

Cass County Urgent Need Community Resource Guide



Healthy
CASS COUNTY **December 2020**

Compiled in partnership with Cass County ISU Extension

If possible emergency, call 9-1-1 and dispatch will determine whether you need emergency help

CRISIS

Cass County Sheriff

Phone: (712) 243-2206
Address: 5 W. 7th St., Atlantic, IA 50022
Website: www.atlanticiowa.com/county

Atlantic Police Department

Phone: (712) 243-3512
Address: 5 W. 7th St., Atlantic, IA 50022
Website: www.atlanticiowapd.org

Your Life Iowa

24/7 Confidential help for suicide prevention, problem gambling, and substance abuse issues (drugs and alcohol).
Phone: (855) 581-8111
Website: <https://yourlifeiowa.org/>

Suicide Helpline

Provides 24/7, free, confidential support for people in distress, and prevention and crisis resources.
Phone: (800) 273-8255
Website: www.suicidepreventionlifeline.org

Iowa Red Cross

Provides disaster relief and helps people with immediate needs during disasters.
Phone: (515) 243-7681

GENERAL ASSISTANCE

Cass County General Relief

Phone: (712) 243-4424
Address: 5 W. 7th St., Atlantic, IA 50022
Website: www.atlanticiowa.com/county

Cass County ISU Extension

Provides unbiased research-based information for family, home, business, community, and farm.
Phone: (712) 243-1132
Address: 805 W. 10th St., Atlantic, IA 50022
Website: www.extension.iastate.edu/cass

Cass County Department of Human Services Supplemental Food Assistance (SNAP) & more.

Phone: (712) 243-4401
Address: 601 Walnut St., Atlantic, IA 50022

Iowa Department of Human Services

Report child/dependent adult abuse, find food assistance, Medicaid, childcare assistance, and more.
Phone (24/7): (800) 972-2017
Website: www.dhs.iowa.gov
Apply for food, cash assistance, childcare assistance, and more (online only): <https://dhs.iowa.gov/how-to-apply>

West Central Community Action

Assists with services including WIC, heat assistance, childcare referral, head start, senior aides, and more.
Phone: (712) 243-5421
Address: 304 Chestnut St., Atlantic, IA 50022
Website: www.westcentralca.org

Atlantic Area Ministerial Association

A network of church ministers with access to resources.
Phone: (712) 243-3156

ABUSE

GENERAL

Iowa DHS Child and Dependent Adult Abuse Hotline

Confidential reporting and assessment of suspected abuse against children and dependent adults in Iowa.
Phone: (800) 362-2178
Website: www.dhs.iowa.gov/report-abuse-and-fraud

Boys and Girls Town Hotline

Helping children, family and communities suffering from abuse, addiction, abandonment or violence.
24/7 Phone: (800) 448-3000
Website: www.boystown.org/hotline

DOMESTIC VIOLENCE/SEXUAL ASSAULT/TRAFFICKING

Catholic Charities Phoenix House

Domestic violence/sexual assault 24/7 help, shelter.
Phone: (712) 328-0266 or 1 (888) 612-0266

Iowa Victims Service Call Center

24/7 Domestic violence, sexual violence, human trafficking.
Phone: (800) 770-1650 or text IOWAHELP to 20121
Website: www.survivorshelpline.org

National Human Trafficking Hotline

Support and services for victims to get help and stay safe.
Phone: 1 (888) 373-7888 or text 233733
Website: www.humantraffickinghotline.org

SUBSTANCE ABUSE

Zion Recovery Services

24/7 Substance abuse intervention and recovery services.

Phone: (712) 243-5091

Address: 2307 S. Olive St., Atlantic, IA 50022

Website: www.zionrecovery.org

Alcoholics Anonymous

A fellowship of individuals who share experience and hope to help others recover from alcoholism. Visit website for meeting information (available online during COVID-19).

Phone: (712) 328-9979

24/7 crisis line: (402) 556-1880

Local Website: www.aa-iowa.org/meetings/atlantic-a-a-group-4/

Regional Website: www.omahaaa.org/

Quitline Iowa

A free program that provides helpful tools, information and support throughout your quit tobacco/nicotine process.

Phone: 1 (800) QUIT-NOW (784-8669)

Website: www.quitlineiowa.org

AGING

Connections Area Agency on Aging

Serves aging Iowans and those 18 and older with disabilities and caregivers through information, assistance, service coordination and resources for independence.

Phone: 1 (800) 432-9209

Address: 300 W. Broadway, Council Bluffs, IA 51503

Website: www.connectionsaaa.org

CHILDCARE, RESPITE, & FAMILY SUPPORT

Child Care Resource & Referral Agency (CCR&R)

Resource for any parent looking for childcare.

Phone/email: (855) 244-5301 childcare@caeiowa.org

Website: <https://iowaccrr.org/>

Provider search:

<http://ccmis.dhs.state.ia.us/ClientPortal/ProviderSearch.aspx>

Crossroads of Western Iowa

Provides supported living, adult day services, and employment opportunities for adults with disabilities and serious mental illness

Phone: (712) 243-2668

Address: 1406 SW 7th Street, Atlantic, Iowa 50022

Website: www.explorecrossroads.com

Lutheran Services in Iowa

Respite and other programming for children and adults with waivers; Refugee and Immigrant services; and more.

Phone: (712) 323-1558

Website: www.lsiowa.org

Iowa FOCUS

Provides supported community and home-based living that helps with daily living needs for individuals with disabilities, chronic mental illness or brain injury.

Phone: (712) 323-4024

Website: www.iowafocus.com

Transitional Services of Iowa

Offer behavioral health services for ages 3-18, therapy for all ages, and domestic violence avoidance classes for adults. Medicare and Medicaid accepted.

Phone: (712) 249-2904

Website: www.transitionalservicesofiowa.org

Family Resource Center

Respite care, SCL (Supported Community Living), CDAC or attendant services, etc. Medicare and Medicaid accepted.

Phone: (712) 254-9016

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

FOOD

General

Cass County Local Food Policy Council

Information on food resources such as mobile pantries.

Website: www.facebook.com/CassCountyLocalFood/

Food Pantries

Anita Food Pantry

Phone: (712) 762-3645

Address: 208 Chestnut St, Anita, IA 50020

Hours: 1st & 3rd Saturday, 9:00am - 11:00am

Atlantic Food Pantry

Pantry phone: (712) 243-5019 (9-11 AM Mon, Thurs)

Address: 19 W. 4th St., Atlantic, IA 50022

Hours: Thursdays, 1:00pm - 2:00pm

Cumberland Care & Share Food Pantry

Phone: (712) 774-5818

Address: 317 Monroe St, Cumberland, IA 50843

Hours: 1st & 3rd Wednesday, 4:00pm- 5:30pm

Lord's Cupboard of Griswold

Phone: (712) 778-4178

Address: 100 Cass St., Griswold, IA 51535

Hours: 2nd and 4th Tuesday, 11:00am - 2:00pm

Food Delivery Services

Meals on Wheels

Meals delivered Mon.-Fri. within Atlantic city limits.

\$3.50 per meal

Phone: (712) 250-0036

Meals for Children

School districts offer free and reduced meals to students who qualify. Limited weekend food or “Backpacks” may be available. Free summer meals may be offered.

Atlantic School District

For all questions, including Backpacks and summer meals:

Central Office: (712) 243-4252

Food Service: (712) 243-5369

Website: www.atlanticiaschools.org/

CAM School District

Food Director: Tami Williamson (712) 762-3231 or

twilliamson@cam.k12.ia.us

Backpacks: Kay Stork (712)762-3343 or

kstork@cam.k12.ia.us

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

Griswold School District

Free/reduced meals phone: (712) 778-2152

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

Friday Food (not affiliated with the school, affiliated with The Lord’s Cupboard): Diane Rieken (605) 695-0652

FINANCIAL/LEGAL/EMPLOYMENT/HOUSING

Cass County Attorney

Phone: (712) 243-4504

Address: 5 W. 7th St., Atlantic, IA 50022

Website: www.atlanticiowa.com/county

Iowa Concern Hotline

24/7 free, confidential resource to lowans who need financial, legal, stress or crisis assistance.

Phone: 1 (800) 447-1985

Website: www.extension.iastate.edu/iowaconcern

Iowa Legal Aid

Legal Advice Hotline for legal problems, including those related to COVID-19, such as eviction, unemployment benefits denial, employment issues, or identity theft.

COVID-19 Legal Hotline: (800) 332-0419

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

Iowa Workforce Development

To file or unemployment and find employment services.

Phone: (866) 239-0843

Website: www.iowaworkforcedevelopment.gov

SIRHA - Southern Iowa Regional Housing Authority

Provides rent assistance or rent subsidies to low income individuals who meet qualifying guidelines.

Phone: (641) 782-8585

Website: www.sirha-ia.org

Iowa Vocational Rehabilitation Services

Employment and support services for lowans with limitations.

Phone: (712) 243-5346

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

Address: 1005 E 7th St., Suite 201, Atlantic IA 50022

Iowa Mortgage Help Hotline

Statewide referral hotline, foreclosure intervention, negotiation/mediation services with loan servicers/lenders.

Phone: (877) 622-4866

Website: www.iowamortgagehelp.com

HEALTH

GENERAL

Cass County Health System

Provides well-coordinated, comprehensive, local healthcare needs for all.

Phone: (712) 243-3250

Address: 1501 E. 10th St., Atlantic, IA 50022

Website: www.casshealth.org

Cass County Public Health

Provides health information and programs for children, families, adults, and communities.

Phone: (712) 243-7546

Address: 1408 East 10th St., Atlantic, IA 50022

Website: www.casshealth.org/PublicHealth/

COVID-19

Iowa Department of Public Health

24/7 phone for COVID-19 questions: 211

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

Cass County Health System

For questions related to COVID-19, call: (712) 243-2850
Call BEFORE you come to any CCHS facility.

Address: 1501 E. 10th St., Atlantic, IA 50022

Website: <https://www.casshealth.org/covid-19/>

Test Iowa (site in Atlantic)

Free COVID-19 testing for Iowa residents.

Website: www.testiowa.com

Phone for questions about testing: (844) 844-1561

COVID Recovery Iowa

Free virtual counseling and assistance for all lowans affected by COVID-19.

Website: www.covidrecoveryiowa.org/

Iowa Warm Line (12-10 PM): (844) 775-9276

Iowa Concern (24/7): (800) 447-1985

Spanish Line: (531) 800-3687

PHYSICAL HEALTH

Atlantic Lions Club

Provides funding for eyeglasses and hearing aids to individuals with a financial need. Application required.

Phone: (712) 249-2524

SEXUAL HEALTH

HIV/STD Testing

Free, confidential HIV/STD Testing.

Phone (call or text): (712) 545-0107

Website: www.nap.org

THERAPY AND MENTAL HEALTH

Full Circle Therapy

Provides a variety of therapy services for children, adults, couples and families. Medicare, Medicaid accepted.

Phone: (712) 352-0917

Address: 808 East 7th St., Atlantic, IA 50022

Website: www.fullcircletherapyiowa.com

Southwest Iowa Mental Health Center

Specialized expertise including child and adolescent psychiatry, family therapy, psychological testing, psychotherapy and marital therapy. Fees depend on family size, income and county. Medicare, Medicaid accepted

Phone: (712) 243-2606

Address: 2307 S. Olive St., Atlantic, IA 50022

Website: www.zionrecovery.org/swimhc

Southwest Iowa National Alliance on Mental Illness

Free educational classes, support groups and presentations on mental illness.

Phone: (712) 542-7904

Website: <https://www.namisouthwestiowa.com/>

Therapy Place, Inc.

Psychotherapy, psychiatric. Medicare, Medicaid accepted.

Phone: (712) 254-9018

Website: www.therapyplaceinc.com

POISON, FOOD, & HOME SAFETY

Food Poisoning Reports

Investigations into causes and sources of foodborne illness.

Phone: (844) 469-2742

Poison Control Center

Guidance for poison questions and emergencies.

24/7 Phone: 1 (800) 222-1222

Website: www.poison.org

ISU Extension and Outreach AnswerLine

Provides information and resources for consumers with home and family questions such as food safety, preparation, cleaning and more.

Phone: 1 (800) 262-3804

TEENS/YOUNG PEOPLE

Teen Line Iowa

Confidential counseling and support for teens about their health, relationships, body, and sexuality.

24/7 Phone: 1 (800) 443-8336

Website: www.extension.iastate.edu/teenline

The Trevor Project

24/7 Crisis intervention and suicide prevention services for lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

Phone: 1 (866) 488-7386; text 678-678

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

My Life, My Quit

Confidential resource on vaping nicotine and other tobacco products for teens.

Phone call or text "Start My Quit": 1 (855) 891-9989

Website: <https://mylifemyquit.com/>

TRANSPORTATION

Southwest Iowa Transit Agency

Safe, affordable, reliable transportation for transit needs.

Phone: 1 (800) 842-8065 or (712) 243-2518

Website: www.swipco.org/transit-swita

Templeman's Taxi

City of Atlantic only.

Phone: (712) 243-3727

VETERANS

Cass County Veterans Affairs Phone: (712) 243-6662

For the latest version of this document visit <https://www.extension.iastate.edu/cass/> or call the Cass County ISU Extension Office at (712) 243-1132 for a printed copy.

For Cass County Health and Wellness updates follow @HealthyCassCounty on Facebook.