Cass County Urgent Need Community Resource Guide

Healthy CASS COUNTY February 2024

Compiled in partnership with Cass County ISU Extension

For the latest version of this document visit www.extension.iastate.edu/cass/family-food or call Cass County Extension at (712) 243-1132 for a print copy.

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

CRISIS

Cass County Sheriff
Address: 5 W. 7th St., Atlantic, IA 50022 | (712) 243-2206 | https://www.casscountyia.gov/county-departments/sheriffs-office/

Atlantic Police Department
Address: 23 E. 4th St., Atlantic, IA 50022
(712) 243-3512 | www.atlanticiowapd.org

Your Life Iowa
Free and confidential help for suicide prevention, problem gambling, and substance abuse issues (drugs and alcohol).
24/7 Call: (855) 581-8111 TXT: (855) 859- 8398| www.yourlifeiowa.org

988 Suicide & Crisis Helpline
Free and confidential support for people in distress. Call 24/7: 988 | www.988lifeline.org

Runaway Hotline
If you are thinking of running, if you have a friend who has run away, or if you are a runaway ready to go home.
24/7: (800) RUNAWAY or TXT 66008 | www.1800RUNAWAY.org

Iowa Red Cross
Disaster relief and help with needs during disasters.|(515) 243-7681 |https://www.redcross.org/local/iowa.html

211
Information on resources from help paying bills to help finding food.
24/7: 211 | www.211.org

Family Crisis Centers
Advocacy and support for those injured or harmed by crime. 24/7: (800) 382-5603 | https://www.familycrisiscenters.org/

GENERAL ASSISTANCE

Cass County General Relief and Community Services
Provides assistance to residents of Cass County, including assistance for rent, utilities, and indigent burial, to name a few. Address: 5 W. 7th St., Atlantic, IA 50022 | (712) 243-4424
www.casscountyia.gov/county-departments/general-relief-office/

Cass County Department of Human Services
Supplemental Food Assistance (SNAP) & more.
Address: 601 Walnut St., Atlantic, IA 50022 | (712) 243-4401 |https://hhs.iowa.gov/locations/cass-county-dhs

Atlantic Area Ministerial Association
A network of church ministers from local communities with access to resources to help those in need. | (712) 243-3156

Iowa Department of Human Services
Find food assistance, Medicaid, childcare assistance, and more.
24/7: (800) 972-2017 | www.dhs.iowa.gov Apply for food, cash assistance, childcare assistance, and more (online only): https://hhs.iowa.gov/programs/apply-services

West Central Community Action
Assists with services including heat assistance, childcare referrals, WIC referrals, Head Start, toiletries pantry, clothing closet, & more. | Address: 304 Chestnut St., Atlantic, IA 50022 | (712) 243-5421 | www.westcentralca.org

Cass County ISU Extension
Unbiased research-based information for family, home, business, community, or farm. | Address: 805 W. 10th St., Atlantic, IA 50022 | (712) 243-1132 | www.extension.iastate.edu/cass

ABUSE

General

Iowa DHS Child and Dependent Adult Abuse Hotline
Confidential reporting and assessment of suspected abuse against children and dependent adults in Iowa.
(800) 362-2178 | https://hhs.iowa.gov/report-abuse-fraud/report

Boys and Girls Town Hotline
Helping children, families, and communities suffering from abuse, addiction, abandonment, or violence.
24/7: (800) 448-3000 TXT: Voice to 20121 | www.boystown.org/hotline

Domestic Violence/ Sexual Assault/ Trafficking

Cass Health Emergency Department
A Sexual Assault Nurse Examiner (SANE) is available 24/7 to treat and support survivors of sexual assault. SANE nurses treat pubescent patients but have resources to assist prepubescent survivors.
Address: 1501 E. 10th St., Atlantic, IA 50022 | (712) 243-3250

Catholic Charities Domestic Violence & Sexual Assault Program
24/7 crisis line, shelter, legal advocacy, crisis intervention, housing and economic advocacy, free support groups and classes for survivors of domestic violence, sexual assault, and human trafficking. Bilingual / Spanish-speaking advocates available. 24/7: (888) 612-0266 | For groups and classes: (712) 328-0266 | www.CatholicCharitiesDM.org

Family Crisis Support Network
Advocacy & Support for survivors of domestic violence (no emergency intervention).
Mailing address: PO Box 11 Atlantic, IA 5002 | (712) 243-6615

Iowa Victims Service Call Center
24/7 Domestic violence, sexual violence, human trafficking. (800) 770-1650 or text IOWAHELP to 20121 | www.survivorshelpline.org

National Human Trafficking Hotline
If you or someone you know is a victim, call now to access support and services to get help and stay safe.
(888) 373-7888 or text 233733 | www.humantraffickinghotline.org

CHILDCARE, FAMILY SUPPORT, AND MORE

Child Care Resource & Referral Agency (CCR&R)
Resource for any parent looking for childcare. (855) 244-5301 | www.iowaccrr.org | https://www.caeiowa.org/ | Provider search: https://ccmis.dhs.state.ia.us/ClientPortal/ProviderSearch.aspx

Child and Family Resource Network of Southwest Iowa
Free parenting support and resources.
(712) 355-2615 | www.childandfamilyresourcenetwork.org

LC Clinic
Free programs and resources for parents and parents-to-be, including pregnancy tests, STI testing for chlamydia and gonorrhea, parenting education, and more. | Address: 507 Chestnut St. Atlantic, IA 50022 | Mon. Wed. 11-5PM: (712) 254-9086 | 24/7 text: (515) 523-5669 | https://www.iowalcclinic.org/

Lutheran Services in Iowa
Respite and programming for children and adults with waivers; refugee and immigrant services; foster care and adoption. | (712) 323-1558 | www.lsiowa.org

Transitional Services of Iowa
Behavioral health services for ages 3-18, therapy for all ages, and domestic violence avoidance classes for adults. Medicare and Medicaid accepted. | Address: 1207 Sunnyside Lane Suite D, Atlantic, IA 50022 | (712) 249-2904 | www.transitionalservicesofiowa.org

FINANCIAL/LEGAL/EMPLOYMENT

Cass County Attorney
Address: 5 W. 7th St., Atlantic, IA 50022 | (712) 243-4504 |https://www.casscountyia.gov/county-departments/county-attorneys-office/

Iowa Concern Hotline
Free, confidential financial, legal, stress and crisis assistance. 24/7: (800) 447-1985 | www.extension.iastate.edu/iowaconcern

Iowa Legal Aid
Legal assistance for low-income individuals. | (800) 532-1503 | www.iowalegalaid.org | Iowa Workforce Development
To file for unemployment and find employment services. (866) 239-0843 | www.iowaworkforcedevelopment.gov

Iowa Vocational Rehabilitation Services
Employment and support services for Iowans with limitations. Address: 1005 E 7th St., Suite 201, Atlantic IA 50022 | (712) 243-5346 | www.ivrs.iowa.gov

FOOD

Cass County Local Food Policy Council Website:
Information on food pantries, resources, and mobile pantries. | www.facebook.com/CassCountyLocalFood

Supplemental Nutrition Assistance Program (SNAP)
Also known as "food stamps" or EBT, SNAP provides financial nutrition benefits to low-income households based on income. For questions or to apply: (855) 944-3663 | https://hhsservices.iowa.gov/apspssp/ssp.portal

Double Up Food Bucks
Coupons for free fruits and vegetables are provided to people who purchase fresh fruits and vegetables with SNAP/EBT. Participating retail locations in Cass County include Fareway in Atlantic and the Produce in the Park Farmers Market.| https://doubleupamerica.org/

Women, Infants, & Children (WIC)
An income-based supplemental nutrition program for babies, children under the age of 5, pregnant women, breastfeeding women, and women who have had a baby in the last 6 months. | (712) 328-5886 | https://hhs.iowa.gov/programs/food-assistance/wic-Iowa

Farmers Market Nutrition Program (FMNP)
FMNP provides farmers market produce checks to WIC recipients and low-income adults ag 60+. Checks can be used June 1 – October 31. Senior Checks: (800) 432-9209. | WIC checks: (712) 328-5886 | www.connectionsaaa.org

Food Pantries

Anita Food Pantry
Address: 208 Chestnut St, Anita, IA 50020
Hours: 1st & 3rd Saturday, 9:00 - 11:00am | (712) 250-0410

Atlantic Food Pantry
Address: 704 W. 7th St., Atlantic, IA 50022 (Enter via 6th to Palm) | Hours: Thursdays, 12:30- 2 PM (or until food sacks distributed) | (712) 243-5019 (9-11 AM Mon, Thurs)
EMERGENCY FOOD NEEDS: Call: (712) 243-4424 or (712) 243-5421

Cumberland Care & Share
Address: 317 Monroe St, Cumberland, IA 50843 Hours: 1st & 3rd Wednesday, 4:30pm- 5:30pm | (712) 774-5818

The Lord's Cupboard
Address: 100 Cass St., Griswold, IA 51535 Hours: 2nd and 4th Tuesday, 11:00am - 2:00pm | (712) 778-4178

Meals for Children
School districts offer free/reduced meals to students who qualify. Weekend food or "Backpacks" may be available for those in need.

Atlantic School District
For all questions, including Backpacks and summer meals (pre-K-12): Central Office: (712) 243-4252 | Food Service: (712) 243-5369 | www.atlanticiaschools.org

CAM School District
Foods Director: Tami Williamson (712)762-3231 or twilliamson@cam.k12.ia.us

Backpack program (Grades Pre-K through 8th, HS by exception): Ellie Stirek (712) 746-7060 or estirek@cam.k12.ia.us | www.camcougars.org

Griswold School District
Free/reduced meals: (712) 778-2152
Friday Food (Pre-K through 5th): Diane Rieken (605) 695-0652 | www.griswoldschools.org

Food Delivery Services
Meals on Wheels
$3.50 Meals delivered Mon. – Fri. within Atlantic city limits. | (712) 250-0036

HEALTH

Cass Health - Comprehensive healthcare services including acute care, obstetrics, skilled nursing, specialty services, and immunizations.

- *Primary Care for routine and acute healthcare needs that are not emergencies.*
- *Rapid Care for minor injuries and illnesses when a primary care provider isn't available soon enough. All patients are seen on a first-come first-served basis without appointments.*
- **Emergency** - For needs including abdominal pain, asthma attack (first or severe), broken bones, severe burns or electric shock, coughing or vomiting blood, difficulty breathing, heart attack, fever in infants under 3 months, poison ingestion, shock, trauma, serious head injury, stroke, uncontrollable bleeding or amputation.
- **Call 911 if someone has the signs of a heart attack or stroke:**

Emergency/ Atlantic location: 1501 E. 10th St., Atlantic, IA 50022
Additional primary care locations in Anita, Griswold, and Massena. | (712) 243-3250 | www.casshealth.org

Cass County Public Health
Health information and free programs, including parenting support, breast and cervical cancer screenings, car seat installation, and fall prevention programs for older adults.
Address: 1408 East 10th St., Atlantic, IA 50022 | (712) 243-7546 | www.casshealth.org/PublicHealth/

Dental Health
I-Smile Dental Initiative
Connect pregnant women and children with a dentist, and insurance, and find ways to help pay for a dental visit.
Liz Addison, Coordinator (712) 256-9566 ext. 220 | laddison@familyia.org

Medicaid Dental Providers
Locate a dental provider that accepts Medicaid.
Delta Dental: www.deltadentalia.com/find-a-provider/dwp/ |
MCNA: www.mcnaia.net/

Physical Health
Atlantic Lions Club
Funding for eyeglasses and hearing aids for individuals with a financial need. Application required. | (712) 249-0519

Sexual Health
Family Planning Council of Iowa
Reproductive healthcare and family planning services, including services for low-income individuals.|(515) 288-9028 | www.fpcouncil.org

Nebraska AIDS Project (NAP)
Free, confidential HIV, Hepatitis C, and syphilis testing. Free condoms, dental dams, and lube.| (Call or text): (712) 435-0917 | www.nap.org

Mental Health & Disability Services
Disability Rights Iowa
Equips Iowans with disabilities with knowledge, advocacy, representation, and assistance. Services are free to adults and children. (800) 779-2502 | https://disabilityrightsiowa.org/

Full Circle Therapy
Therapy services for children, adults, couples, and families. Medicare and Medicaid accepted. Address: 808 East 7th St., Atlantic, IA 50022 | (712) 352-0917 | www.fullcircletherapyiowa.com

NAMI Southwest Iowa
Free in-person and virtual support groups, education, and advocacy for families and individuals living with mental illness. | (712) 542-7904 | www.namisouthwestiowa.com

Family Connections, Inc.
Therapy services for children, adults, couples, and families. All insurances accepted. Multiple locations available.
(712) 256-4420 | www.familyconnectionsiowa.com

Project Recovery Iowa
Free, confidential, virtual, and in-person counseling sessions to Iowans experiencing emotional distress or feeling overwhelmed.
24/7: (800) 447-1985 | Spanish: (531) 800-3687 | www.projectrecoveryiowa.org

Southwest Iowa Mental Health Disability Service Region
Resources to help manage mental health disabilities and intellectual/developmental disabilities. | (712) 328-5645 | www.swiamhds.com

- Anywhere Crisis Care (531)-301-1029; Provides support to individuals and families with therapy and skill-building services designed to meet immediate needs.
- Crisis Stabilization Residential Service for Children|(712)-322-3700
- Crisis Stabilization Residential Service for Adults: Voluntary service provided in short-term residential settings to de-escalate and stabilize a mental health crisis.
  - Bridges Crisis Care, Council Bluffs, IA | (712)-325-5650
  - Harbor Point, Clarinda, IA | (712)-850-1389

Therapy Place, Inc.
Psychotherapy, psychiatric services. Medicare, Medicaid accepted. | Address: 101 E. 22nd St. Atlantic, IA | (712) 254-9018 |support-staff@therapyplaceinc.com |www.therapyplaceinc.com

ZION Integrated Behavioral Health Services
Substance abuse/ mental health therapy, crisis, and prevention services. Fees for services based on family size, and residence. Medicare, Medicaid accepted. | Address: 2307 S. Olive St, Atlantic, IA 50022| Mental Health: (712) 243-2606 | www.zioniowa.org

HOUSING

MICAH House
Emergency help and support services for families and individuals experiencing the crisis of homelessness. Located in Council Bluffs (712) 323-4416 | www.themicahhouse.org/

Iowa Mortgage Help Hotline
Statewide referral hotline, foreclosure intervention, negotiation/mediation services with loan servicers/lenders. | (877) 622-4866 | www.iowamortgagehelp.com

SIRHA - Southern Iowa Regional Housing Authority
Rent assistance or subsidies for qualifying low-income individuals. (641) 782-8585 | www.sirha-ia.org

State of IA Dept. of Health & Human Services Rent Reimbursement
Rent reimbursement for people who live in Iowa, have an income of less than $25,328, pay rent at an Iowa property that pays property tax, and are either aged 65 or older OR aged 18-64 and disabled. (800) 972-2017 | https://dhs.iowa.gov

OLDER ADULTS

Alzheimer's Association
Support and information on decision-making and crisis assistance for people living with dementia, caregivers, families, and the public. | 24/7: (800) 272-3900 | https://www.alz.org/help-support/resources/helpline

LifeLong Links
Iowa's aging and disability resource center. | (866) 468-7887 | https://lifelonglinks.org/

Connections Area Agency on Aging
Assistance, service coordination, and resources for independence for aging Iowans, those 18+ with disabilities, and caregivers. Address: 231 S Main, Council Bluffs, IA 51503| (800) 432-9209 | www.connectionsaaa.org

Senior Life Solutions
Cass Health's intensive outpatient group counseling program for adults age 65+ struggling with depression and anxiety. |Address: 1500 E. 10th St., Atlantic, IA 50022 | (712) 250-8100 | www.casshealth.org/patients/our-services/senior-life-solutions/

POISON, FOOD, & HOME SAFETY

Food Poisoning Reports
Investigations into causes and sources of foodborne illness. | (844) 469-2742

Poison Control Center
Guidance for poison questions and emergencies. 24/7: (800) 222-1222 | www.poison.org

ISU Extension and Outreach AnswerLine
Information on home and family questions such as food safety, preparation, preservation, household cleaning, and more. (800) 262-3804 (M- F, 9 a.m. - noon and 1 - 4 p.m.) | https://www.extension.iastate.edu/humansciences/answerline

SUBSTANCE MISUSE

Alcoholics Anonymous
A fellowship of individuals who share experience and hope to help others recover from alcoholism. Visit the website for meeting information. | 24/7 crisis line: (402) 556-1880 | (712) 328-9979
Local: www.aa-iowa.org Regional: www.omahaaa.org/

Tobacco/Nicotine Support Services
Quitline- FREE program to start your QUIT journey. | Adults – "QUIT-NOW" (800.784.8669) www.quitlineiowa.org | Youth - 12-18yrs.) MyLifeMyQuit, Text "START MY QUIT" TO 36072

ZION Integrated Behavioral Health Services
Substance abuse/ mental health therapy, crisis, and prevention services. | Address: 2307 S. Olive St, Atlantic, IA 50022 | Substance Use: (712) 243-5091 |www.zioniowa.org

TEENS/ YOUNG PEOPLE

Teen Line Iowa
Confidential counseling and support for teens about their health, relationships, body, and sexuality. | 24/7: (800) 443-8336 | https://www.teenline.org/

The Trevor Project
Crisis intervention and suicide prevention for lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) people under age 25. | 24/7: (866) 488-7386; text 678-678 | www.thetrevorproject.org

My Life, My Quit
Resource on vaping, nicotine, and other tobacco products for teens. Call or text "Start My Quit": (855) 891-9989 |www.mylifemyquit.com

TRANSPORTATION

Southwest Iowa Transit Agency
Safe, affordable, reliable transportation for transit needs. (800) 842-8065 or (712) 243-2518 | www.swita.com

Templeman's Taxi
City of Atlantic only. (712) 243-3727

VETERANS, SERVICEMEN/WOMEN

Cass County Veterans Affairs (712) 243-6662 | Address: Cass County Courthouse, 5 W. 7th St., Atlantic, IA 50022

Veterans' Crisis Line: 988 Press 1 Text: 838255
www.veteranscrisisline.net

Call Center for Homeless Veterans: (877) 424-3838

Women Veterans Call Center: (855) VA-WOMEN

Veterans' Healthcare: (877) 222-8387

Peer support for combat veterans and families: (877) 927-8387

Nebraska/Western Iowa VA Medical Center: (402)346-8800 | www.va.gov