth Choir

P.O. Box 201, Helena

442-4877

Boys and girls community choir, for children ages 8-18. No auditions necessary. There is a fee, but some scholarships are available.

Kids Feed-n-Fun

Robert Worthy

461-7939

Free lunch program for kids, 18 & younger, served at Memorial Park, and Bryant Elementary School from 11:00 – 12:30. Monday through Friday – June 14 – August 20, 2010.

Montana Alliance for Families Touched by Incarceration (MAFTI)

<http://www.cor.mt.gov/content/Victims/FamilyMembersBehindBars.pdf>

The Parenting Place, 1644 South 8th Street West, Missoula, MT 59801

<http://www.mafti.org>

1-800-520-2996

Booklet: “Family Members Behind Bars – Difficult Questions Children Ask . . . and How to Answer Them”

Montana Youth Homes

Rocky Mountain Development Council

www.rmdc.net

200 Miller Street, Helena

449-3038

The mission of the Montana Youth Homes is to guide youth towards independence in a caring, home-like environment. We seek to empower and support youth to become strong, responsible adults. The Montana Youth Homes program focuses on safety, building appropriate relationships and teaching Independent Living Skills.

Margaret Stuart Shelter – non-therapeutic residential group home and shelter care for males between 12-17 years old.

Jan Shaw Youth Group Home – non-therapeutic residential group home and shelter care for females between 12-17 years old.

Runaway and Homeless Youth Program – Assists runaways or homeless youth with resources (housing, food, clothing) to reunite them with family or other appropriate supportive adult.

Holdover Program – provides temporary supervision for youth as a diversion to being placed in a juvenile detention center.

Supported Independent Living Program – Provides financial assistance and personal support for 18-year old youth aging out of the foster care system.

Also see: [Montana Youth Leadership Forum](#), Page 12

Parent Helpline

Families First 815 East Front Street Suite 3, Missoula 59802

406-721-7690 1-800-346-2223

www.familiesfirst.mt.org

info@familiesfirst.org

Free telephone service that provides parenting and child development information regarding children ages birth through five. Basic information will be taken at the time of the original Parent Helpline call and a child development expert will call within two days. Free and confidential.

PLUK - "Parents Let's Unite for Kids"

Montana Toll Free 1-800-222-7585

www.PLUK.org

Parent coalition that has been formed to provide information and support individuals with disabilities and their families.

Prevention Services

441-3970

Rocky Mountain Development Council

648 Jackson Street, Helena

Jefferson County: Office 443-8771, Ext. 118 or Cell 461-3618

Broadwater County: 475-3314

RMDC's Prevention Services Program involves a broad spectrum of high risk youth behaviors and operates in conjunction with local coalitions and groups to empower youth, prevent high-risk behaviors amongst youth, and work with education and environmental policies that contribute to the healthy development of youth in Lewis & Clark, Broadwater and Jefferson Counties. Montana's Addictive and Mental Disorders Division is the state administrator for this evidenced-based SAMSHA program.

Safe Kids/Safe Communities

1400 East Broadway

442-2480

Safe Kids/Safe Communities is a coalition that focuses on the areas of occupant protection, child passenger safety, and alcohol and drug impaired driving. Infant and child car seat restraints and fittings are offered at reduced prices throughout the tri-county area and at St. Peter's Hospital.

Swimming Pool

1203 North Last Chance Gulch, Memorial Park, Helena

447-1559

June through August - Swimming lessons & public swimming.

Tri-County Buckle Up Montana Coalition

1025 N. Rodney, Helena

Tracie V.M. Nielson, Helena School District #1

t Nielson@helena.k12.mt.us

Provides car seats to families for \$10-\$30 co-pay.

Veterans Family Assistance Centers - See Family Assistance Centers – Veterans Organizations

YMCA

www.helenaymca.com

1200 North Last Chance Gulch, Helena

442-9622

Dedicated to building self-esteem and enriching the spirit, mind, & body for persons of all ages and economic levels. Financial assistance is available.

Youth Connections Coalition

www.youthconnectionscoalition.org

324-1032

Engages all sectors of our community to create opportunity for youth to thrive and succeed and reduce substance abuse and other risky behaviors among youth.

For Area Dentists, Physicians, and Counselors,
Psychologists & Psychotherapists Please Check
Telephone Directories and Yellow Pages.

Addendum A

Schools:

School District #1 – Helena

May Butler Complex

55 South Rodney

324-2000

Elementary Schools

Broadwater

900 Hollins

324-1130

Bryant

1529 Boulder

324-1200

Central

402 North Warren

324-1230

Four Georgians

555 West Custer Avenue

324-1300

Hawthorne

430 Madison

324-1370

Jefferson

1023 Broadway

324-2060

Jim Darcy

990 Lincoln Road West

324-1410

Kessler

2420 Choteau

324-1700

Rossiter

1497 Serra Road East

324-1500

Smith

2320 5th Avenue

324-1530

Warren

2690 Old York Road

324-1600

Middle Schools

C.R. Anderson Middle School
1200 Knight 324-2800 Attendance Office: 324-2802

Helena Middle School
1025 North Rodney 324-1000 Attendance Office: 324-1000

High Schools

Capital Senior High
100 Valley Drive 324-2500 Attendance Office: 324-2499

Helena Senior High
1300 Billings 324-2200 Attendance Office: 324-2211

Project of Alternative Learning (Lincoln School Head Start)
1325 Poplar 324-1630

School District #9

East Helena
P.O. Box 1280, East Helena 59635 227-7700

Eastgate Elementary
4010 Gradestake 227-7770

Radley Elementary
226 Clinton Street 227-7710

East Valley Middle School
400 N. Kalispell 227-7740

School District #27

Montana City School
11 McClellan Creek Road, Montana City, 59634 442-6779

Clancy School District North 1
18 Clancy Creek Road, Clancy 59634 933-5531

Townsend Elementary 441-3431



Rocky Mountain Development Council

P.O. Box 1717 • 200 South Cruse Ave.

Helena, MT 59624-1717

phone 406-447-1680 • 800-356-6544

fax 406-447-1629

www.rmdc.net

