

Center for People in Need
**RESOURCE
HANDBOOK**
For Free or Low Cost
Medical Services
Updated December 2011



Center for People in Need
3901 N. 27th St. Unit 1, Lincoln, NE 68521
www.centerforpeopleinneed.org
402-476-4357

Need help? Don't know where to start?

There are two resources for help:
The Center for People in Need's Referral and Information Program can help you find resources for food, medical care and a variety of other needs. **Call: 402-476-4357**



To find help with housing, health care, food pantries, childcare, drug or alcohol abuse counseling, mental health issues, aging concerns, and many other human services. Dial 2-1-1 or go to www.ne211.org.
Trained personnel will answer your call

Neighborhood FOOD Program



Center For People In Need Neighborhood FOOD Program

3901 North 27th St., Unit 1

Lincoln, NE 68521

402-476-4357

Center for People in Need Neighborhood FOOD distributes food and commodities at the following sites on a weekly basis through collaboration with the Food Bank of Lincoln.

**THE FOURTH WEEK OF EVERY MONTH IS
USDA COMMODITIES ONLY AT ALL LOCATIONS.**

Tuesday

1:00-2:00 p.m. **F Street Community Center**, 1225 F St.

4:00-6:00 p.m. **Center For People In Need**, 3901 North 27th St., Unit 1

Thursday

1:00-2:00 p.m. **Malone Community Center** 2032 U St.

3:00-4:00 p.m. **Oak Lake Evangelical Free Church** 3300 N 1st St.

You may only receive USDA Commodities once a month. Neighborhood FOOD may be received once a week.



For more information please call: 476-4357

**Being first in line does not mean you will receive better food. Foods with limited supply will be spread out throughout the hour.

2011 Income Guidelines

Size of Household	Current monthly income
1	\$1361
2	\$1839
3	\$2316
4	\$2794
5	\$3271
6	\$3749

Health Hub

Health Hub
Center for People in Need
3901 N. 27th St., Unit 1
Lincoln, NE 68521
402-817-0808



Health Hub Advocates are available to help you find community resources to help meet your healthcare needs.

We can also help you complete various program applications. If you have no insurance, we are here to help you:

- Find a doctor/medical home
- Access free or discounted medications
- See a medical specialist
- Apply for programs such as food stamps, General Assistance or Medicaid

Translation services are also available.

Health Hub is funded by grants from the Community Health Endowment and Catholic Health Initiatives.

Free Medical Care

Clinic with a HEART
1701 S. 17th St., Lower Level

402-421-2924

Clinic with a Heart is held the first four Tuesdays and Thursdays at the Clinic's new location at 1701 S. 17th St. There will be no clinic on major holidays.

All clinics are free, walk-in (no appointments). Patients are seen on a first-come, first-served basis. Patients under the age of 19 must be accompanied by a parent or legal guardian. Clinics run from 5:30-7:00 p.m. Services provided include medical, dental, physical therapy, mental health assessments, chiropractic and vision screenings and exams (see schedule of services below).

The Clinic is a Walk-in Clinic. No appointments are made in advance.

- **1st Tuesday of each month, services:** Medical, Dental.
- **1st Thursday of each month, services:** Medical, Physical Therapy, Mental Health Assessments.
- **2nd Tuesday of each month, services:** Medical, Dental.
- **2nd Thursday of each month, services:** Medical, Physical Therapy, Mental Health Assessments, Chiropractic.
- **3rd Tuesday of each month, services:** Medical, Dental, Vision.
- **3rd Thursday of each month, services:** Medical, Physical Therapy, Mental Health Assessments.
- **4th Tuesday of each month, services:** Medical, Dental.
- **4th Thursday of each month, services:** Medical, Physical Therapy, Mental Health Assessments, Chiropractic.
- **5th Tuesday of each month, services:** Medical, Dental.
- **5th Thursday of each month, services:** Medical, Physical Therapy.

Free Medical Care

**People's City Mission
Medical Clinic**
110 Q St.
Lincoln, NE 68508

402-817-0980

The PCM Medical Clinic offers medical, dental, optical and behavioral health services for low-income, uninsured residents of Lincoln and Lancaster County. Patients with any type of insurance or medical assistance should continue with their current provider if possible. If you have been unable to find a provider, contact a PCM Medical Clinic Patient Guide for assistance.

Hours:

Monday, 1:00-7:00 p.m.; Tuesday, Wednesday, Thursday and Friday, 8:00-noon and 1:00-4:00 p.m.

*Must call for dental, vision and mental health appointments.

Eligible clients/patients must meet income guidelines of 200% of Federal Poverty Level. Refer to the table below for eligibility.

2011 Income Guidelines				
200% of Federal Poverty Level				
Family Size	Annual Income	Monthly	Weekly	Hourly (40 hrs/wk)
1	21,780	1,815	419	10.47
2	29,420	2,452	566	14.14
3	37,060	3,088	713	17.82
4	44,700	3,725	860	21.49
5	52,340	4,362	1,007	25.66
6	59,980	4,998	1,153	28.84
7	67,620	5,635	1,300	32.51
8	75,260	6,272	1,447	36.18
Each person	7,640	637	147	3.67

General Health Care

Community Health Services/Health Department 441-8065

3140 N St.

Area Served — Lancaster County

Programs:

Early Access to Prenatal Care/Health Department 402-441-8065

Offers a one-stop service for pregnancy testing, health assessment, assistance for completing a Medicaid application, a referral to a physician for prenatal care, WIC and public health nurse home visitations and consultations. Will help you apply for Medicaid and get you on temporary status the same day so you can receive services. Please call **402-441-8065** for an appointment.

WIC Program 402-441-6200

Monday, Tuesday, Wednesday and Friday, 8 a.m.-5:30 p.m.; Thursday, 8:00 a.m.-4:30 p.m.

Provides food, education, referrals, and breastfeeding support for women, infants and children with a medical risk. Services are available for women who are pregnant, breastfeeding or have just given birth, and infants and children up to 5 years of age who meet the income guidelines.

Immunizations 402-441-8065

Monday, Tuesday, Wednesday and Friday 8:00 a.m.-3:30 p.m., Thursday 8:00-5:00. Available **by appointment only** with no proof of income required. Bring immunization record. If you can't pay you won't be turned away but you will be asked to make payments. \$13 for one shot, \$15 for multiple shots, \$5 for duplicate records.

Sexually Transmitted Disease testing 402-441-8065

Tuesdays 1:00-3:00 p.m. and Thursday 5:00-7:00 p.m. Fee is \$35, but will work with you if you can't pay.

General Assistance Medical Clinic 402-441-8065

The Primary Care Clinic only serves people on general assistance. Its purpose is to provide preventive medical care for those individuals without a medical home. Primary Care Clinic is operated by **appointment only**. Appointments may be scheduled through the nurses in the Walk-In Clinic located at 3140 N St. or by calling 441-8065.

General Health Care

People's Health Center

402-476-1455

1021 N. 27th St.

Hours: Monday	7:00 a.m.-7:00 p.m.
Tuesday	7:00 a.m.-7:00 p.m.
Wednesday	7:00 a.m.-7:00 p.m.
Thursday	7:00 a.m.-7:00 p.m.
Friday	8:00 a.m.-5:00 p.m.

Fees: Sliding fee scale, accepts Medicaid, Medicare and private insurance.

Intake: Call for information —you need an appointment to become a patient of the clinic before you can be seen for an urgent need.

Provides affordable, comprehensive primary health care especially for those with limited resources. Services include general physical exams, immunizations, dental, pharmacy, HIV/STD testing, translation, mental health on a referral basis and a physician house call program for chronically ill homebound elderly. Co-Pay is \$20 minimum.

If you cannot pay the co-pay you must tell them and explain your situation. They will bill you for the **minimum medical co-payment of \$20**.

Nebraska Urban Indian Health Coalition 402-434-7177

2331 Fairfield St.

NUIHC provides a professional primary health care clinic to serve the needs of Native Americans and others within the service area. Provided care is culturally and linguistically appropriate for the patients served. Services are available to both the insured and uninsured. Most insurance is accepted including Medicaid, Medicare and Kids Connection. Uninsured patients are charged on a sliding scale at affordable prices.

Clinic services include: medical, prescription assistance, limited laboratory, dental referrals, community outreach/referral, transportation, diabetes education program, translation/interpretation, school physicals and case management. Services are provided to patients based on an established clinical schedule and emergency 24-hour on-call system.

Free Nursing Care—Public Health Nurse

Aging Partners

402-441-7575

Downtown Senior Center
1005 O St.

Nursing Clinic for those 60 and older, no appointments necessary. The Nursing Clinic will help with foot care, ear wax removal, health promotion education and screenings for blood glucose, blood pressure, cholesterol and osteoporosis. Please bring a list of your prescription and over-the-counter medications. Hours: 9:30 a.m.-2 p.m. Contributions appreciated. Call 441-6687 for transportation and 441-7154 for lunch (two days in advance).

Matt Talbot Kitchen & Outreach

402-477-4116

2121 N. 27th St.

Third Wednesday of the month from 11:30 a.m.-1:00 p.m. (staffed by Clinic with a Heart).

Gathering Place

402-476-1398

1448 E St.

Fourth Tuesday of the month from 3:00-5:00 p.m. Sept. to May only.

Foot Care Clinic

Matt Talbot Kitchen & Outreach

402-477-4116

2121 N. 27th St.

In collaboration with Union College, podiatric care is provided every three weeks at no charge. Call Sara for more information.

Flu Immunization Clinics

Lincoln-Lancaster County Health Department

402-441-8065

3140 N St.

Flu shots available for children ages 6 months through 18 years old, and low-income uninsured adults (185% or below federal poverty level). Appointments are available 8:00 a.m.-3:30 p.m. Monday-Friday by calling number above.

Aging Partners

402-441-7575

Downtown Senior Center
1005 O St. (Lower Level)

Call for more information on immunizations clinics. Please bring your Medicare Park B Card or it will be \$25. Scholarships are available.

Sexual Health for Men and Women

Family Health Services Inc.

402-466-1012

630 N. Cotner Blvd. Ste. 204

Provides contraceptives, emergency contraceptives and sexually transmitted disease testing. Emergency contraceptives can be taken within five days after unprotected sex and can significantly reduce the chances of becoming pregnant. Men and women's STD testing is done through a urine sample. No one is refused because of inability to pay. Cost is based on income guidelines. Payment plans available. Medicaid, insurance and Every Woman Matters are accepted.

Planned Parenthood

402-441-3333

3705 South St. and 2246 O St.

Planned Parenthood provides testing and treatment of sexually transmitted diseases and HIV for men and women, the HPV vaccine, as well as birth control supplies and information and emergency contraception. Also provides male services including testicular cancer screening.

Nebraska AIDS Project

402-476-7000

2147 S. 15th St.

Nebraska Department of Health and Human Services Ryan White Part B Program provides essential services for qualified clients to facilitate access to healthcare and support services including case management, the AIDS Drug Assistance Program, housing rental assistance, transportation and utility assistance, insurance premium payment assistance and food/non-food items. To qualify you need to provide proof of HIV status, live in Nebraska, have an income of less than 200 percent of the federal poverty level. Funding is payer of last resort after other sources.

Women's Health Information

Family Health Services Inc.

402-466-1012

630 N. Cotner Blvd. Ste. 204

Services offered include physical exams, cervical and breast cancer screening, sexually transmitted disease testing and treatment, pregnancy testing, dispensing of contraceptives and emergency contraceptives and confidential HIV testing. Education/counseling for reproductive and preventative health, self breast/testicular examination, STD/HIV risks, postponing sexual involvement/abstinence, and counseling on all contraceptive methods. Cost is based on income guidelines. Payment plans available. Medicaid, insurance and Every Woman Matters are accepted.

Assistance for Disabilities

Nebraska Commission for Deaf and Hard of Hearing

4600 Valley Road, Suite 420, Lincoln, NE 68510

402-471-3593

Call for appointment. For people with hearing loss or deafness.

1. Referral for hearing loss issues and programs.
2. Equipment loan programs (decoders for TV, TTY phone equipment, amplified headsets and two hearing aid banks).
3. Maintain an inventory of services available to meet the needs of the hearing impaired and assist them in securing these services.
4. Provide reconditioned hearing aids to persons who need them and meet age and financial guidelines. There are programs available for both over and under 65. Income guidelines are 185% of poverty level
5. Sign language interpreter referral service and advocacy for deaf and hard of hearing individuals.

Talking Book and Braille Service

402-471-4038

1200 N St. Suite 120

Provides free books and magazines on tape and in Braille to individuals visual, physical or reading disability which limits the use of regular print.

Christian Record Services

402-488-0981

4444 S. 52nd St.

Free Braille, cassette, large print books and magazines. Free blind camps.

Commission for the Blind and Visually Impaired

402-471-2891

4600 Valley Road Suite 100

Vocational rehabilitation and counseling. Vocational training includes counseling, job matching, custom training to your skills, assistive technology, independent living and job placement. All services are free.

Developmental Disabilities

402-471-4400

Nebraska Department of Health and Human Services

Information, referral and services.

Medical Supplies

AT4ALL

402-471-1301

3901 N. 27th St., Suite 5

A division of Nebraska Assistive Technology Partnership, AT4ALL is a website in which assistive technology equipment is listed for demonstration, short term loan or for free in a recycling program for disabled individuals. Equipment available through AT4ALL includes walkers, wheelchairs and scooters; personal care items; items for vision and hearing impairments; hospital beds; adapted vehicles; adaptive computer devices and software; ergonomic tables and keyboards; and more. The website is www.at4all.com.

Mobility Options

402-441-7871

1720 O St.

A division of the League of Human Dignity, Mobility Options sells and services wheelchairs, scooters, life chairs, lifts, vans, ramps, home and building modifications, bath and shower modifications (including grab bars and benches). Wheelchair and other equipment rental available for low cost. There is a \$5 one time fee for loaned items such as crutches, walkers etc. Wheelchairs can be rented for \$25 a month. Medicare and Medicaid is accepted and other financing is available for low-income individuals to pay for disability modifications.

Jencyn Medical

402-476-5222

5521 Shady Creek Ct.

A full-service healthcare provider focusing on diabetic patient needs and pain relief offering a variety of specialized products including back braces and aquatherapy for pain relief, and TENS and EMS electrotherapy for pain relief or rehab, supplies and testing materials. Diabetic patients will benefit from a foot care program which includes the best selection of therapeutic footwear in the area, specialty socks designed to keep diabetic feet dry and comfortable, as well as the only FDA-approved foot treatment cream - proven to heal dry, cracked skin and relieve the pain, burning and itching of neuropathy. Shoes and custom inserts. Also assistance for men living with incontinence. Medicare, Medicaid and payment plans available. Call or visit online at www.JencynMedical.com to find out more.

Women's Health Information

Planned Parenthood

3705 South St.

402-441-3333

2246 O St.

402-441-3300

Planned Parenthood offers the following services to women on a sliding fee scale:

- Annual Exams
- Birth control options
- Emergency contraception (morning after pill)
- Cancer Screening: Pap test & Breast Exam
- Sexually transmitted infection testing & treatment
- HIV confidential testing
- Urinary tract infection testing & treatment
- Pregnancy testing on a walk-in basis, all-options information
- Referrals for parenting, adoption & abortion services
- Reproductive health counseling

Every Woman Matters

402-471-0929

301 Centennial Mall South, third floor

Every Woman Matters is a program that can help women get their annual health check-ups free. The program is for women 40 through 64 years of age, who have no health insurance, Medicaid or Medicare, and have a low to medium income.

If you qualify, the follow services are free:

- Pelvic exam with a Pap test
- Clinical breast exam
- Teaching of breast self exam
- Mammogram
- Blood pressure check for new clients only
- Cholesterol check for new clients only
- Blood sugar (glucose) check for new clients only
- Colon cancer screening (age 50+) for women and men

If you are under 40 and need a breast biopsy, or if you have had an abnormal Pap test, please contact us at 1-800-532-2227.

Women's Health Information Pregnancy and Childbirth

Birthright, Inc **402-466-2609**
24 hour toll free hotline **1-800-550-4900**
5625 O St. Suite 4
Free pregnancy tests, confidential and resources.

Catholic Social Services **402-474-1600**
3700 Sheridan Blvd.
Pregnancy services, counseling for those facing an unplanned pregnancy, parenting and adoption planning.

Healthy Mother, Healthy Babies **402-471-2907**
Helps pregnant women with no insurance who need medical care.

Lincoln Crisis Pregnancy Center **402-483-4247**
4247 O St.
Pregnancy tests, confidential counseling.

Lincoln/Lancaster County Health Dept **402-441-8065**
3140 N St.
Pregnancy testing by appointment, health and parenting information, referrals to health care providers.

Lutheran Family Services **402-435-2910**
2900 O St. Suite 200
Unplanned pregnancy counseling, adoption program.

People's Health Center **402-476-1455**
1021 N. 27th St.
Priority status is given to women seeking to know their pregnancy status or those who know they are pregnant. They will receive an immediate appointment for a pregnancy test and prenatal labs. They will receive an appointment with a nurse-midwife. Interpreters are available and the clinic strives for culturally sensitive care. Sliding fee or Medicaid, minimum \$20 co-pay.

Colon Screening

Nebraska Colon Cancer Screening Program

301 Centennial Mall South

1-800-532-2227

Screening tests help find precancerous growths (called polyps) so they can be removed before they turn into cancer. If you're over the age of 50, you are at increased risk for colon cancer. Any man or woman, over 50 years of age and older and who meet income guidelines, is eligible to fill out the Nebraska Colon Cancer Screening Enrollment Form. More information and the form is available at www.dhhs.ne.gov/crc

Prescriptions

Medication Assistance Program of Lincoln

402-483-4800

4600 Valley Rd. Suite 250

Call for details and an appointment. To meet the requirements of the program you need to be NOT covered by any medical prescription plan and your income needs to be \$19,000 or lower for a single individual and no more than \$25,000 for a couple.

Your medications need to be for a chronic or ongoing illness since once accepted you are enrolled for a year at a time. It is best if your medication dosage is stable. Not all medications are covered by the National Pharmaceutical Assistance program. An \$8 first-time fee is charged to cover postage and handling but can be waived depending on individual circumstances.

LancasteRx

Prescription Discount Card

Available courtesy of the Lancaster County Board of Commissioners offers up to 20% off of most prescriptions at most pharmacies. *Ask for a card at the Neighborhood Food or pick one up at Center for People in Need office at 3901 N. 27th St.*

Drug Assistance Programs

Many pharmaceutical companies offer patient assistance programs to provide prescription medicines free of charge to physicians whose patients might not otherwise have access to necessary medicines. Each company determines the eligibility criteria for its program. Eligibility criteria and application process varies. Criteria are based on the patient's insurance status and/or income level; some may also have residency requirements.

Prescriptions

Answers 4 Families

www.answers4families.org

AskRx is a service of the Nebraska Pharmacist Association. You may ask questions about drugs or drug interactions and receive a personal email reply from a pharmacist. Click on eldercare, then click on the AskRx icon.

Eli Lilly

www.lillyanswers.com

Drug assistance program called “Lilly Answers Card.” The card is available without cost. Seniors on Medicare pay a flat \$12 fee for a 30 day supply of any drug distributed by Lilly. Savings can average \$52 per 30-day prescription. Eligibility guideline is U.S. citizen, Medicare enrolled seniors and persons with disabilities, no other prescription drug coverage. Annual income no more than \$18,000 for single person (\$1,500 monthly) or no more than \$24,000 for a couple (\$2,000 monthly).

Needy Meds

www.needymeds.com

This is a clearinghouse program allowing a consumer to look up the drug and the manufacturer of that medication to find out if they offer assistance and get the requirements on how to apply.

Pharmaceutical Research and Manufacturers of America

www.phrma.org

Check for pharmaceutical companies with patient-assistance programs, guidelines and how to apply. For a copy of the directory, call 800-762-4636 or use the website.

Rxassist

www.rxassist.org

Consumers can click on search program to look up the drug by brand name, generic name, company name or drug therapy class. You can then learn what companies have patient assistance programs. This site is for primarily health care providers, to apply online for free drugs for qualified persons.

Dental Health

Clinic With a Heart

402-421-2924

1701 S. 17th St.

Walk-in clinics are held the first four Tuesdays of every month. If a month contains a fifth Tuesday, no clinic will be held that day.

Dentists available on the first, second, and third Tuesday of each month from 5:30-7:00 p.m. Walk-ins, no appointments. No cleanings or routine maintenance. Will provide free services to anyone without insurance.

Community Health Services/Health Department

402-441-8015

3140 N St.

Provides screening and direct dental care for low-income children and adults. A minimum payment of \$20 is requested at time of service. If you can't pay \$20 you can pay less and make payments on the rest.

You will not be denied services if you can't pay. You need to take proof of income and it takes approximately one month to get an appointment scheduled. Call for an appointment. If extensive services are required (a root canal, for example) you may be sent to the UNL Dental College.

People's City Mission Medical Clinic

402-817-0980

110 Q St.

Hours:

Appointment only.

Eligible clients/patients must meet income guidelines of 200% of Federal Poverty Level.

People's Health Center

402-476-1455

1021 N. 27th St.

Fees: Sliding fee scale, accepts Medicaid, Medicare and private insurance.

Minimum Dental co-pay \$20. You can be billed for the \$20 co-pay.

University of Nebraska Medical Center

402-472-1301

College of Dentistry

Dental care provided by College of Dentistry students. Fees are lower than in a private dental office, but appointments are longer and more often to complete treatment. Adult and pediatric clinics are available. Call for an appointment.

Eye Exams

Matt Talbot Kitchen & Outreach

402-477-4116

2121 N. 27th St.

Eye Exam Screenings are available on a quarterly basis (January, April, July and October) at MTK usually on the first or second Wednesday. If the screening indicates you need a complete exam, you are referred for the exam and treatment at no charge. The only requirement is that you have no insurance and are low income.

Call Sara for more information and to sign up for a screening.

People's City Mission Medical Clinic

402-817-0980

110 Q St.

Appointment only.

Glasses

Payless Optical Outlet

402-466-3544

6900 O St. Suite 121

Monday-Friday, 10:00 a.m.-6:00 p.m., Saturday, 10:00 a.m.-5:30 p.m., closed Sunday.

Basic single lens glasses are \$39.95 (includes lens and frames) for both children and adult glasses.

Lined bifocals are \$89.95 (includes lens and frames)

No line bifocals are \$109.95 (includes lens and frames)

Eye Exams need to be done someplace else and then take your prescription to Payless Optical Outlet.

Heartland Optical

402-476-3311

650 N. 27th St.

Basic single lens glasses including frames are approximately \$110. Other prices are reasonable depending on your choices.

Comprehensive Health Insurance Pool

The Nebraska Comprehensive Health Insurance Pool (NECHIP) provides health insurance to Nebraska residents who are unable to obtain it at an affordable price or without restrictions because of a medical condition. Blue Cross and Blue Shield of Nebraska administers the plan. **This is not free health care coverage.** The program is designed for those who have been turned down for regular insurance due to medical reasons, can only get limited health care coverage elsewhere, or have only been offered health insurance that has a premium higher than what is available through NECHIP. For more information call toll free 1-877-348-4304 or visit their website at www.nechip.com.

KIDS CONNECTION

Kids Connection

402-471-7715

Kids Connection is Nebraska's Medicaid Managed Care health insurance program for children. Nebraska Health Connection/Kids Connection will provide all the medical services you need. You'll have one doctor, your Primary Care Physician (PCP), who will coordinate all your health care needs.

If you are covered under a mandated eligibility category (including Aid for Dependent Children, Medical Assistance for Children, Aid to the Aged, Blind and Disabled, or State Wards), by law, you must enroll in Nebraska Health Connection/Kids Connection. *If you choose not to select your doctor and health plan, they will be chosen for you.*

What's covered under Kids Connection? You'll receive the same basic benefits as regular Medicaid. Everything covered under regular Medicaid is covered under Nebraska Health Connection/Kids Connection. There is no premium or co-pay for Kids Connection. Families at or below 200% of poverty level are eligible.

How do I enroll my children in Kids Connection?

Call 471-7700 to speak to someone at the Department of Human Services to find out if your children qualify and to get an application.

Senior Health Services

LIFE (Lincoln Information for Elderly) 402-441-7070

Free, confidential information regarding all aging services. Personal Assistance, advice and advocacy with any aging-related problems or concerns. LIFE is a division of the Lincoln Area Agency on Aging.

Alzheimer's Association 402-420-2540

1500 S. 70th St. Suite 201
Resources, referrals and support.

Aging Partners (formerly Lincoln Area Agency on Aging)

Cost-free, confidential information regarding all aging services. Personal assistance, advice and advocacy with any aging-related issues or concerns.

Downtown Senior Center, 1005 O St. #300 402-441-7070

Daily noon meals, educational and nutrition programs and health promotion clinics are available most Tuesdays and Thursdays. Call for schedule.

Senior Companion Program 402-441-7070

Trained volunteers provide companionship for homebound elderly and respite for caregivers without charge to adults.

Health & Fitness Center, 233 S. 10th St. 402-441-7575

Open Monday-Friday, 8 a.m.-4 p.m. Certified personal trainers available on Tuesday and Thursday by appointment. The suggested contribution is \$10 per month for those over 60, \$15 per month for those under 60.

Harvest Project 402-441-7070

This program serves those over 55 who have been diagnosed with a serious and persistent mental illness and have a willingness to participate with a case manager. This is a partnership with Aging Partners, Community Mental Health Center and CenterPointe for residents of Lancaster County.

Senior Health Classes

Aging Partners

402-441-7575

Yoga and Stress Management for Caregivers

Aging Partners Health and Fitness Center
233 S. 10th St. Suite 101

This gentle class is designed for caregivers and others over age 60 looking for ways to manage stress in their lives. Classes include stress management tips, sharing of ideas and gentle yoga postures and breathing. Free, donations accepted. Call for more information.

Living a Healthy Life with Chronic Conditions

This six-week series provides valuable tools that enable participants to live healthier lives. This is for anyone with a chronic conditions such as diabetes, arthritis, high blood pressure, COPD, depression or heart disease. Each participant receives an easy-to-follow book that outlines day-to-day management techniques and a relaxation CD. Caregivers of persons with chronic illnesses can benefit from taking the course as well. Suggested contribution: \$10. Call for more information.

Free massages for ages 60 and older

Ten to 15 minute chair massage. No appointment necessary, first-come, first-served. Call for more information.

Fit to Care

402-441-7575

Caregivers 60 and older in Lancaster County who take care of parents, spouses or their grandchildren are welcome to receive support from Aging Partners. Caregivers may choose from these free services: nutrition counseling with a registered dietitian, consultation with a certified personal trainer and stress management tips. Call for an appointment.

Medicare Assistance

Medicare Rights Center (MRC)

800-333-4114

www.medicarerights.org

MRC is a not-for-profit organization dedicated to ensuring that older adults and people with disabilities get good, affordable health care. Medicare offers no prescription drug coverage. MRC has put together a resource list of discount drug programs that could help save on prescription costs.

Assistance for Disabilities

Lincoln-Lancaster County Health Department

Early Development Services Coordination

402-441-6710

3140 N St.

Call for appointment. Eligible families are those with infants or toddlers below age 3 who have a disability. The program is designed to help families coordinate services to meet the developmental, educational, financial, health care, child care and respite care services needed by the child and the family.

Nebraska Childfind

402-471-0734

3901 N. 27th St. Suite 5

Information, regarding special education and referrals for children and young adults with disabilities from ages birth to 21.

League of Human Dignity

402-441-7871

1701 P St.

Independent living services for those with disabilities, including information and referral, counseling, training, assistance with finding accessible housing, financial benefits counseling, home modification, equipment sales, repair, loan and rental.

Nebraska Assistive Technology Partnership

402-471-0734

3901 N. 27th St., Suite 5

Information on obtaining assistive devices, such as wheelchairs, scooters, bathing aids, communication devices, stair and bath lifts. Will assist those who qualify with finding funding assistance to pay for home modifications that have become necessary due to disability. Such home modifications include ramps, lifts, grab bars, voice activated phones and many other. Will also help find affordable housing for those who need to move into an accessible home.

Medical Transportation

Madonna Community Transportation 402-483-9456
Transport Plus 402-730-7303

Community Medical Transportation provides accessible and affordable transportation for the elderly and disabled to medical services. Because of financial support from Lincoln, Lancaster County, United Way and others routine trips in Lincoln are \$15 each way. Ongoing trips to medical services in Lincoln are \$8 each way. Ongoing trips are defined as trips for dialysis, chemotherapy, physical therapy, etc. when the medical service is scheduled for six weeks or more and at least two times per week.

StarTran 402-441-7109

StarTran riders must meet ADA requirements determined by registration with league of Human Dignity. Provides transportation within the city limits. Wheelchair accessible. Available 5:15 a.m.-7:10 p.m. Monday-Friday, 5:55 a.m.-7:10 p.m. Saturday, closed on Sunday. Cost: \$2.50 each way. Must call one week in advance.

American Cancer Society 402-423-4888

American Cancer Society provides transportation for ambulatory cancer patients to medical appointments within city limits. A two day notice if preferred. Available 8:30 a.m.-5:00 p.m. Monday-Friday. No cost.

Lancaster County Rural Transit 402-441-7031

People are picked up in rural Lancaster County and brought into Lincoln. Return time is set. Wheelchair accessible. Available 8:00 a.m.-4:00 p.m. Monday-Thursday. Cost: \$1.50 each way.

Nebraska AIDS project 402-476-7000

Provides transport for ambulatory patients to medical appointments. Available: 8:30 a.m.-5:00 p.m., Monday-Friday. No cost for any HIV or AIDS positive patient.

Veterans Administration 402-486-7842

Provides transportation to the Veterans Administration Medical Center only. Wheelchair accessible. Available: 8:00 a.m.-1:00 p.m. Monday-Friday. No cost to veterans.

Nebraska Urban Indian Health Coalition 402-440-7040

For Native Americans with no other transportation to medical/dental appointments in service area. Call 24 hours in advance.

Abuse/Neglect Assistance

Child and Adult/Elder Abuse Reporting Hotline
Toll Free 1-800-652-1999 TDD 471-9570

Child Advocacy Center **402-476-3200**
5025 Garland St.
Safe, neutral site for child victims of abuse. Services include medical evaluations for victims, support groups and Court School.

Friendship Home **402-437-9302**
Provides a safe, confidential, home-like shelter, as well as access to food, clothing and other basic needs to women and children who are victims of domestic abuse. Transitional shelter is provided to residents of Friendship Home who are working to obtain their own homes. Also provides some financial support for families in transition. Staff provides crisis counseling and immediate access to other safe shelter options if Friendship Home's shelter is full. Advocates and case managers provide counseling, referrals and information services. A 24-hour, 365 day hotline providing support safety planning and advocacy for women who want access to safe shelter.

Voices of Hope **Non-emergency: 402-476-2110**
2545 N. St. **Crisis: 402-475-7273**
Provides counseling, support groups and advocacy for victims of sexual assault and domestic violence. Staff accompany victims from the hospital emergency room through the criminal justice process. Crisis and short-term counseling is available 9:00 a.m.-4:00 p.m. Monday-Friday and until 7:00 p.m. Wednesdays. Support groups help adult victims of relationship violence, sexual assault and incest. Assistance filling out protection order applications.

Mental Health/Counseling

Affinity Community Counseling **402-325-8555**
2610 W. M Ct.
Mental health counseling, outpatient services for individuals, couples, families and groups. Medicaid and certain insurance is accepted.

Catholic Social Services **402-474-1600**
2241 O St.
Individual, child, family and grief counseling on sliding fee scale.

Mental Health/Counseling

Associates in Counseling and Treatment

402-261-6667

2110 S. 38th St.

Individual mental health counseling and assessments for adults & adolescents experiencing mental health symptoms and in need of support. Marriage & family counseling, anger & mood management. All services offered on a sliding fee scale for those who qualify. Flexible scheduling and payment plans. Insurance accepted.

BryanLGH Medical Center West

402-481-5991

2300 S. 16th St.

Outpatient, inpatient, partial hospitalization and therapy groups. Emergency mental health care available. Medicaid accepted.

Cedars Youth Services

402-434-5437

6601 Pioneers Blvd.

Outpatient and in home. Residential treatment for girls ages 12-18. Emergency shelter and residential care for ages 0-18. Sliding scale and Medicaid accepted.

Child Guidance Center

402-475-7666

2444 O St.

Outpatient mental health clinic for children, adolescents and their families. Groups available for incest/sexual abuse, anger control, and self-esteem. Residential adolescent program for qualified 12-18 year olds. Sliding fee scale.

Community Mental Health Center

402-441-7940

2201 S. 17th St.

Sliding scale fees based on same income levels as Region V.

Programs & Services

Medical Services: Outpatient psychiatric services including assessment, therapy, medication education and management, & inpatient psychiatric care.

Outpatient Therapy: Individual and group therapy sessions focused on symptom alleviation, stabilization, and recovery.

Day Treatment/Partial Hospitalization Program: Short term, intensive treatment provide through group formats, 6 1/2 hours daily, Monday-Friday.

Homeless/Special Needs Outreach—Outreach and case management for adults who have a mental illness and are homeless, near homeless or in contact with the criminal justice system.

Mental Health/Counseling

Families Inspiring Families

402-441-4374

Families Inspiring Families holds monthly family support education group meetings for families raising youth with behavioral, emotional or mental health issues. The youth group consists of activities centered around life skills, socialization, community service and leadership. Dinner and drinks are served. All meetings are 6:00-8:00 p.m. Supervised child activities.

Family meetings: third Thursday of each month. **Youth meetings:** first and third Thursday of each month, call for more information. **Youth and Adult meetings:** third Thursdays, October through May, Huntington Elementary School, 2900 N. 46th St. Exceptions: Some months there are special off-site activities. Call for exact location each month. No meeting on the third Thursday in December.

Family and Youth Investment (FYI)

402-441-4343

1645 N St.

Monday-Friday, 8:00 a.m.-4:30 p.m.

Serves youth (under 21) diagnosed with mental illness and at risk. No fee.

Families Helping Families Locate Resources and Support

2202 S. 11th St., second floor

402-441-3805

- Provides a listing of community service providers specific to the caller's needs.
- Provides brochures, materials and resource information.
- Family-friendly answers to questions and concerns.
- Comments from families regarding what they have found to be helpful.
- \$85.00 for classes.

Family Service Counseling

402-441-7929

501 S. 7th St.

Provides family support.

Lancaster County/State Health Department

402-441-8000

3140 N St.

Offers testing, education and counseling for AIDS, STDs and mental health services

Mental Health/Counseling

Lutheran Family Services

402-435-2909

2900 O St.

Offers individual, family and marital counseling.

Matt Talbot Kitchen & Outreach

402-477-4116

2121 N. 27th St.

Free peer-run mental health wellness workshops which offer proven symptom management tools and accurate information to help people successfully manage their mental health conditions. Compassionate, professional and consistent one-on-one peer counseling is available for individuals seeking assistance in creating and achieving their own mental health recovery and wellness goals.

Midtown Center

402-441-8150

Lancaster County Community Mental Health Center

2966 O St.

Midtown Center is a day rehabilitation program for people with severe mental illness. Structured work related rehabilitative services are provided to those who are motivated to improve their level of functioning. Transportation to doctor's appointments available.

Omni Behavioral Health

402-474-3322

2300 S. 13th St.

Outpatient treatment for children and adults, specializing in home based therapy. Community treatment aide services. Sliding scale and Medicaid accepted.

Samaritan Counseling Center

402-483-5117

8650 Pioneer Blvd.

Counseling for individuals, families, children. Sliding scale fee.

UNL Psychological Consultation Center

402-472-2351

325 Burnett Hall, UNL

9:00 a.m.-8:00 p.m. all year. Counseling for men, women and children on a sliding fee scale. Clinical Psychology doctoral students provide assessment and therapy.

Veteran's Outreach Center

402-476-9736

3119 O St.

Referral and counseling for Vietnam era veterans and families. Free services.

Substance Abuse

Al-Anon and Alateen

402-477-9662

Twelve-step support group for families and friends of alcoholics. Call the hotline to find out dates, times and locations of meetings.

Alcoholics Anonymous

402-438-5214

24 hour hotline. Call to talk to a volunteer or to find out meeting times.

Antlers Substance Program

402-434-3965

This program offers inpatient, outpatient and intensive substance counseling. An alcohol and drug evaluation is required before being accepted into the program.

Associates in Counseling and Treatment

402-261-6667

2110 S. 38th St.

Substance abuse evaluations and outpatient treatment for adults, adolescents, and their families. Groups and individual treatment offered. Dual Diagnosis counseling available. Intensive outpatient, outpatient, relapse prevention, aftercare and education available on a sliding fee scale for those who qualify. Flexible scheduling and payment plans. Insurance accepted.

Centerpointe

402-475-8717

2220 S. 10th St.

Substance abuse treatment, dual diagnosis. Residential and outpatient for adults. Sliding scale and Medicaid accepted.

Cornhusker Place

402-477-3951

721 K St.

Detoxification, short and long term treatment programs. Men only.

First Step

402-434-2730

210 Gateway Mall or 1919 S. 50th St. Suite 212

Substance abuse evaluations and outpatient treatment on a sliding scale fee. Call for initial evaluation. Special programs for women's needs.

Independence Center (BryanLGH Medical Center)

402-481-5268

1650 Lake St.

Substance abuse evaluation and treatment for adults, youth and their families. 24-hour information and crisis assistance. Medicaid for youth under 20.

Substance Abuse

Drug Crisis Center **402-475-5683**

24 hour hotline. Call for information, referral and crisis assistance.

Lincoln Council on Alcoholism and Drugs **402-475-2694**

914 L St. Suites A and B

Substance abuse evaluations on a sliding fee scale. Charges range from \$35-\$125.

Lincoln VA Promise Program **402-489-3802 ext. 9-6614**

600 S. 70th St.

Serving veterans with substance use disorders. Intensive out-patient substance abuse treatment (day or evening) and transitional living at VA Promise House. Addiction Severity Index Court Assessments available. Referrals for in-patient substance abuse treatment, HUD VASH, vocational rehabilitation, civil legal assistance, primary health care, mental health care (including PTSD and TBI), Service Connected Disability Compensation, non-service connected pension and credit counseling. Veterans who meet the criteria for VA benefits eligible for assessment.

Lutheran Family Services **402-435-2910**

2900 O St. Suite 200

Substance abuse evaluations, intensive outpatient and aftercare treatment for chemical abuse. Sliding scale fee.

Matt Talbot Kitchen & Outreach **402-477-4116**

2121 N. 27th St.

Free substance abuse evaluations for homeless individuals. To qualify, you must be able to prove your homeless status or be referred by an agency who serves homeless people; free individual outpatient and individual intensive outpatient drug and alcohol counseling, focusing on relapse prevention. Weekly AA meetings Tuesdays from 5:00-6:00 p.m., dinner available afterward.

Narcotics Anonymous **402-474-0405**

24 hour hotline. Call for meeting times.

St. Monica's **402-441-3768**

120 Wedgewood Dr.

Substance abuse treatment for women, residential and outpatient. Sliding scale and Medicaid accepted.

Substance Abuse

Touchstone 402-474-4343
2633 P St.
Residential treatment for adults.

Vet Center 402-476-9736
3119 O St. Suite A
Free counseling for veterans serving in a war zone and their families.

Halfway Houses/Transition Houses

Exodus House 402-601-4148
1301 N. 26th St.
A halfway house for recovering alcoholics and drug addicts. Offenders at correctional facilities must send a letter requesting an application and including a letter that indicates why they have selected the Exodus House for their recovery process.

Fresh Start Home 402-475-7777
6433 Havelock Ave.
Provides transitional housing and living skills for single women without children and offers supplemental household goods.

House for New Life 402-466-6080
4504 Holdrege St.
A therapeutic Christian-based transitional living facility for ex-offenders, focusing on sex offenders.

House of Hope 402-435-3165
1124 N. Cotner Blvd.
Halfway house provides residence/aftercare treatment (groups and individuals) for adult men that have completed chemical dependency treatment within the last year. Residents must be employable and ambulatory. Sliding scale fee.

McKinley House 402-601-5641
2965 P St.
Provides transitional living for men who have successfully completed an alcohol/drug treatment program and/or for men who have chosen to live a clean and sober lifestyle and are actively pursuing recovery.

Halfway Houses/Transition Houses

New Way Home **402-540-5001**

Provides a sober living environment for both men and women who are recovering alcoholics and drug addicts. There must be a three month commitment, attend AA./NA at least three times per week, must be employed within two weeks.

180 House **402-570-3608**

139 S. 28th St.

Provides transitional living services for alcohol/drug offenders.

St. Monica's Home **402-441-3768**

120 Wedgewood Dr.

Residential/outpatient rehabilitation for women 19 years or older. Must be referred after primary treatment. Sliding scale fee.

Gambling Addiction Assistance

Choices Inc. **402-476-2300**

127 S. 37th St. Suite B

24 hour hotline

Free gambling addiction evaluations. Treatment for individuals and family members, individual and group counseling on sliding fee scale. Offers a women's specific program, anger management and couples counseling.

First Step Recovery and Wellness Center **402-434-2730**

Free evaluation. Treatment for individuals and family members on a sliding fee scale.

Lincoln Gamblers Anonymous **402-473-7933**

24 hour hotline

Lincoln meeting schedule:

Monday 7:30 p.m., BryanLGH Medical Center East Plaza, 1500 S. 48th St.

Saturday 10:00 a.m., BryanLGH Medical Center East Plaza, 2222 S. 16th St.

Nonviolence Programs

Associates in Counseling and Treatment

402-261-6667

2110 S. 38th St.

Men's Batterers Intervention Program. Our highly trained counselors will facilitate the program following the Duluth Curriculum. Our program runs 24 weeks and will be held on Mondays from 5:00 – 6:30pm. The fees include Intake/Orientation: \$45 one-time fee & weekly classes: \$35 per class. New clients accepted.

Notes

Notes

Support Groups

Abortion Healing and Support	402-554-1805
Al-Anon and Alateen	402-477-9662
American Cancer Society	402-423-4888
Autism Society of Nebraska	1-800-580-9279
Breast-feeding Support Group-Milkworks	402-423-6402
Bright Ideas Support Group (for brain injury survivors)	402-890-4521
Cedars Crisis Line (for teens and families)	1-800-448-3000
Charlie Brown's Kids (grief support for children)	402-483-1845
Families Inspiring Families (for parents with children with mental health issues)	402-441-4374
Family Support Group	402-441-7940
Mourning Hope (for children teens and families in grief)	402-488-8989
Nicotine Anonymous	1-877-TRY-NICA
Overeaters Anonymous	402-473-1952
Parkinson's Support Group	402-392-2732
Ray of Hope (for survivors of someone who committed suicide)	402-477-8610 or 402-488-3827

Emergency Information

Drug Referral Hotline	1-800-662-HELP
Domestic Violence Hotline	1-800-799-SAFE
Eating Disorders Awareness and Prevention	1-800-931-2237

Emergency Information

Fire/Medical/Police Emergency	911
Police-Non-Emergency	402-441-7204
TDD/TTY	402-441-7802
Crimestoppers	402-475-3600
Adult Abuse (Nebraska Health and Human Services)	1-800-652-1999
TDD	402-471-9570
Animal Abuse (Break the Link)	402-441-0212
Child Abuse and Adult/Elder Abuse Reporting Hotline	800-652-1999
Community Mental Health Center	402-441-7940
Drug/Alcohol Drug Crisis Line	402-475-5683
Emergency placement for homeless and runaway youth	402-437-8906
Friendship Home	402-437-9302
HIV/AIDS Nebraska Hotline	1-800-782-2437
Lincoln/Lancaster County Health Department	402-441-8000
National Runaway Hotline	1-800-RUNAWAY
Nebraska Department of Health and Human Services	402-471-7000
People's Health Center	402-476-1455
Planned Parenthood	402-554-1805
Poison Center Children's Hospital	1-800-222-1222
Voices of Hope Crisis Center	402-475-7273
Salvation Army	402-474-6263
STD/HIV Test	402-441-8065
Street Outreach	402-560-9354 or 402-560-9356
Suicide/Mental Health (Lancaster County Mental Health)	402-441-7940
Teen Suicide Hotline	1-800-SUICIDE
Youth/Family Crisis (Boys Town Hotline)	1-800-448-3000

CFPIN Resources



Don't know where to go for free and low-cost resources?

Call CFPIN's Information and Referral Program at
402-476-4357

Resource Handbooks available:

- Yellow Book-Medical Services-Free or low cost
- Gold Book-Food-Free or low cost
- Orange Book-Services for the near homeless and homeless
- Green Book-Rides for \$7.50
- Purple Book-Healthy Living
- Pink Book-Miscellaneous Services-Free or low cost
- Blue Book-Children's Services-Free or low cost

Computer Lab

The Center for People in Need's computer lab is open to the public on Tuesdays from 4 p.m.-8 p.m. and Saturdays from 9 a.m.-2 p.m.

By using the computer lab, you can use the internet, fill out Health and Human Services applications, and work on job skills such as typing practice, Microsoft Office programs, English as a Second Language learning and GED preparation courses through Class.com.



The mission of the Center for People in Need is to enhance opportunities for families and youth as they address socio-economic barriers limiting their paths to success.

*3901 North 27th Street Unit 1
Lincoln, NE 68521
www.centerforpeopleinneed.org
402-476-4357
Fax: 402-476-4358*

*Beatty Brasch
Executive Director*

*Deb Daily
Director of Operations*

This handbook was prepared by the Center for People in Need. Please call the number above to add, update or remove information.

The Center for People in Need is a 501 (c)(3) organization and all contributions are tax deductible.

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