

# Douglas County Community Mental Health Center

Community Resource Guide 2017

This resource guide is created in cooperation with the University of Nebraska's Grace Abbott School of Social Work.

Its creation and yearly update is a service learning project in Dr. Jodi McQuillen's undergraduate

social work and mental health class.

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*“Our Mission is to provide high quality, comprehensive mental health care for the underserved of Douglas County.”*

# Chemical Dependency Programs

## **ABH Addiction & Behavioral Health Services, Inc.**

5851 North 90th Street

Omaha, NE 68134

(402) 504-1736

Website: <http://www.abhtreatment.com/>

### **CD Evaluations / initial diagnostic interviews**

Description: Available at all offices. Comprehensive substance use screening and chemical dependency evaluations to determine appropriate level of care. Also offer mental health evaluations.

### **General Outpatient Counseling Services**

Description: ABH offers individual and family counseling, case management, and education for mental health, chemical dependency and dual-diagnosis treatment. Staff can also work with other professionals (external caseworkers, parole officers etc.) to meet client needs in recovery. Adults and adolescents.

Program Timeframe: Ongoing, 45 minute sessions one (1) to two (2) times / week

### **Individualized Relapse Prevention Counseling**

Description: Program offering individual addiction counseling, recovery plan and relapse prevention plan development. Periodic drug and alcohol screening is utilized to help ensure compliance and help clients maintain their recovery.

Program Timeframe: Six (6) to eight (8) weeks

### **Treatment group home:**

Description: A therapeutic group home is a facility where youth live and follow daily programming. Programming includes regular OPS school attendance or participation in an alternative education plan, academic tutoring, life skills training, social skills training, mentoring, recreational activities, and dual diagnosis therapy. Dual diagnosis therapy refers to therapy aimed at both the substance abuse and mental health issues exhibited by the adolescents.

Program Timeframe: ongoing

Cost/Payment: Accepts Medicaid, Heritage health (UHC, Nebraska total care, and well care), probation funds, Private Pay, Blue Cross Blue Shield, and other private insurances.

## **Catholic Charities**

Sheehan Center

3300 North 60th Street

Omaha, NE 68104

(402) 554-0520

Website: <http://www.comaha.org/>

### **Assessments/Evaluations**

Description: Assessments are done to determine the most appropriate treatment service needed for the client.

Date/Time: Every Wednesday (except holidays) beginning at 7:30 AM on a first-come, first-served basis.

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*\*Information deemed accurate at time of publication*

Cost/Payment: Accepts Medicaid, self-pay, third party insurance, and has a sliding fee scale based on family size and income.

### **Adult Intensive Outpatient Treatment Program (Including Co-occurring treatment)**

Description: Offers individual and family chemical dependency counseling, substance abuse education, individualized treatment plan development, and community resource referrals.

Restrictions: Serves adults nineteen (19) and up with a current chemical dependency diagnosis.

Date/Time: Individual therapy services Monday – Friday 9:00 AM – 5:00 PM

Group sessions Mondays, Tuesdays, and Thursdays from 1:00 PM – 4:00 PM and 6:00 PM – 9:00 PM

Program Timeframe: Minimum of twelve (12) weeks, with clients attending one (1) individual session and three (3) group sessions each week.

Cost/Payment: Fees based on frequency and duration of treatment. Accepts Medicaid, third party insurance, Nebraska Office of Probation Administration vouchers, and sliding fee scale based on family size and income.

## **Centerpointe (Campus for Hope)**

1490 North 16th Street

Omaha NE 68102

(402) 827-0570

### **Short Term Residential Program**

Description: Non-locked residential program offering individual, group, and family therapy; development of relapse prevention plans; peer support; assessment of medical, dental and psychiatric care as needed; 12-Step programming; and substance use education.

Restrictions: Serve adults nineteen (19) and up with a current substance use disorder diagnosis and recommendation for this level of care from a substance abuse treatment professional. Must be medically stable and at low risk for acute withdrawal symptoms.

Date/Time: 24/7, 365 days a year.

Program Timeframe: 35 to 50 days with a minimum of 42 hours of treatment services/week.

Cost/Payment: Sliding Scale Fee—Accepts Medicaid, third party insurance, private pay and Nebraska Office of Probation Administration vouchers.

### **Dual Diagnosis Residential**

Description: Non-locked residential program offering individual, group, and family therapy specializing in those with a dual substance use and mental health diagnosis; development of relapse prevention plans; peer support; assessment of medical, dental and psychiatric care as needed; 12-Step programming; and substance use education.

Restrictions: Serve adults nineteen (19) and up with a current substance use disorder as well as a mental health diagnosis and recommendation for this level of care from a substance abuse treatment professional. Must be medically stable and at low risk for acute withdrawal symptoms.

Date/Time: 24/7, 365 days a year.

Program Timeframe: Nine (9) to eighteen (18) months

Cost / Payment: Sliding Scale Fee. Accepts Medicaid, third party insurance and private pay, and vouchers.

\*\* They do referrals to Douglas County for detox\*\*

## **Fred LeRoy Health and Wellness Center**

2602 J Street  
Omaha, NE 68107  
402-734-5275

Website: <https://www.poncatribene.org/health-services/health-clinics/fred-leroy-health-wc/>

Services: Drug and Alcohol evaluations, individual and group counseling sessions, anger management counseling, referrals to residential treatment, full psychological testing, and mental health assessments. Youth prevention programming designed to educate youth on the effects of alcohol and drugs and giving them the skills and knowledge to avoid substance abuse. Emphasis of treatment based on Native American culture.

Restrictions: Must be enrolled in a federally recognized a tribe.

Translator: American Indian and Alaska Native

## **Heartland Family Services-Family Works**

4847 Sahler St  
Omaha, NE 68104  
(402) 342-9555

Website: <http://heartlandfamilyservice.org/>

### **Residential Treatment**

Description: Residential substance abuse treatment for pregnant women or women with young children. Family works can treat dual diagnosis. Length of stay ranges from 6-9 months.

Cost/payment: Free of charge with Medicare and other qualifying insurance coverage. Individuals must put 30% of their monthly income in a secure, safe location on the property, which they will receive upon their discharge.

Restrictions: Pregnant women or women with young children only. Criminal record is accepted depending on type of crime.

### **Transitional Living**

Description: Sober living facility for clients transitioning back into the community after intensive inpatient treatment. Maintains daily structure and rules for sober living.

Fee: Sliding fee scale based on income

Translators: Spanish available.

## **Intertribal Treatment Center (Nebraska Urban Indian Health Coalition)**

2240 Landon Court  
Omaha, NE 68102  
402-346-0902

Website: <http://nuihc.com/>

Services: Inpatient and outpatient services, transitional living, substance abuse assessments, individual, family and group counseling, and transportation services.

Restrictions: Must be at least 18 years old and in a federally recognized tribe for inpatient services. Outpatient services are available for any resident of the Metropolitan area and must be 18 years old or older. No smoking is allowed, assistance is available.

Translator: American Indian and Alaska Native.

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*\*Information deemed accurate at time of publication*

## **Lutheran Family Services**

Main Phone: 855-659-2706

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

### **Locations:**

2401 Lake Street Suite 110

Omaha, NE 68111

and

11515 S. 39<sup>th</sup> Street

Bellevue, NE 68123

### **Chemical Dependency Evaluations**

Description: Drug and alcohol dependency evaluations to determine appropriate level of care.

### **Outpatient Substance Use Treatment**

Description: Individual, family, and group therapy to treat substance use disorders.

Restrictions: N/A

Cost/Payment: Lutheran Family Services accepts most major insurances, Medicaid, and offers sliding scale fees to low-income individuals without insurance.

### **Chemical Dependency Treatment**

Description: Offers three hours of intensive group-based substance use treatment, three times per week depending on the clients need. Treatment is tailored to the needs of the client.

Restrictions: Serves adults nineteen (19) and older who have a chemical dependency diagnosis. Depending on CDE Clients must be evaluated as needing a high-structure treatment program, remain free of non- prescription drugs and alcohols, attend all sessions, or submit to regular urinary analysis.

Program Timeframe: Ten to fifteen hours per week for approximately six (6) weeks. This also depends on the plan created by the client and therapist.

Cost / Payment: Lutheran Family Services accepts most major insurances, Medicaid, and offers sliding scale fees to low-income individuals without insurance.

## **NOVA Treatment Center**

8502 Mormon Bridge Road

Omaha, NE 68152

Main phone: (402) 455-8303

(402) 455-8347 (intake and direct line)

Email: [admissions@novatc.org](mailto:admissions@novatc.org)

Website: <http://www.novatc.org/>

### **Adult Therapeutic Community**

Description: Adult programs offer individual, group and family therapy; coping and life skills development; education on substance use issues; relapse prevention; peer support

Restrictions: Adults age 19 or above, but preferential admission is for pregnant women, women with children and IV drug users

Program Timeframe: Four (4) to six (6) months

Cost / Payment: NOVA accepts Nebraska Medicaid, some private insurance, private pay and has a sliding fee scale for residential services.

*\*Information deemed accurate at time of publication*

**Adult Short-Term Residential**

Description: Adult program serving individuals diagnosed with co-occurring mental illness and substance dependence. Offers individual, group, and family therapy; coping and life skills development; education on substance use issues; relapse prevention; peer support.

Restrictions: Same as above.

Program Timeframe: Approximately 30 days.

Cost/ Payment: Same as above.

**Omaha Valley Hope**

7703 Serum Avenue

Omaha, NE

(402) 991-8824

Website: <https://valleyhope.org/locations/nebraska/omaha/>

**Evaluations:** Chemical dependency evaluations are offered to determine appropriate level of care.

**Intensive Outpatient**

Description: Offers individual, group, and family therapy.

Date / Time: Mondays, Wednesday, and Fridays (for families) from 6 PM – 9 PM. Daytime courses 9am-12pm

Cost / Payment: Valley Hope accepts most private insurances and offers scholarships/ loans are available to clients who qualify (united, prosper, health first).

The Recovery Commitment Plan is a discount offered to clients who pay for services upfront to save them money.

Unfortunately, Valley Hope does not accept Medicaid and does not have a sliding fee scale.

**Continuing Care Group**

Description: One-hour support group focusing on maintaining recovery.

Restrictions: Must have recently completed a residential or intensive outpatient program.

Date / Time: Tuesdays, Thursdays, at different times.

Cost / Payment: Valley Hope accepts most private insurances, and scholarships / loans are available to clients who qualify.

The cost for this service is \$50 per session. To receive a discount price clients can pay for \$500 for six months of care or \$900 for one year of care.

Unfortunately, Valley Hope does not accept Medicaid and does not have a sliding fee scale.

**The Salvation Army Substance Abuse Treatment**

Salvation Army Adult Rehabilitation Center (ARC)

2551 Dodge Street

Omaha, NE 68131

(402) 342-4135 (Ask for an intake coordinator)

Website: <http://www.salvationarmyusa.org/usn/adult-rehabilitation>

Description: Alcohol and drug rehab center for men. Built on spiritual motivation and includes spiritual development, work therapy, health and education, social and leisure-time activities, individual and group therapy, living arrangements, and general environment. No waitlist.

Restrictions: Males must be 21 years or older to participate, but no older than 65 years old. No registered sexual offenders or convicted arsonists.

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*\*Information deemed accurate at time of publication*

Program Timeframe: Minimum length of stay six (6) months to 1 year.

Cost/Payment: Room and board fees are arranged through the intake office and apply to individuals who receive a monthly income such as social security, state and local welfare, military or other disability benefits. If individuals are not receiving a monthly income there is no fee. All treatment costs, medical needs, accommodations, and meals are provided.

## **Santa Monica House**

401 S. 39<sup>th</sup> Street  
Omaha, NE 68131  
(402) 558-7088

Website: <http://www.santamonicahouse.org/>

Description: Santa Monica House offers a residential substance abuse program for women. They offer individual and group therapy, as well as relapse prevention, 12 step meetings, and drug/alcohol education. A half-way and three quarter-way house are available for stay. The typical stay is 6 to 12 months.

Cost / Payment: There is no fee for being in treatment, grants pay for the individual's stay.

Restrictions: Only for women 19 years and older. Criminal records are accepted except for registered sexual offenders. Children are able to visit and stay on the weekends.

## **Sienna/Francis House:**

1702 Nicholas Street  
Omaha NE 68102  
(402) 341-1821

Email: [treatment@sienafrancis.org](mailto:treatment@sienafrancis.org)

Website: <http://www.sienafrancis.org/index.php/services/miracles-treatment-program>

### **Miracles Treatment Center**

Description: Program offers chemical dependency assessments; education on recovery issues; housing assistance; individual, group, and family therapy; and job training. Aftercare/follow-up services are available following completion of the program.

Restrictions: Serves adults nineteen (19) and older, must be willing to enter job training and work 40 service hours per week in the shelter and must attend five weekly 12-Step programs.

Program Timeframe: Minimum of 120 days (time may be taken off if client was previously in a residential treatment program)

Cost / Payment: None

# Community Alliance

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4001 Leavenworth Street

Omaha, NE 68105

Phone: (402) 341-5128

Website: [www.community-alliance.org](http://www.community-alliance.org)

## **For all of Community Alliance's programs:**

Restrictions: Ages 19 and older, a diagnosis of SPMI, and receiving mental health treatment.

Cost/Payment: Sliding fee scale or Nebraska Medicaid.

## **Assertive Community Treatment**

Description: Coordinated approach to meeting the needs of adults with mental illness. Each ACT team includes a psychiatrist, social worker, nurse, rehabilitation and addictions professional, and peer support worker. They meet daily to review the progress and needs of each client.

Restrictions: Ages 19 and older, a diagnosis of SPMI, and client qualifies for the level of service provided. Client must demonstrate impairment in one or more of the following areas: vocational, educational, or homemaker functioning; social, interpersonal, or community functioning; and/or self-care or independent living functioning.

## **Community Support**

Description: Services for adults with severe persistent mental illness. Program provides support, case management, community skills training, assistance in obtaining community resources, assistance in applying for financial programs, and assistance in locating and maintaining housing.

## **Crossroads to Health & Recovery**

Phone: (402) 884-7223 (Number for referrals: 402-341-5128)

Description: Program provides primary care, health navigation, and wellness classes. It also offers outpatient services which include medication management and individual, family, and group therapy.

Hours of operation: Monday-Friday, 8:00 am to 5:00 pm

## **Day Rehabilitation**

Description: Program provides individualized and group skilled building activities, pre-vocational activities, recreational activities, and assistance in locating community resources.

Hours of operation: Five hours per day Monday through Friday and regular evening, weekend, and holiday activities offered. For further information, call (402) 341-5128. \*Must be a client of Community Alliance for a referral.

### Day Rehabilitation Locations:

4001 Leavenworth Street

Omaha, NE 68105

Phone: (402) 341-5128

7117 Jones Circle

Omaha, NE 68106

Phone: (402) 715-5668

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*\*Information deemed accurate at time of publication*

### **Residential Rehabilitation**

4001 Leavenworth Street  
Omaha, NE 68105  
Phone: (402) 341-5128

Description: Safe and supportive home environment for adults with mental illness. Group living facilities range in size from 8 to 16 residents and are located throughout Omaha. Services offered through residential rehabilitation include group learning, medication management, social and recreation activities, supervision and support, and community involvement.

Restrictions: Ages 19 and older, a diagnosis of severe persistent mental illness, receiving mental health treatment, and medically stable.

Fees: Sliding fee scale or Medicaid. Federal renting subsidies are available for eligible individuals in some facilities. A security deposit is required.

### **Safe Harbor Peer Crisis Diversion Services**

415 South 25th Avenue  
Annex Building  
Omaha, NE 68131  
Phone: (402) 884-9044

24-hour Warm Line: (402) 715-4226

\*Warm Line is a crisis phone line to talk to peers who have experienced successful psychiatric rehabilitation.

Description: Drop in peer services for adults with mental illness experiencing a crisis that does not require psychiatric care or hospitalization. Program offers 24 hours or less care, warm line available to talk with peers, and connection with resources. Open to anyone. Do not have to be a Community Alliance Client.

Restrictions: Ages 19 and older. Please call (402) 884-9044 before you come.

Cost/Payment: No charge for services

### **WorkSource**

7117 Jones Circle  
Omaha, NE 68106  
Phone: (402) 715-5668  
E-mail: [worksource@commall.org](mailto:worksource@commall.org)

Description: Vocational services for adults with severe persistent mental illness.

### **Social Security Outreach, Access and Recovery (SOAR)**

4001 Leavenworth Street  
Omaha, NE 68105  
(402) 341-5128

Description: Specialized assistance in navigating through the process of applying for SSI/SSDI for individuals with mental illness and co-occurring disorders. Individuals will need to call and make an appointment with a Benefits Specialist at Community Alliance if they wish to use the SOAR service.

Cost/Payment: Sliding fee scale or Medicaid.

**Community Housing**

4001 Leavenworth Street

Omaha, NE 68105

Phone: (402) 341-5128

Website: <http://www.community-alliance.org/services/community-housing>

Description: Quality, safe, and affordable housing for adults with mental illness. Community Alliance owns or operates more than 200 housing units including supervised group living residences, cooperative, peer supported houses, and apartment complexes.

Restrictions: Ages 19 and older, a diagnosis of SPMI, and receiving supportive services through Community Alliance. A written Lease and security deposit are required.

Fees: Sliding-scale fee, Medicaid, Regional Rental Assistance Programs, or other appropriate government programs.

Application: Individuals can self-refer or be referred by another community agency. Walk-ins and phone calls are welcome.

**Fremont Office**

1900 E Military Avenue

Suite 278

Fremont, NE 68025

Phone: (402) 721-8225

Description: Services at this location include day and residential rehabilitation, family education, homeless services, and peer crisis diversion.

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*\*Information deemed accurate at time of publication*

# Community Health Centers

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## **Charles Drew Health Center**

<http://charlesdrew.com>

2915 Grant Street

P.O. Box 111609

Omaha, Nebraska 68111-3863

### **Open:**

Monday – Friday: 8 a.m. – 7:00 p.m.

Saturday: 9 a.m. – 12:00 noon

### **Main clinic contact numbers:**

(402) 451-3553 (Medical)

(402) 453- 1433 (Dental)

(402) 451-3244 & (402) 810-9806 (Pharmacy)

(402) 457-1200 (Administration)

### **Medical Services:**

Radiology, Ophthalmology, Family Practice/OB, General Medicine, Internal Medicine, Pediatrics, Podiatry, Cardiology, Eye Services, Psychiatry & Behavioral Health, HIV/AIDS and STD testing, Pharmacy, and Nutrition

### **Service Locations:**

- Charles Drew health Center – Main Clinic
- Homeless Clinics
- Public Housing Health Centers
- School-Based Health Centers
- NOIHSC (former St Richards)

### **Payments:**

- Payment expected the day of appointment unless arrangements have been made
- Can get an estimate of total cost and arrange a payment plan if you need several visits
- Accept checks, cash, Visa/MasterCard, private insurance and Medicaid
- Responsible for balance not covered by your insurance
- With private insurance, you must pay co-pay at each visit
- Sliding fee scale (based on family size and income)

**Note:** Appointments cancelled without 24 hour notice will be charged a fee.

If you need help understanding English, call ahead to ask for an interpreter.

### **Dental Services:**

Oral exams, sealants, fluoride treatments, restorative services, emergency and rehabilitative services, and dentures

**Open:** Monday - Friday: 8 a.m. – 5 p.m.

### **Payments:**

- Payment expected the day of appointment unless arrangements have been made
- Can get an estimate of total cost and arrange a payment plan if you need several visits
- Accept checks, cash, Visa/MasterCard, private insurance and Medicaid

*\*Information deemed accurate at time of publication*

- Responsible for balance not covered by your insurance
- With private insurance, you must pay co-pay at each visit
- Sliding fee scale (based on family size and income)

**Note:** Appointments cancelled without 24 hour notice will be charged a fee.

If you need help understanding English, call ahead to ask for an interpreter.

### **Mental health services:**

Pre-screening to determine if behavioral health services are needed, Individual, Children, Family or Couples Therapy, Tele therapy services, and Trauma Informed Care

**Note:** Call the main office to schedule appointment. Appointments vary depending on the doctor and their schedule.

#### **Service Locations:**

- Charles Drew Health Center
- Benson Community Health Center
- Campus for Hope
- Siena Francis House
- Crown Tower
- Evans Tower
- Florence Tower
- Jackson Tower

#### **Payments:**

- Medicaid/Medicare
- Private Insurance
- Sliding fee for uninsured

### **Other Resources:**

Disability Assistance for Adults, Enrollment assistance for the Marketplace, Medicare, Medicaid and Kids Connection, Fitness Center and Weight Loss Classes, Homeless Healthcare, Fathers For a Lifetime Program, Interpreter Services, Medication Assistance Programs, Nutrition Education, Senior Care, Smoking Cessation Classes, Social Work and Nurse Case Management

## **Good Neighbor Fremont Clinic**

2400 N. Lincoln Ave (Clinic set to move in May to a new location please call 402-721-0951 to verify the new address.)

Fremont, Nebraska

Phone: 402-721-0951

Website: <http://ecdhd.ne.gov/medical-dental-and-mental-health-clinics/good-neighbor-fremont-clinic/>

### **Primary Medical Care Hours**

Monday, Wednesday and Friday

8:00am-5:00pm

Tuesday and Thursday

10:00am-7:00pm

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*\*Information deemed accurate at time of publication*

### **Dental Care Hours**

Monday and Wednesday

8:00a.m.-5:00p.m.

Tuesday and Thursday

10:00a.m-7:00p.m

Every other Friday

8:00-12:00pm

### **Nebraska Urban Indian Health Coalition**

2240 Landon Court

Omaha, NE 68102

Phone: (402) 346-0902

**Hours:** Monday-Friday 8:00am-5:00pm. Evening and weekend hours available by appointment. Call for appointment.

Website: [www.nuihc.com](http://www.nuihc.com)

**Inpatient Chemical Dependency Services:** Residential chemical dependency for Native American adults at the Intertribal Center in Omaha. Typical length of stay is 60-90 days.

**Outpatient Chemical Dependency Services:** Outpatient chemical dependency offers the same intense client care, with the added flexibility. Outpatient services include individual and group counseling, chemical dependency evaluation/ assessment, referral services, transition planning, family therapy, individualized treatment plans, and continuing care.

#### **Admission Requirements for Inpatient and Outpatient Services:**

- Be 19 years or older and enrolled in a federally recognized tribe.
- Have a chemical dependency assessment recommending inpatient treatment.
- Assessments are available through their outpatient office by Call (402) 346-0902.
- Client must live in Nebraska, Iowa, North Dakota or South Dakota.
- Complete a physical assessment within 30 days prior to admission.

### **Tired Moccasins Elder Program**

**Description:** Provides physical and social activities for Native Elders and their families. The program offers weekly meals, health education, socialization, recreational, and educational opportunities. Activities include arts and craft, low-impact exercises, field trips and monthly visits for free medical care. The program provides free transportation for elders who cannot drive to Tired Moccasins activities. Elder will be picked up Tuesday-Thursday if you live in the Omaha metro.

#### **Requirements:**

- Be 60 years or older
- Live in the Omaha metro to be eligible for free transportation
- Be enrolled in a federally recognized tribe, state recognized tribe, or have Native American ancestry who you strongly identify.

### **Soaring over Meth and Suicide Prevention Program**

Description: Provide services to support youth in developing a sense of competence, usefulness, belonging and empowerment to reduce risk factors of suicidal behaviors and substance abuse. The program provides:

- Evidence-based programming to prevent substance abuse and suicide.
- Accurate sex-ed information: teen pregnancy, STD prevention & treatment
- Free and low-cost mental health training.
- Free and low-cost cultural diversity training.
- A safe and health-promoting facility in Omaha.
- An environment that nurtures supportive relationships.
- Opportunities to belong.
- Promotion of positive and culturally appropriate social norms.

Requirements: SOMS events and activities are open to all who wish to attend. We encourage Native American families, those with native ancestry and those who are non-Native but caring for Native American children to participate.

### **Transitional Living**

Description: Eagle Heights Transitional Housing Program is to help Native American men and women transition to independent living from a residential treatment setting. Its located in Omaha, Nebraska. Eagle Heights is designed to assist clients in maintaining sobriety by placing them in a safe, therapeutic living environment. We provide outpatient mental health and substance abuse counseling, with a focus on relapse prevention and daily living skills. We also assist clients in accessing healthcare services, securing employment, and becoming productive members of the community.

Requirements:

- Be 19 years or older
- Be enrolled or eligible for enrollment in a federally recognized tribe
- Have a discharge summary from another treatment program showing that you completed the program and recommending a sober living environment or transitional/halfway house.

Fee:

Eagle Heights has five transition houses to accommodate ten clients. Each home is secure, and is equipped with a complete kitchen, tablet computers, and television/basic cable. Utilities are paid by NUIHC. Clients are responsible for a \$300.00 per month program fee, one-third (\$100.00) of which goes into a savings account and is returned to them upon discharge.

### **HIV Testing**

Provided free, confidential or anonymous HIV testing and counseling with results available same day.

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*\*Information deemed accurate at time of publication*

## **Transportation**

Offer free transportation for Native Americans who have no other means to access healthcare. Transportation is provided for Native American who have medical and dental appointments in Omaha. Transportation to Winnebago HIS every 3<sup>rd</sup> Friday of the month.

## **OneWorld Community Health Center**

Website: [www.oneworldomaha.org](http://www.oneworldomaha.org)

### **Livestock Exchange Building (Main Location)**

4920 South 30th Street

Omaha, NE 68107

Appointments: (402) 734-4110

WIC Clinic: (402) 734-2028

Pharmacy: (402) 502-5832

**Open:** Monday, Wednesday – Friday: 8 a.m. – 5 p.m.

Tuesday: 8 a.m. – 8 p.m.

Services Provided: Behavioral health, adult and internal medicine, pediatrics, women’s health, dental care, pharmacy, mental health, Emergency Services, Family Health, Primary Health Care, WIC

### **Quick Sick Clinic**

4910 South 30th Street (1st Floor of North Building)

Omaha, NE 68107

Appointments: (402) 502-8859

**Open:** Monday – Thursday: 8 a.m. – 9:30 p.m.

Friday: 8 a.m. – 7:30 p.m.

Saturday: 9 a.m. – 4:30 p.m.

Sunday: 1 p.m. – 4:30 p.m.

Services Provided: For treatment of minor illnesses, no appointment necessary, open most evenings and weekends.

### **OneWorld Bellevue**

2207 Georgia Avenue

Bellevue, NE 68005

Appointments: (402) 502-5588

**Open:** Monday – Friday 8 a.m. – 5 p.m.

Services Provided: Health care, dentistry, and behavioral health

### **OneWorld West Omaha**

4101 South 120th Street

Omaha, NE 68137

Appointments: (402) 505-3907

**Open:** Monday, Tuesday, Thursday, Friday: 8 a.m. – 5 p.m.

Wednesday: 8 a.m. – 6:30 p.m.

Services Provided: Behavioral Health, Chronic Conditions, Community Health, Dental Services, Family Health, Immunizations, Pharmacy, Pregnancy, Primary Health Care, Social Services, and Women's Health

**OneWorld North West Omaha**

4229 North 90th Street

Omaha, NE 68134

Appointments: (402) 401-6000

**Open:** Monday, Wednesday – Friday: 8am – 5pm

Tuesday: 8am – 7 p.m.

Services Provided: Behavioral health, Family practice, pediatrics, dental care, mental health

**OneWorld Plattsmouth**

*(Also known as Cass Family Medicine)*

122 South 6<sup>th</sup> Street

Plattsmouth, NE 68048

Appointments: 402 296-2345

**Open:** Monday – Friday 8 a.m. – 12 p.m. & 1:00 – 5 p.m.

Services Provided: Mental health, general health services,

**Teen & Young Adult Health Center**

4310 South 24th Street

Omaha, NE 68107

Appointments: (402) 502-8880

**Open:** Monday – Thursday: 10am – 7pm

Friday: 9am – 6pm

Saturday: 9am – 1pm (Every other Saturday)

Services Provided: Behavioral health, sports physicals, health education, case management, nutritional information, treatment for acne, confidential STD testing and treatment, sexual health and birth control or pregnancy testing

**Note:** Parents, family members or friends welcome

**Other Locations**

**Mexican Consulate Health Window**

Phone: (402) 595-1844

7444 Farnam Street

Omaha, NE 68114

**Community Alliance**

Crossroads to Health and Recovery

Phone: (402) 341-5128

4001 Leavenworth Street

Omaha, NE 68105

Services provided: Community Health, Housing Services, Mental Health, and Social Services

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*\*Information deemed accurate at time of publication*

## **Learning Community Center of South Omaha**

Family Literacy Center

Phone: (402) 502-5512

2302 M Street

Omaha, NE 68107

Services provided: Helps families with the English language learning and supports them as they navigate the public- school system.

### **Description of OneWorld's Services:**

**Adult and Internal Medicine:** Annual physicals, chronic disease care (i.e. asthma, diabetes, hypertension, high cholesterol, and depression), health education, disease testing and treatment (i.e. STDs, latent tuberculosis), follow-up care, case management and care coordination, and immigrations.

**Pediatrics and Adolescent Care:** Well child checks, immunizations, lead screenings, school and sports physicals, common childhood diseases, care for disabled children, chronic diseases, minor illnesses (i.e. ear infections, cough, fever), behavioral and developmental health concerns. These services are also offered at school based health centers which are located at: Bryan High School, Indian Hill Elementary, Liberty Elementary, and Spring Lake Elementary.

**Women's Health:** Prenatal care, pelvic exam with a Pap test, clinical breast exam and teaching of breast self-exam, blood pressure, cholesterol, and blood sugar checks, referrals to Mammogram screening, obstetrics, midwifery, reproductive health, obstetrics & gynecology, annual exams, cancer screenings, pre and post menopause care, adolescent care, care for coughs, cold & flu, and confidential STD testing and treatment.

**WIC Program:** Provides supplemental foods, healthcare referrals, nutrition education for low-income women who are pregnant, breastfeeding, and/or postpartum, and to infants and children up to five years old. In addition to Spanish, interpretation is provided for other languages as well, including sign language.

**Dental Care:** Semi-annual cleanings, x-rays, examinations, fillings, extractions, emergency treatment for pain, swelling, broken tooth, limited root canal treatment, prenatal dental care, and pediatric dental care.

**Behavioral Health:** Social worker will assess for client social support service needs including financial and housing needs, domestic violence, and literacy needs. Referrals to community resources are provided. Counseling in English and Spanish is available.

**Mental Health:** Comprehensive care from mental health providers, including counselors and psychiatrists, are provided to clients.

**Pharmacy:** The pharmacy offers discount prescription pricing for OneWorld clients.

**Outreach, Education and Enrollment:** Provides help to people who need assistance with signing up for healthcare (Medicare, Medicaid, WIC, or Open Enrollment options) or who have questions.

Restrictions: Accepts cash, check, credit card (Visa, MasterCard, and Discover), and most forms of insurance, including Medicare and Medicaid. A sliding fee scale is available for those who do not have insurance and a financial counselor is available to discuss payment options.

# Domestic Violence

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## **The Bridge**

141 S Union St.

Fremont, NE 68025

(402) 721-4340

24-hour Crisis line (402) 727-7777

Website: [www.bridgefromviolence.com/home.html](http://www.bridgefromviolence.com/home.html)

Description: Currently serving the following counties: Burt, Cumming, Dodge, Saunders, and Washington. Staff helps individuals, going through domestic abuse or sexual assault, to create safety plans, navigate court process, locate housing, and advocacy. They also offer English and Spanish support groups.

Restrictions: No housing on site.

Cost/Payment: All services are free

## **Catholic Charities of the Archdioceses of Omaha**

3300 N 60th St

Omaha, NE 68104

(402) 554-0520

24-hour hotline (402) 558-5700

Website: [www.ccomaha.org](http://www.ccomaha.org)

Description: Provide confidential services to individuals 19 years and older, who are currently fleeing from domestic violence. The screening process is only done through the 24-hour hotline.

Cost/Payment: No cost, free of charge.

## **Catholic Charities Domestic Violence & Sexual Assault Program**

Iowa location

300 W Broadway Suite 223

Council Bluffs, IA 51503

Phone: (712) 256-2059

24-hour hotline (712) 328-0266

Website: [www.dmdiocese.org/domestic-violence-shelter-and-services.cfm](http://www.dmdiocese.org/domestic-violence-shelter-and-services.cfm)

Description: Emergency shelter for domestic violence or sexual assault victims, with a housing team. Provide support and advocate services for individuals while in the hospital. They also provide legal advocates when applying for protection or court hearings.

Cost/Payment: Counseling services are free if you are a resident at the shelter.

## **Friendships Home**

Friendship Home P.O. Box 85358

Lincoln, NE 68501

Emergency Hotline (402) 437-9302

Website: [www.friendshiphome.org](http://www.friendshiphome.org)

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*\*Information deemed accurate at time of publication*

Description: Advocates assist each individual with his or her specific needs. Provides crisis counseling, immediate access to safe shelters, referrals, and information services. In addition, transitional housing is available to individuals searching for housing along with financial support for transitioning families. Support groups are conducted on strengths based education that can combine with recreational activities.

Cost/Payment: No fees.

## **Heartland Family Services**

302 American Pkwy

Papillion, NE 68046

(402) 339-2544

24-hour hotline 1800-512-3666

Website: <http://heartlandfamilyservice.org/housing-financial-stability/domestic-violencesexual-assault/>

Description: Provide emergency concealed shelters to survivors of domestic abuse. Clients can receive counseling, group therapy, job connections, and housing assistance. In addition, outpatient therapy is offered. Advocates are available 24 hours, either on scene or at the hospital to assist in emotional support, information of rights, and aide in communication with police and healthcare professionals.

Cost/Payment: No shelter fees. Support groups free or sliding fee scale. Counseling services is by sliding fee scale or insurance coverage.

## **Nebraska Coalition to End Sexual and Domestic Violence**

245 S 84th St Suite 200

Lincoln, NE 68510

(402) 476-6256

Website: [www.nebraskacoalition.org](http://www.nebraskacoalition.org)

Description: Referral services specific to individuals needs. There is a library on site, pertaining to domestic violence and sexual assault, available for all ages. Attorneys are available to provide legal services in domestic violence, sexual assault, and immigration.

Cost/Payment: No upfront fees.

## **Siena Francis House**

1702 Nicholas St

Omaha, NE 68102

(402) 341-1821

Website: [www.sienafrancis.org](http://www.sienafrancis.org)

Description: Women's shelter will assess women and children for housing opportunities and programs, while partnering with other agencies. Men's shelter is limited on services.

Eligibility: Must be 19 years of age or older. Individuals under the influence allowed. Some program requirements are: diagnoses of mental illness and receive disability or social security check.

Cost/Payment: No fees as long as you're a guest in the facility. Permanent supportive housing is based on general income.

## **Voices of Hope**

2545 N St

Lincoln, NE 68510

(402) 476-2110

24-hour hotline (402) 475-7273

Website: [www.voicesofhopelincoln.org](http://www.voicesofhopelincoln.org)

Description: Advocates are available 24 hours to respond to calls from hospitals and law enforcement involving domestic violence. They service victims of stalking, harassment, adult survivors of incest and sex trafficking. Daily walk in services include: safety planning, assess immediate needs, and legal advocacy. Support groups, economic stability, self-esteem, and parenting 101 classes. They also have advocates at University of Nebraska at Lincoln and Wesleyan.

Restriction: 19 years of age and younger need parental permission

Cost/Payment: No fees

## **Women's Center for Advancement**

222 S 29th St

Omaha, NE 68131

(402) 345-6555

24-hour hotline: (402) 345-7273

Website: <http://wcaomaha.org>

Description: Office hours are M-F 8am – 5pm. They provide counseling, support groups, immigration and case management services; along with attorney for self-sufficiency and girls leadership programs. They offer a business wardrobe closet. Hope line with Verizon 5,000 minutes loaded on each phone. They can provide greyhound bus tickets for relocation purposes, lock changes, food and gas voucher. They offer a 16-week off site program for males who are court ordered, Batter's Prevention Program that does have a cost attached to it.

Restrictions: Must be 19 years of age and older.

Cost/Payment: No fees except for Batter's Prevention Program

# Financial Assistance

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## **Access Nebraska**

Omaha SONA Office  
5211 S. 31<sup>st</sup> Street  
Omaha, NE 68107  
Phone: (402)-595-1787  
Hours: Monday- Friday  
8:00am-5:00pm

Omaha OSB Office  
1313 Farnam Street  
Omaha, NE 68102  
Phone: (402)-595-2890  
Hours: Monday- Friday  
8:00am-5:00pm

Omaha- 42<sup>nd</sup> Street Office  
1215 S. 42<sup>nd</sup> Street  
Omaha, NE 68105  
Phone: (402)-595-2665  
Hours: Monday- Friday  
8:00am-5:00pm

Omaha- 1500 N Office  
1500 N. 24<sup>th</sup> Street, Suite 102  
Omaha, NE 68110  
Phone: (402) 595-3700  
Hours: Monday- Friday  
8:00am-5:00pm

Fremont Office  
839 S. Broad Street  
Fremont, NE 68025  
Phone: (402)- 595- 1258  
Hours: Monday- Friday  
8:00am-5:00pm

LaVista Office  
8044 South 84<sup>th</sup> Street  
LaVista, NE 68128  
Phone: (402)-595-1258  
Hours: Monday- Friday  
8:00am-5:00pm

*\*Information deemed accurate at time of publication*

Customer Service Contact:

Phone: (402)-595-1258

This number is available Monday- Friday from 8:00am-5:00pm.

Website: [www.accessnebraska.ne.gov/](http://www.accessnebraska.ne.gov/)

Description: Access Nebraska provides economic assistance, developmental disability assistance, and Medicaid assistance. You can access the website to apply for assistance and to submit documents needed for assistance. Or, you can call the staff on the main phone lines provided. The offices located in Omaha, Papillion, and Fremont have kiosks available to apply for economic assistance. These offices also have telephones, computers, and scanning available for use.

### **Bellevue Human Services**

204 W Mission Ave

Bellevue, NE 68005

Phone: (402)- 293-3138

Hours: Monday- Friday

8:00am-4:30pm

Website: <http://www.bellevue.net/Departments/Human-Services/Programs>

Description: Bellevue Human Services Department provides emergency assistance to Bellevue residents. When applying for assistance residents must provide proof of residency with proper identification. To apply for emergency assistance, you can call to make an appointment.

### **Catholic Charities**

St. Martin de Porres Center

2111 Emmet Street

Omaha, NE 68110

Phone: (402)-453-6363

Hours: Monday

9:00am-1:00pm

Tuesday

12:30pm-4:30pm

Friday

9:00am-1:00pm

Juan Diego Center

5211 South 31<sup>st</sup> Street

Omaha, NE 68107

Phone: (402)-731-5413

Hours: Monday-Tuesday-Thursday-Friday

9:30am-11:30am

Wednesday -

4:00pm-6:00pm

Website: [www.ccomaha.org](http://www.ccomaha.org)

\*

*\*Information deemed accurate at time of publication*

Description: Catholic Charities has several locations and offers many services. The locations listed provide food assistance, microbusiness training, and financial services for seniors.

### **Dodge County General Assistance**

Fremont Courthouse  
435 N. Park  
Fremont, NE 68025  
Phone: (402) - 727-2731  
Hours: Monday- Friday  
9:00am-12:00pm

Description: Dodge County General Assistance provides financial assistance for rent, utilities, and non- food items. Dodge County residents are eligible for applying for this assistance.

### **Douglas County General Assistance**

Department of General Assistance  
1111 S. 41<sup>st</sup> Street, Suite 220  
Omaha, NE 68105  
Phone: (402)-444-6215  
Hours: Monday- Friday  
8:00am-4:30pm

Website: <https://generalassist.douglascounty-ne.gov/>

Description: Douglas County General Assistance provides financial assistance for rent, mortgage payments, board and room, utilities, clothing and non-food items. Residents of Douglas County qualify for this assistance. Residents must be between the ages of 19-64 who cannot qualify for other means of public assistance, or do not have sufficient income.

### **Eastern Nebraska Community Action Partnership (ENCAP)**

#### **Douglas County Main Office (North)**

2406 Fowler Ave.  
Omaha, NE 68111  
Phone: (402)-453-5656  
Hours: Monday-Friday  
8:00am-5:00pm

#### **Douglas County (South)**

(Located inside One-World Health Center)  
4920 South 30<sup>th</sup> Street  
Omaha, NE 68107  
Phone: (402)-734-4110 ext. 1332  
Hours: Monday-Friday  
8:00am-5:00pm

*\*Information deemed accurate at time of publication*

**Sarpy County Office**

1908 Hancock Street

Bellevue, NE 68005

Phone: (402)-292-2961

Hours: Monday-Thursday (for pantry)

10:00am-12:00pm

1:00pm-4:00pm

Friday

10:00am-2:00pm

Website: <http://www.encapomaha.org/>

Description: ENCAP provides a variety of resources. They provide emergency financial assistance, assistance with SNAP applications, tax preparation, housing/rental assistance, utility assistance, major home and vehicle repair, financial counseling, as well as job readiness and employment training.

**Financial Hope Collaborative**

Financial Success Program

2500 California Plaza

Omaha, NE 68178

Phone: (402)-280-2700

Website: <http://blogs.creighton.edu/fhc/>

Description: Financial Hope provides a yearlong program to help low income single mothers better their financial issues. The program teaches to track expenses, to save, to learn more about credit, retirement funds, and much more!

**Fremont Salvation Army**

Fremont Corps Community Center

707 North I Street

Fremont, NE 68025

Phone: (402) 721-0930

Website: <http://centralusa.salvationarmy.org/western/Fremont>

Description: The Fremont Salvation Army provides assistance for rent, utilities, disaster victims, a food pantry, and they have a summer lunch program. The summer lunch program is provided for children between the ages of 1-18. Lunch is held at the Presbyterian Church (520 W Linden) from 11:30am-1:30pm. To make an appointment for services, call the phone number that is listed above.

**GreenPath Financial Wellness**

8031 West Center Rd., Suite 204

Omaha, NE 68124

Phone: (888) - 776-6732

Website: [www.greenpath.com](http://www.greenpath.com)

Description: Formally known as Consumer Credit Counseling, they provide services for debt counseling and credit counseling. Monday, Wednesday, Thursday and Friday in person debt counseling is provided between 8:00am-5:00pm and on Tuesdays from 11:00am-6:00pm.

*\*Information deemed accurate at time of publication*

You can call to make an appointment. Debt counseling by telephone is offered Monday - Thursday between 7:00am- 9:00pm CT, Friday 7:00am- 6:00pm CT, and on Saturdays from 8:00am-5:00pm CT.

## **Community Action Partnership of Nebraska**

### **Northeast Nebraska Community Action Partnership**

603 Earl St

Pender, NE 68048

Phone: (402)-385-6300

Counties Served: Dodge & Washington

Website: [www.nencap.org](http://www.nencap.org)

Hours: Monday through Friday from 8:00 a.m. to 4:30 p.m. (appointments preferred)

### **Eastern Nebraska Community Action Partnership**

2406 Fowler Ave

Omaha, NE 68111

Phone: (402)-453-5656

Counties Served: Douglas & Sarpy

Website: [www.encapomaha.org](http://www.encapomaha.org)

Hours: Monday through Friday from 8:00 a.m. to 4:30 p.m. (appointments preferred)

### **Southeast Nebraska Community Action Partnership**

802 Fourth St

Humboldt, NE 68376

Phone: (402) 862-2411

Website: [www.senca.org](http://www.senca.org)

County Served: Cass

Website: <http://www.nencap.org/services/>

Hours: Monday through Friday from 8:00 a.m. to 4:30 p.m. (appointments preferred)

Description of all locations: Weatherization services which can reduce energy costs for a long period of time; some typical weatherization measures that may be done to your home include sidewall and attic insulation; infiltration work (caulking and weather stripping around doors and windows and glass repair); repair/replacement of furnace or heating unit. Emergency food and shelter program through NHAP (Nebraska Homeless Assistance Program) along with financial assistance to help clients with a partial one month past due utility or one month past due rent, resulting from an emergency; deposits are excluded from this funding. Tax preparation for low income individuals/families and senior citizens (60 & over).

#### Requirements:

1. Proof of income for the household;
2. Proof of residency;
3. Proof of emergency need such as excessive reduction in income through no fault of the client, such as excessive medical expenses, car repairs paid, etc.
4. Must have an eviction notice from the landlord or shut off notice from the utility company;
5. Provide copy of driver's license and social security cards (not mandatory but preferred) for all household members.

## **Douglas County Veteran’s Service Office – Nebraska Veterans Aid**

### **Fund**

1111 S 41<sup>st</sup> St, Suite 110

Omaha, NE 68105

Phone: (402)-444-7180

Website: <https://veterans.douglascounty-ne.gov/>

## **Cass County Veteran’s Services Office – Nebraska Veterans Aid Fund**

346 Main St, Room 2

Plattsmouth, NE 68048

Phone: (402)-296-9368

Hours: Monday through Friday, 8:00am-5:00pm, Mondays and Fridays are walk in only, Tuesdays, Wednesdays, and Thursdays are by appointment only

Website: <http://www.cassne.org/vetservices.html>

## **Dodge County Veteran’s Services Office – Nebraska Veterans Aid Fund**

435 N Park

Fremont, NE 68025

Phone: (402)-727-2719

Website: <http://www.dodgecounty.ne.gov/veterans.html>

## **Washington County Veteran’s Services Office – Nebraska Veterans Aid**

### **Fund**

1555 Colfax St

Blair, NE 68008

Phone: (402)-462-6838

Hours: Monday through Friday, 8:00am-4:00pm, call to schedule appointment

Website: <http://www.co.washington.ne.us/veterans.html>

## **Sarpy County Veteran’s Services Office – Nebraska Veterans Aid Fund**

Southeast Courthouse Annex

1261 Golden Gate Dr, Suite 5E

Papillion, NE 68046

Phone: (402)593-2203 or (402)-593-2204

Hours: Monday through Friday, 8:00am-4:45pm, Mondays and Fridays are walk in only, Tuesdays, Wednesdays, and Thursdays are by appointment only

Website: <http://www.sarpy.com/veterans/>

Description of all locations: Temporary emergency aid fund assists veterans, their spouses, and dependents when an unforeseen emergency occurs disrupting their normal method of living and when other resources are not immediately available for food, fuel, shelter, wearing apparel, funeral, medical and surgical items. Applications must be made through the County Veterans Service Officer

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*\*Information deemed accurate at time of publication*

## **Gretna Neighbors**

Resurrection Lutheran Church  
153 S McKenna Ave  
Gretna, NE 68028  
(402) 916-9649

Leave a message and phone number where you can be reached and a volunteer will call you back at your earliest convenience

Description: Provides financial assistance for utilities, rent, and medical expenses, school clothing, and school supplies

## **Heart Ministry Center**

2222 Binney St  
Omaha, NE 68110  
Phone: (402) 451-2321

Website: <http://heartministrycenter.org/>

Description: Provides the following services; clothing closet, food pantry, health & dental care, educational classes, youth mentoring, resource center, legal clinic, holiday meal baskets and gifts, and a Self-Sufficiency program for single, low-income mothers

## **Heartland Family Services**

2101 S 42nd St  
Omaha, NE 68105  
Phone: (402) 553-3000

Website: <http://heartlandfamilyservice.org/housing-financial-stability/>

Description: Rent and Utility assistance, emergency assistance for those facing poverty and homelessness

Restrictions: For Douglas and Sarpy County only

## **Low Income Ministry of Dodge County**

549 North H St  
Fremont, NE 68026  
Phone: (402) 727-6884

Website: <http://www.lowincomeministry.org/welcome.html>

Food Pantry:

Tuesday 10:00am - 2:00pm

Thursday 5:00pm - 7:00pm

Crisis Case Management:

Monday - Friday 9:00am - 3:00pm

Clothing Center:

Monday - Friday 9:00am - 3:00pm

Saturday 9:00am - 12:00pm

Additional Hours Available By Appointment

*\*Information deemed accurate at time of publication*

Description: Emergency financial assistance for rent and utilities. Clothing center: nominal donation, no cost with referral, job interview clothing available. School Supplies for students K-12 at the beginning of the school term.

### **Lutheran Metro Ministries**

4205 Boyd St  
Omaha, NE 68111  
Phone: (402)-453-3774

Description: Short term emergency assistant, assistance for partial rental payment, energy efficiency from weatherization, assistance for utility bills, payment plans available, case management for long term empowerment services, clothing assistance and health and wellness assistance.

### **Nebraska Department of Health and Human Services – Cass County**

917 Wildwood Lane, Suite A  
Nebraska City, NE 68140  
Phone: (800)-383-4278  
Hours: Monday through Friday, 8:00am-5:00pm

### **Nebraska Department of Health and Human Services – Dodge County**

839 S Broad St  
Fremont, NE 68025  
Phone: (402)-753-4278  
Hours: Monday through Friday, 8:00am-5:00pm

### **Nebraska Department of Health and Human Services – Douglas County**

1313 Farnam St  
Omaha, NE 68102  
Phone: (402)-595-2665  
Hours: Monday through Friday, 8:00am-5:00pm

### **Nebraska Department of Health and Human Services – Sarpy County**

8044 S 84<sup>th</sup> St  
LaVista, NE 68128  
Phone: (402)-595-1258  
Hours: Monday through Friday, 8:00am-5:00pm

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*\*Information deemed accurate at time of publication*

## **Nebraska Department of Health and Human Services – Washington County**

597 Grant St, Suite 100

Blair, NE 68008

Phone: (800)-383-4278

Hours: Monday through Friday, 8:00am-5:00pm

Description of all locations: Provides assistance to needy families with minor children in situations including evictions, loss of utility service, or exhaustion of food supplies. Services include, a federally funded program to assist low-income households in meeting energy costs. Benefits are based on family size, fuel type, and geographic residency in the state. Provides temporary support for a maximum of 60 months for families where the employable adults are transitioning to economic self-support, through components such as training, education, job preparation activities, or job search. Provides financial assistance to refugees who have been resettled in the United States and do not qualify for other programs, assistance is limited to the first eight months as a refugee.

### **Open Door Mission**

2828 N 23<sup>rd</sup> St E

Omaha, NE 68110

Phone: (402) 422-1111

Hours: Administration office Monday-Friday 8:30am-5:00pm

Website: <http://www.opendoormission.org/>

Description: Open Door Mission provides preventative measures to empower families to remain in their own homes by supplementing their income through monthly assistance with food, clothing, household goods, furniture and appliances.

### **Project Hope**

6201 N 60<sup>th</sup> St

Omaha, NE 68104

Phone: (402) 453-7649

Website: <http://www.projecthopeomaha.org/home.html>

Description: Project Hope provides food and clothing to people in need there hours of operation are Monday, Wednesday and Friday 11:00 - 2:45 p.m.

Requirements:

1. Photo ID for Head of Household
2. Social Security Cards for Every Household Member
3. Piece of Mail with Current Address

### **Salvation Army**

3612 Cuming St

Omaha, NE 68131

Main phone: (402) 898-5900

Direct number for utility assistance: (402) 898-5966

*\*Information deemed accurate at time of publication*

Email may be sent at <http://www.salarmyomaha.org/contact/>

Description: Automated recording; be prepared to leave name and number for information on utility and energy assistance.

### **Sarpy County General Assistance**

1261 Golden Gate Drive, Suite 5E

Papillion, NE 68046

Direct number for human services: (402) 593-4400

Website: [http://www.sarpy.com/humanservices/general\\_assistance\\_program.html](http://www.sarpy.com/humanservices/general_assistance_program.html)

Description: Provides financial assistance for rent, utilities, or non-food items.

Restrictions: Eligibility is based on income and resources. Monthly income and resource guidelines vary based on the number of related persons in the household and current State of Nebraska poverty guidelines.

### **Siena/Francis House**

1702 Nicholas St

Omaha, NE 68102

Main phone: (402) 341-1821

Website: <http://www.sienafrancis.org/>

Description: Case workers will provide assistance and referrals with needs, including financial assistance; call number and they will direct you to who can help.

### **St. Vincent de Paul Society**

2101 Leavenworth St

Omaha, NE 68102

Phone: (402) 346-5445

Website: <http://svdpomaha.com/>

Description: Contact agency and be prepared to leave name and number. They will refer you to the nearest Catholic Church that may provide financial assistance. Address listed is the location of their food pantry/thrift store. Call to set up a meeting to line up services if unable to meet your basic needs.

### **Timberlake Outreach Center**

2107 E Locust St

Omaha, NE 68110

Main Open Door Mission Phone: (402) 422-1111

Timberlake Outreach Phone: (402)829-1510

Website: <http://www.opendoormission.org/do-you-need-help/>

Description: Open Door Mission's, Timberlake Outreach Center provides preventative measures to empower families to remain in their own homes by supplementing their income through monthly assistance with food, clothing, household goods, furniture and appliances. Website link gives hours of operation.

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*\*Information deemed accurate at time of publication*

## **Together**

812 S. 24th St

Omaha, NE 68108

Phone: (402) 345-8047

Website: <http://togetheromaha.org/>

Description: Focuses on homeless and eviction prevention. Provides help with utilities, housing, food pantry, bus passes for individuals who have just started a new job, helps with getting ID/birth certificate. Walk-ins are welcome; call for schedule to find out when certain services are available.

## **United Way of the Midlands**

2201 Farnam St

Omaha, NE 68102

Main Phone: (402) 342-8232

Phone: dial 2-1-1 for 24/7 call center

Website: <http://www.unitedwaymidlands.org/>

Description: General assistance hotline. Dial 2-1-1 and you will be directed to appropriate phone numbers and agencies depending on your financial assistance need.

## **Washington County Ministerial Association**

123 N 13<sup>th</sup> St

Fort Calhoun, NE 68023

Phone: (402)-468-5683

Hours: Tuesday through Friday, 8:00am-1:00pm

Description: Administers FEMA funds for rent, utilities, and temporary lodging for evicted persons and transients

# Food Pantries

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## Cass County Pantries

### First United Methodist Church

222 Walnut St

Louisville, NE 68037

Phone: 402-234-4895

Website: <https://www.1umclouisvillene.org/our-work/>

Hours: Currently Appointment only. Beginning May 1<sup>st</sup>, it may change to 6pm-7:30pm on the first and third Thursday of every month.

Description: Call for appointment

Eligibility: Must be a resident of Cass County.

### SENCA Plattsmouth Food Pantry

1225 S 15<sup>th</sup> St Suite A

Plattsmouth, NE - 68048

Phone: 402-297-7418

Hours: Monday – Friday 8am-4:30pm

Description: By appointment only.

Eligibility: Picture id and income verification but there are some exceptions. Must live in Cass County.

## Dodge County Pantries

### Faith Food Pantry

203 Ash St

Snyder, NE 68664

Phone: 402-721-0884

Hours: Second Saturday of each month. Arrive between 8 and 9am, food is served at 9.

Eligibility: Must be a resident of Nebraska

### Living Word Pantry

1110 N. Lincoln Ave

Fremont, NE 68025

Phone: 402-721-2068

Hours: Every third Thursday from 4-7pm. Can be contacted if food is needed immediately.

Description: Photo ID is needed, must fill out a form upon entry. Must provide proof of address, homeless are welcome.

Eligibility: Must be a resident of Nebraska.

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*\*Information deemed accurate at time of publication*

## **Low Income Ministry**

549 North H St

Fremont, NE 68026

Phone: 402-727-6884

Hours: The fourth Thursday of every month 5-7pm.

Eligibility: Must be a resident of Nebraska

## **Douglas County Pantries**

### **“A Hand Up” Food Pantry**

First Presbyterian Church

216 South 34<sup>th</sup> St

Omaha, NE 68131

Phone: 402-345-5383

Hours: Thursdays from 3:30-5:30p.m.

Description: Food Pantry: No limit on the amount of times you can attend but they do request you bring your own plastic and paper bags.

Eligibility: Identity verification, Social security cards for all members of the household, Photo ID, Proof of current address.

### **Benson Baptist Church**

6319 Maple St.

Omaha, NE 68104

Phone: 402-551-1512

Hours: The food pantry is open from 9:00a.m. - 12:00p.m. the last Saturday of each month.

Description: Food Pantry: provides emergency boxes of food, groceries, and other items.

Eligibility: Must reside in the city of Omaha, Identity Verification, Valid ID, Social security.

### **Community Cupboard Food Pantry Countryside Community Church**

8787 Pacific St

Omaha, NE 68114

Phone: 402-391-0350

Description: Community Cupboard- Provides a year-round, mobile food pantry which resembles a farmers' market/grocery store design.

Location: Countryside Community Church Gymnasium, formally named the Truhlsen Community Center

Eligibility: Will need to provide name and the number of people in the household, no identification required and limits are set on food dependent upon availability. No limit to the number of times you attend per year.

Day/Time: First Saturday of Every Month: 10:00a.m. -11:30a.m.

**Faithworks Pantry Place**

4892 Oaks Lane

Omaha, NE 68137

Phone: 402-895-3394

Day/Time: Every third Wednesday of the month from 5:00-7:00 p.m. and every fourth Saturday of the month from 10:00a.m. - 12:00p.m.

Eligibility: Identity Verification, Photo ID, Proof of address

**First Lutheran Church's Food Pantry**

542 South 31<sup>st</sup> Street

Omaha, NE 68105

Phone: 402-345-7506

Day/Time: 1:00-2:30p.m. Tuesdays, Wednesdays, and Thursdays; closed the first full week of each month for restocking.

Description: Food Pantry- Able to utilize pantry once every 30 days

Eligibility: Identity Verification, Photo Id or Consulate Card, Social security number, Proof of address

**Heart Ministry Center**

2222 Binney St.

Omaha, NE 68110

Phone: 402-451-2321

Day/Time: Wednesdays and Fridays 10a.m. to 1p.m.; Thursdays for seniors only (60+) 10a.m. to 1p.m.

Description: Food Pantry- Able to utilize once every 30 days. Quantity depends on family size. Meat, Dairy, and Produce are set up in a room for clients to pick through; also receive a bag of canned goods.

Eligibility: No eligibility requirements except the time frame of when you last visited. Fill out paper checking off their needs.

**Heartland Hope Mission**

2021 U St.

Omaha, NE 68107

Phone: 402-733-1904

Description: You may visit the food and clothing pantry once every 30 days. Senior citizens (60+) and the disabled (proof of disability required) may visit once every 21 days.

Satellite Location: 139<sup>th</sup> and Q at Lord of Hosts Church in Millard

Day/Time for main pantry: Tuesdays 6:30p.m.-7:30p.m, Thursdays 1:30p.m.-4:00p.m. and Saturdays 9:30a.m.-12:00p.m.

Day/Time for satellite pantry: Second Saturday of each month, 10:30a.m.-11:30a.m.

Eligibility: Identity Verification; Photo ID for yourself; Proof of other members in the household including social security numbers and/or date of birth, proof of address.

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*\*Information deemed accurate at time of publication*

## **Holy Family Door Ministry**

1715 IZARD St.

Omaha, NE 68102

Phone: 402-341-6561

Hours: Monday/Tuesday/Wednesday: 9:30am-12:30pm, Thursday: 9:30am-12pm

Description: Food Pantry: Small food pantry located downtown.

Eligibility: Identity verification, photo ID, social security card, proof of residence status (cox bill, cell phone bill), and proof of current mailing address.

## **Juan Diego Center**

5211 South 31st Street

Omaha NE 68107

Phone: 402-731-5413

Website: <http://www.comaha.org/who-we-are/centers/juan-diego-center.html>

Hours: Monday/Tuesday/Thursday/Friday: 9:30-11:30 am; Wednesday: 4-6pm

Description: Food Pantry for low income families. Available to utilize once every 60 days

Eligibility: Social Security Cards for yourself & all household members, Piece of mail postmarked in the last 30 days, Valid Photo ID

## **Kountze Memorial Church Pantry**

2650 Farnam St.

Omaha, NE 68131

Phone: 402-341-7761

Website:

[http://www.kmlchurch.org/index.php?option=com\\_content&task=view&id=56&Itemid=135](http://www.kmlchurch.org/index.php?option=com_content&task=view&id=56&Itemid=135)

Hours: Mondays: 10am-1pm, with the exception of holidays in which you need to call to verify hours

Description: Food Pantry: Able to utilize once a week.

Eligibility: Adults must have some form of identification and you must have a social security card for each child

## **Loaves & Fishes Westminster Presbyterian Church**

3416 Woolworth Ave

Omaha, NE 68105

Phone: 402-345-5423

Website: <http://www.westminsteromaha.org/>

Hours: Mondays: 10-10:30am. Doors open at 9:30am for snacks and coffee.

Description: Food Pantry: Able to utilize once a week.

Eligibility: No eligibility requirements

## **Omaha Vineyard Food Pantry**

5030 North 72<sup>nd</sup> St. (At the Cross Training Center)

Omaha, NE 68124

Phone: 402-393-9077

*\*Information deemed accurate at time of publication*

Website: [http://www.omahavineyard.org/?page\\_id=77](http://www.omahavineyard.org/?page_id=77)

Hours: Third Saturday of every month from 9-11:30am

Description: Food Pantry: Each family is given a couple of bags of groceries.

Eligibility: No eligibility requirements

### **Saint Martin De Porres/Christ Child North**

2111 Emmet St.

Omaha, NE 68110

Phone: 402-453-6363

Website: <http://www.ccomaha.org/who-we-are/centers/>

Hours: Monday 9am-1pm, Tuesday 12:30pm-4:30pm, Friday 8:00am-1:00pm

Description: Food Pantry: Able to utilize once every 30 days

Eligibility: Piece of mail postmarked in the last 30 days, Valid Photo ID

### **Society of St. Vincent De Paul Food Pantry:**

2101 Leavenworth St

Omaha, NE 68102

Phone: 402-341-1688

Eligibility: Proof of Identity, Photo ID, Proof of mailing address, Social Security numbers for everyone in the household.

### **Timberlake Outreach Center**

2107 East Locust St.

Omaha, NE 68110

Phone: 402-422-1111

Description: Offers assistance with food, clothing, household goods, furniture, and appliances; Food Pantry- Able to utilize once every 30 days for food and once every 6 months for furniture.

Eligibility: Identity Verification, Social security numbers for everyone in the household, Piece of mail for proof of address.

### **Together**

812 S. 24th St,

Omaha, NE 68108

Phone: 402-345-8047

Hours: Monday-Thursday 10am-3:30pm, Friday 10am-2pm

Description: Attend once every 30 days

Eligibility: Photo ID, social security cards for members of household, and current postmarked mail required

### **Women United Ministries**

1202 East Browne St.

Omaha, NE 68110

Phone: 402-591-0354

Description: Food Pantry: Able to utilize once every 90 days, by appointment only.

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*\*Information deemed accurate at time of publication*

Eligibility: Identity Verification, Valid ID for everyone in the household, Proof of address.

## **Washington County Pantries**

### **Joseph's Coat**

1737 Washington St

Blair, NE 68008

Phone: 402-426-0440

Website: [www.josephscoat.org](http://www.josephscoat.org)

Hours: Monday, Tuesday, Thursday, Friday 10am - 5pm, Saturday 9am - 1pm; Closed Wednesday, Sunday, and all major holidays

Description: All qualified individuals are limited to the food pantry one time per month; one person or family per address.

Eligibility: Must be a resident of Washington County; must qualify for assistance through eligibility for Medicare/ Medicaid, SSI, WIC, or Food Stamps, or must be a senior citizen, single mother/father with sole custody

# ½ Way and ¾ Way Housing

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## **A.R.C.H., Inc. (Alcoholics Re-socialization Condition)**

Website: <http://www.archhalfwayhouse.org>

604 South 37th Street  
Omaha, NE 68105  
(402) 346-8898

### **O'Hanlon House**

1502 North 58<sup>th</sup> Street  
Omaha, NE 68105  
(402) 556-6425

Description: 28 bed half-way house with two locations for men. Majority of referrals come from other treatment centers, but self-referrals and other referrals are welcomed. Typical stay ranges from 90-120 days. Fees are determined by the residents and staff. Also helps with placement of individuals in a ¾ way house after completion of the program at A.R.C.H.

Restrictions: Males, 18 and older with at least 72 hours of sobriety. Criminal record is accepted, depending on type of crime. Sex offenders accepted.

Fees: Call to discuss. Must be willing to be employed.

## **Edward & Willa Kelly Community Collaborative, Inc.**

The Kelly House  
1720 N. 40th Street  
Omaha, NE

Website: <http://kellyhouseomaha.org/>

Description: The Kelly House is a 14 bed, half-way house. They do require all residents to do 30 hours weekly of day program participation outside of Kelly House. They accept residents based on a case by case individual screening. The average wait time is less than a week.

Eligibility: Men who are 19 years and older, that have been released from inpatient mental health treatment; do allow dual diagnoses of mental illness and substance abuse, however the residents must be drug free while staying at Kelly House

Fees: The program is a fee for service based on individual needs of residents.

## **The Lynn House**

1927 Wirt St  
Omaha, NE 68110  
(402) 905-9473

Description: Halfway house for women to help better prepare for a life free from addiction. Provides counseling and referral services. Employs counselors that live and interact daily with residents. Provides educational and occupational counseling when needed.

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*\*Information deemed accurate at time of publication*

## **Oxford House Inc.**

For Men: (402) 932-7094

For Women: (402) 738-9912

Website: [http://www.oxfordhouse.org/userfiles/file/  
http://www.oxfordhouse.org/pdf/ne](http://www.oxfordhouse.org/userfiles/file/http://www.oxfordhouse.org/pdf/ne)

Description: Oxford House Inc. is a national public non-profit organization that offers a concept in recovery from drug and alcohol addiction. It offers democratically run individual homes across the nation for patients transitioning from inpatient treatment centers. There are multiple homes throughout Nebraska for men only, women only, and women and children. A listing of the addresses of these homes and their contact information can be found at [http://www.oxfordhouse.org/directory\\_listing.php](http://www.oxfordhouse.org/directory_listing.php)

Each house has residents ranging from 6 to 15 total. The tenants pay all expenses to maintain each individual home and stay normally from 3 months to 12 months.

Restrictions: Tenants of Oxford House must be drug and alcohol free at all times.

## **Santa Monica Inc.**

130 North 39<sup>th</sup> Street

Omaha, NE 68130

(402) 558-7088

Website: <http://santamonicahouse.org/>

Description: 18 bed halfway house for women. Their primary focus is substance abuse, while confronting the unique needs of women, which often include issues of depression, economic difficulty and family responsibilities.

Restrictions: Females, 18 years and older. Santa Monica house has no restrictions on whom they will allow in their program, including sex offenders. Client must be sober upon entering.

Fees: Flexible depending on income. If qualified as low income \$105 a week for room and board. State assistance can potentially help with cost.

# Homeless Shelters (Omaha)

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## **Open Door Mission**

2828 North 23rd Street East

Omaha, NE 68110

(402) 422-1111

Website: [www.opendoormission.org](http://www.opendoormission.org)

## **Lydia House**

2809 N 20<sup>th</sup> St E

Omaha, NE 68110

Eligibility: Women (19 years or older), Women with children, No registered sex offenders, Must be sober, No open warrants, Not on the ban and bar list

Length of Stay: 6 months

## **Garland Thompson's Men's Center**

2705 N 20<sup>th</sup> St E

Omaha, NE 68110

Eligibility: Males (19 and over) – case by case for certain situations, Men with children, No registered sex offenders, Walk-ins accepted, Must be sober, No open warrants, Not on the ban and bar list.

Length of Stay: 90 days

## **Siena/Francis House**

1702 Nicholas Street

Omaha NE 68102

402-341-1821

## **Baright Men's Shelter**

1111 North 17<sup>th</sup> Street

Omaha NE 68102

(402) 341-9236

## **Siena Women & Children's Shelter**

1702 Nicholas Street

Omaha NE 68102

402-341-1821

Website: [www.sienafrancis.org](http://www.sienafrancis.org)

Eligibility: Men (19 years and older), Women (19 years and older), Women with children  
Registered sex offenders accepted, No single men with children, No drug screenings

Length of Stay: Guests are can check in for overnight shelter as early as 4:30 p.m. daily; Men must leave by 7:00 am; Women are allowed to stay for 30 days and can stay all day

## **Stephen Center**

2723 Q Street

Omaha NE 68107

(402) 731-0238

Website: [www.stephencenter.org](http://www.stephencenter.org)

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*\*Information deemed accurate at time of publication*

Description: 30 single beds for men, 30 single beds for women, four family rooms, 62 apartment buildings, guests must be checked in by 5:30 p.m. daily, Men stay in separate quarters as women and children unless they are family

Eligibility: Men, women, and children, Must be 19 years or older unless with parent, No registered sex offenders, Clean and sober shelter

Length of Stay: 30 days maximum but it can also vary from case by case.

### **Youth Emergency Services (YES)**

2723 Q Street  
Omaha NE 68107  
(402) 345-5187

Website: <http://www.yesomaha.org>

Description: Emergency shelter for youth age 16-20. Must have photo id or age identifying information in most cases.

Eligibility: Youth age 16-20

Length of Stay: 30 days maximum but it can also vary from case by case.

## (Council Bluffs)

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### **Joshua House**

1435 North 15<sup>th</sup> Street  
Council Bluffs, IA 51501  
(712) 322-7570

Eligibility: Men (18 years and older), takes in registered sex offenders only if they are not on the residential restriction list and if they are then they can only stay up to five days.

Day/Time: Guests are can check in for overnight shelter from 4:00 to 6:00 p.m. daily, and must leave the shelter by 9:00 a.m. the next morning.

### **The Micah House**

1415 Avenue J  
Council Bluffs, IA 51501  
(712) 323-4416

Website: [www.themicahhouse.org](http://www.themicahhouse.org)

Eligibility: Singles (18 and over), Families, No registered sex offenders.

Length of stay: About 30 days, but it depends case by case while working with a case manager.

## (Fremont)

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### **Care Corps Family Services**

723 N. Broad Street  
Fremont, NE 68025  
(402) 721-3125

Website: <http://www.care-corps.org/>

*\*Information deemed accurate at time of publication*

Eligibility: Singles (18 and over), Families, No registered sex offenders, No open warrants, Must have valid ID.

Length of stay: About 30 days, but it depends case by case while working with a case manager.

# Housing Assistance

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## **Bellevue Housing Authority (Sarpy County)**

8214 Armstrong Circle

Bellevue, NE 68147

Phone: (402) 734-5448

Website: <http://www.sarpyhousing.org>

**Description:** It is a section 8 and public housing agency. It has a waiting list but it is closed at this time. The wait list has the following preferences: Resident of Sarpy county (proof of bill or lease required), disabled (proof of official documentation required), elderly (proof of photo ID), homeless (proof of shelter letter required; or if living in a car an officer will regularly check), and participant of Rent Wise class, working 32 hours per week or more.

## **Blair Housing Authority (Washington County)**

758 S. 16<sup>th</sup> Street

Blair, NE 68008

Phone: (402)426-4552

Website: <http://www.blairhousing.com>

**Description:** They have an open waiting list for public housing for senior/disabled/single households. Public housing for families is currently closed. To apply visit the BHA to pick up a pre-application from 8:00am-4:30pm, Monday-Thursday; and 8:00am-12:00pm on Fridays, or download the pre-application from <http://blairhousing.com/files/Online-Pre-Application.pdf> then print and complete. Once the pre-application has been completed, it can be mailed, hand delivered to BHA, or emailed to [peggy@blairhousing.com](mailto:peggy@blairhousing.com)

## **Community Alliance-Community Housing**

4001 Leavenworth Street

Omaha, NE 68105

Phone: (402) 341-5128

Website: <http://www.community-alliance.org/services/community-housing>

**Description:** Quality, safe, and affordable housing for adults with mental illness. Community Alliance owns or operates more than 200 housing units including supervised group living residences, cooperative, peer supported houses, and apartment complexes.

**Restrictions:** Ages 19 and older, a diagnosis of SPMI, and receiving supportive services through Community Alliance. A written Lease and security deposit are required.

**Fees:** Sliding-scale fee, Medicaid, Regional Rental Assistance Programs, or other appropriate government programs.

**Application:** Individuals can self-refer or be referred by another community agency. Walk-ins and phone calls are welcome.

## **Douglas County Housing Authority**

5404 N. 107<sup>th</sup> Plaza

Omaha, NE 68134

Phone: (402) 444-6203

Website: <http://www.douglascountyhousing.com>

Description: The housing programs offered are; Crown-become a home owner, rental housing program for disabled, elderly, and families with low income, and section 8-housing choice voucher.

## **Fremont Housing Authority**

2510 N. Clarkson Street

Fremont, NE 68025

Phone: (402)727-4848

Website: <http://www.fremonthousing.org/housing/>

Description: They have an open waiting list for their public housing, however they have preference for elderly and disabled households. They also have an open waitlist for section 8 (HCV). Fremont Housing Agency covers Dodge County, including the cities of Arlington, Ashland, Cedar Bluff, Colon, Mead, Skylar, and Wahoo, NE.

## **Heartland Family Services**

2101 S. 42<sup>nd</sup> Street

Omaha, NE 68105

Phone: (402)553-3000

Website: <http://heartlandfamilyservice.org/housing-financial-stability/>

Description of housing programs:

**Heartland Homes:** Facility-based permanent supportive housing for individuals and families. Case management and therapeutic and support services address the root causes of homelessness to help residents maintain permanent housing.

Eligibility: Individuals must be literally homeless, have a disabling condition, and reside in Pottawattamie County, Iowa.

**Permanent Supportive Scattered Housing:** Assistance in obtaining and maintaining permanent housing for individuals and families who are literally homeless and have at least one person with a disabling condition. Financial assistance and case management are provided in order to remove significant barriers to stable housing.

**Heartland Housing Beginnings:** For young adults 18-23 who are former wards of the state (state custody or foster care). Services are provided in Douglas and Sarpy counties in Nebraska.

**Heartland Housing Solutions:** For individuals and families who are literally homeless. Services are provided in Pottawattamie County Iowa and Douglas and Sarpy counties in Nebraska.

**Samaritan Housing Initiative:** For single individuals who are experiencing long-term or chronic homelessness. Services are provided in Pottawattamie County in Iowa and Douglas and Sarpy counties in Nebraska.

Email contact: [HomelessServices@HeartlandFamilyservice.org](mailto:HomelessServices@HeartlandFamilyservice.org)

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*\*Information deemed accurate at time of publication*

**Rapid Rehousing:** Temporary financial assistance (1-12 months) and case management for individuals and families experiencing homelessness.

**Heartland Housing Passages:** For young adults 18-23 who are former wards of the state (state custody or foster care)

**Heartland Housing Opportunities:** For individuals and families in Douglas or Sarpy counties in Nebraska.

**Pottawattamie County Homeless Link Rapid Rehousing:** For individuals and families in Pottawattamie County in Iowa.

Email contact: [HomelessServices@HeartlandFamilyService.org](mailto:HomelessServices@HeartlandFamilyService.org)

**Transitions:** Transitional housing and support services (up to 12 months) for individuals and families who are experiencing homelessness. All seven apartment units are fully furnished.

**Eligibility:** Individuals must be literally homeless (living in shelter, on the streets, or timing out of transitional housing). Services are provided in Pottawattamie County in Iowa.

Email contact: [HomelessServices@HeartlandFamilyService.org](mailto:HomelessServices@HeartlandFamilyService.org)

## **Plattsmouth Housing Authority (Cass County)**

801 Washington Avenue

Plattsmouth, NE 68048

Phone: (402) 296-3380

**Description:** Visit the PHA office to pick up an application from 8:30am-12:30pm, Monday-Friday, or request to have an application mailed to you by calling between 8:30am-12:30pm.

## **Salvation Army**

### **37<sup>th</sup> Street Residential Readiness Program**

3612 Cuming St.

Omaha, Ne 68131

(402) 898-7521

Website: <http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/37th-street-residential-readiness-program/>

**Description:** Provides short-term (24) week transitional housing and readiness classes for homeless individuals, married couples, and one to two parent families.

**Restrictions:** Must be homeless, legally evicted, age 19 or older, meet income guidelines, 30 days of sobriety, 30 days' medication compliant.

**Length of Stay:** Average of 6-month wait list.

**Translators:** Bi-lingual staff available.

### **Transitional Housing Residential Units (THRU)**

3612 Cuming St.

Omaha, Ne 68131

(402) 898-7521

Website: <http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/transitional-housing-residential-units/>

**Description:** Provides 12-month transitional housing that helps families and individuals reintegrate back into the community by providing housing, support services and assistance with obtaining affordable and safe permanent housing. Average wait time is 6 months.

*\*Information deemed accurate at time of publication*

Restrictions: Must be homeless, legally evicted, age 19 or older, meet income guidelines, 30 days of sobriety, 30 days medication compliant.

Translators: Bi-lingual staff available.

### **Scattered Site/ Harrington Homes- Transitional Housing**

3612 Cuming St.

Omaha, Ne 68131

(402) 898-7521

Website: <http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/scattered-site-harrington-homes/>

Description: Provides an 18-month transitional housing for families and individuals to help reintegrate back into the community by providing housing, support services and assistance with obtaining affordable and safe permanent housing. Average of 6 month wait time.

Restrictions: Must be homeless, legally evicted, age 19 or older, meet income guidelines, 30 days of sobriety, 30 days medication compliant.

Translators: Bi-lingual staff available.

### **Community Support Mental Health**

3612 Cuming St.

Omaha, Ne 68131

(402)-898-6017

Website: <http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/community-support-mental-health/>

Description: Provides assistance from 6 months up to 1 year. Staff is available 24-hours a day.

Restrictions: Must be 19 or older and diagnosed with an SPMI.

### **VA-Housing Opportunities Program**

3612 Cuming St.

Omaha, Ne 68131

(402) 898-5983

Website: <http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/va-hop-va-housing-opportunities-program/>

Description: Assists homeless veterans and their families that are at a very high risk of homelessness. There is no waitlist for this program.

Length of Stay: Community-based housing is provided for an average of 9-12 months. Permanent housing is provided upon successful completion of the program.

### **Post Crisis Emergency Community Support (PCECS)**

3612 Cuming St.

Omaha, Ne 68131

(402) 885-8003

Website: <http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/post-crisis-emergency-community-support-/>

Description: Provides support for up to 90 days for men , women, and children who have recently experienced a behavioral health crisis that resulted in law enforcement intervention.

This program helps stabilize the individual(s) and help with independence and integration within the community.

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*\*Information deemed accurate at time of publication*

**Mental Health Respite (MHR)**

3612 Cuming St.

Omaha, Ne 68131

Contact Darsey Zwiener (402) -505-8196

Website: <http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/mental-health-respite/>

Description: This program offers men and women who need assistance transitioning back into the community after a psychiatric crisis. They offer temporary residence for (28) days. Must be 19 years of age or older and must be under psychiatric care with a mental diagnosis.

**SENCA (Southeast Nebraska Community Action Partnership)**

Cass County Outreach

702 Main Street

Plattsmouth, Ne

402-297-7418

Description: Provides continuing care for the homeless in Southeast Nebraska. Care includes service providers, housing authorities, clergy school personnel, former homeless representatives and others.

# Legal Assistance

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## **Abrahams Legal Clinic (Creighton Law)**

Applications are taken over the phone (Civil cases only)

(402) 280-3068

Website: <https://law.creighton.edu/clinics/abrahams-legal-clinic>

Hours: Monday through Thursday 9:00am-4:00pm

Description: Abrahams Legal Clinic is composed of law students from Creighton University. These students are able to represent clients in cases regarding civil law only (no criminal cases). A Professor and/or an attorney supervise all students and cases. This service is provided free to all low-income residents of Douglas County.

## **Legal Aid of Nebraska**

Applications are taken online or over the phone

209 S 19th Street #200

Omaha, NE 68102

Douglas County: (402) 348-1069

Toll Free: (877) 250-2016

Website: <http://www.legalaidofnebraska.org>

Hours: Monday and Wednesday 9:00am-11:00am, Tuesday and Thursday 1:30pm-3:30pm

Description: Legal Aid of Nebraska is the only non-profit organization to provide legal services to the state of Nebraska. It services all counties and has several locations throughout the state of Nebraska. The goal of Legal Aid of Nebraska is to provide free legal representation to underprivileged citizens. Anyone can apply for legal aid through this agency but only those who qualify will receive assistance.

## **Volunteer Lawyers Project**

Nebraska State Bar Association

PO Box 81809

Lincoln, NE 68501-1809

(402) 475-7091

Website: <http://www.nebar.com/page/VLPProgram>

Hours: Monday, Wednesday, and Friday 10:00am-2:00pm

Description: The Volunteer Lawyers Project is based in Lincoln, Nebraska out of the Nebraska Bar Association. They also have a center located in the Douglas County Courthouse. This program was created so that those unable to afford to hire an attorney can still obtain legal representation.

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*\*Information deemed accurate at time of publication*

# Nebraska Medicaid

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## **Medicaid**

ACCESS Nebraska Document Imaging Center

P.O. Box 85801

Lincoln, NE 68501

**Medicaid Eligibility:** (855) 632-7633

In Omaha: (402) 595-1178

In Lincoln: (402) 473-7000

**Economic Assistance:** (800) 383-4278

In Omaha: (402) 595-1258

In Lincoln: (402) 323-3900

**Application Website:**

English: <https://dhhs-access-neb-menu.ne.gov/start/?tl=en>

Spanish: <https://dhhs-access-neb-menu.ne.gov/start/?tl=es>

**Hours:** Monday through Friday 8:00 am - 5:00 pm

### **Local Office**

1101 S 42nd St,

Omaha, NE 68105

### **Nebraska Medicaid Health Plan Manager:**

Heritage Health

**Website:** <https://www.neheritagehealth.com/>

**Customer Service:** (888) 255-2605

**Hours:** Monday through Friday 7am-7pm CT

### **Healthcare Plans Available Through:**

Nebraska Total Care: (844) 385-2192 or TTY/TDD: 1-844-307-0342

[www.nebraskatotalcare.com](http://www.nebraskatotalcare.com)

United HealthCare Community Plan of Nebraska: (800) 641-1902 or TTY/TDD: 711

[www.uhccommunityplan.com/ne](http://www.uhccommunityplan.com/ne)

WellCare of Nebraska: (855) 599-3811 or TTY/TDD: (877) 247-6272

[www.wellcare.com/nebraska](http://www.wellcare.com/nebraska)

**Description:** As of January 1, 2017 Heritage Health manages the Nebraska Medicaid Program. Medicaid provides health care services and insurance to eligible elderly and disabled individuals and eligible low-income pregnant women, children, and parents. CHIP is part of Nebraska Medicaid and provides medical assistance to children age 18 and younger whose households meet the income guidelines. Heritage Health offers three health plans for Medicaid recipients. Upon approval for Medicaid, a plan is chosen for the Medicaid recipient by Heritage Health. The Medicaid recipient may then change to one of the other two plans within the first 90 days. To apply, an application must be completed and given to the Nebraska Department of Health & Human Services. You may download an application form from the website and mail it to the nearest Department of Health and Human Services Office. Approval can take up to 3 months.

*\*Information deemed accurate at time of publication*

# Outpatient Mental Health Services

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## **The Attachment & Trauma Center of Nebraska**

638 N. 109th Plaza

Omaha, NE 68154

(402) 403-0190

Website: [www.atcnebraska.com](http://www.atcnebraska.com)

Description: Offer therapy to children, adults, and families to overcome attachment problems, PTSD, anxiety, addictive behaviors, depression, adjustment disorders, or family problems. They also offer an adolescent DBT group and a parenting class.

\*They will accept former Board of Mental Health clients.

Cost/Payment: Accepts Medicaid, Medicare, Private Insurance, & Private Pay.

## **Beneficial Behavioral Health Services**

13435 A St.

Omaha, NE 68144

(402) 697-3923

Website: [www.behaviortherapyomaha.com](http://www.behaviortherapyomaha.com)

Description: In-home and in-office counseling, substance abuse program and evaluations (outpatient), mental health evaluations (intake, no psych evaluations). \*They will accept former Board of Mental Health clients.

Cost/Payment: Primarily BlueCross & BlueShield, Medicaid, or Private Pay.

No Medicare or Sliding Fee Scale

Translators: Bi-lingual Spanish speaking staff available (more so for visitations).

## **A Better Way Therapy**

3223 North 169th Street

Omaha, NE 68116

(402) 813-2235

11909 Arbor St. Suite E

Omaha, NE 68144

(402) 813- 2235

Website: [www.abetterwaytherapy.com](http://www.abetterwaytherapy.com)

Description: In-home and in-office individual and family therapy, alcohol and drug counseling, chemical dependency evaluations, marriage counseling, parenting counseling, victim abuse & other trauma, Oppositional Defiant Disorder (ODD), Parent-Child Interaction Therapy (PCIT), and play therapy. \*They will accept former Board of Mental Health clients.

Cost/Payment: Accept Medicaid and Private Insurance and cash pay. No Medicare or sliding fee scale. If individual has no insurance & paying privately there is a lower rate.

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*\*Information deemed accurate at time of publication*

## **Capstone Behavioral Health**

### Locations:

1941 South 42<sup>nd</sup> Street, Suite 328

Omaha, NE 68105

(402) 614-8444

424 West 23rd Street, Suite E

Fremont, NE 68025

(402) 727-4288

Website: [www.capstonebehavioralhealth.com](http://www.capstonebehavioralhealth.com)

Description: Offers level one outpatient as well as individual and family therapy. Therapy groups are available as well. Therapy and evaluations performed. Visitations performed. Perform drug testing. Community treatment aids (CTA) available.\*Capstone accepts clients for outpatient therapy who are under a Board of Mental Health.

Translators: Spanish translators are available.

## **Center for Holistic Development**

62659 Sorensen Parkway

Omaha, NE 68152

(402) 502-9788

Website: [www.chdomaha.org/](http://www.chdomaha.org/)

Description: Outpatient counseling. Out-of-School Time (OST) Programs, REAL TALK (Middle School) and Soaring With Wings (Elementary Schools). B.O.L.T. (Program with African American Youth). Parenting with a Purpose. Kidsquad. Community Outreach. \*Center for Holistic Development accepts clients for outpatient therapy who are under a Board of Mental Health commitment.

Cost/Payment: You must have insurance. Medicaid is accepted. There is no sliding-fee option.

## **Choices Counseling & Consulting, Inc.**

300 W Broadway St., Suite 107, Council Bluffs, IA 51503 (712) 328-3700

10846 John Galt Blvd., Omaha, NE 68137 (402) 763-4707

411 E 6th St., Logan, IA 51546 (712) 644-2305

520 Nebraska St., Suite 408, Sioux City, IA 51101

Description: Because all people are individuals and have diverse and unique needs, we offer a variety of counseling services and interventions to assist individuals and families in gaining the skills and competencies necessary to achieve their goals and dreams.

Cost/Payment: Most major insurances accepted including Iowa and Nebraska Medicaid. Also accepts a limited number of sliding fee scale clients or private pay clients.

## **Community Counseling Clinic**

### **University of Nebraska at Omaha**

107 Roskens Hall

6005 University Drive North

Omaha, NE 68182

Phone: (402) 554-4882

Website: <https://www.unomaha.edu/college-of-education/counseling/community-counseling-clinic/index.php>

Hours of operation: Monday-Thursday, 2:00-7:00 pm (last appointment at 6:00)

Description: The clinic is staffed by advanced students in the UNO Graduate Department of Counseling and supervised by licensed department faculty. We offer individual and group counseling for adolescents, adults, couples and families.

Cost: \$10 - Individuals / \$20 - Couples and Families

## **Community Counseling Program (Methodist)**

9239 West Center Road

Omaha, NE 68124

(402) 354-6891

Website: <http://www.bestcare.org/methodist-hospital/services/behavioral-health/community-counseling-program/>

Description: Individual, marital, family and group counseling is available.

Cost/Payment: No fee charged for services.

Restrictions: Community Counseling Program does not accept clients for outpatient therapy who are under a Board of Mental Health commitment.

## **Confidential Counseling**

5951 Ames Avenue

Omaha, NE 68104

(402) 457-5761

Description: Offers in-home and office-based individual therapy.

## **Counseling Connections & Associates**

444 Regency Pkwy Dr. STE 104

Omaha, NE 68114

(402) 932-2296

Website: <http://www.ccaomaha.com/>

Description: Counseling Connections & Associates offers Individual Counseling services to adults, children, and adolescents. Licensed providers are highly trained in various interventions to help serve your needs.

Payment/Fees: Most major insurances accepted including Medicare and Medicaid.

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*\*Information deemed accurate at time of publication*

## **Creighton Psychiatry (also known as CHI health psychiatric)**

3528 Dodge Street

Omaha, NE 68131

402 717-5550

Website: [http://www.chihealth.com/body.cfm?id=264&action=detail&clinic\\_ref=361](http://www.chihealth.com/body.cfm?id=264&action=detail&clinic_ref=361)

Description: Medication management and individual therapy.

Translators: Translators for multiple languages are available. Interpreters available for hearing impaired.

## **Douglas County Community Mental Health Center**

4102 Woolworth Avenue

Omaha, NE 68105

402-444-7931

Website: [www.douglascounty-ne.gov/cmhc/](http://www.douglascounty-ne.gov/cmhc/)

Description: Medication management. There are limited therapy appointments available.

Applicants must be 19 or older and live in the Region 6 area. Spanish translators are available.

Cost/Payment: Accepts Medicaid and Medicare. Sliding fee scale based on income.

## **Family Enrichment**

820 South 75th Street Omaha, NE 68114

(402) 391-2477

Website: <http://www.familyenrichmentomaha.com/>

Description: Individual, family, child, adolescent, group, and marriage therapy. Does not offer psychological evaluations.

Cost/Payment: Accepts private insurance, Medicaid, Medicare, but call to verify acceptance. No sliding scale fee.

Restrictions: Does not accept Board of Mental Health clients.

## **Fremont Health Outpatient Behavioral Medicine**

2560 N. Healthy Way

Fremont, NE 68025

(402) 941-7245

Website: <http://www.fremonthealth.com/behavioralmedicine>

Description: Outpatient Psychiatric evaluations. Medication Management. Mental Health Assessments. Individual, couple, family, and group therapy. Parent Child Interactive Therapy (PCIT). Substance abuse Treatment (non-intensive). \*Do not need physician referral.

Cost/Payment: Accepts most major insurance companies. If no insurance, they expect money the day of appointment. Will work on payment plans.

## **Great Plains Counseling Center**

1406 Fort Crook Road South, Suite 401, Bellevue, NE 68005

(402) 292-7712

Website: [www.greatplainscounseling.com](http://www.greatplainscounseling.com)

Description: Individual, marriage and family therapy. Pre-treatment assessments, chemical dependency, behavioral therapy, EMDR (trauma therapy), Critical Incident Stress Debriefing (CISD).

Cost/Payment: Accepts a limited number of Medicaid clients, sliding fee scale may be available.

## **Heartland Family Service - Good Works**

Website: <http://heartlandfamilyservice.org/>

Locations:

Omaha: 2101 South 42nd Street Omaha NE, 68105 (402) 553-3000

North Omaha Location: 6720 North 30th Street Omaha NE, USA 68112 (402) 451-6244

Sarpy County: 302 American Parkway Papillion NE, 68046 (402) 339-2544

Council Bluffs: 515 East Broadway Council Bluffs IA, 51503 (712) 322-1407

Council Bluffs: 1515 Avenue J Council Bluffs IA, 51501 (712) 435-5350

Council Bluffs: 705 North 16<sup>th</sup> St, Council Bluffs IA, 51501 (712) 325-5640

Description: Mental Health, Addictions Treatment, Individual, Couples, and Family Counseling, Employee Assistance Program. Psychiatric Medication Evaluation and Monitoring,

Therapy Groups Offered: Choosing Non-Violence, Batterers' Group, DBT, PCIT, and CPP

Cost/Payment: Sliding Fee Scale, Accepts major insurances, Medicaid, Credit Card, Cash, and Check.

Translators: Spanish, Karen, Burmese, Bhutanese (Dzongkha), Arabic, and Dinka.

\*Does accept some Board of Mental Health clients, call ahead to confirm.

## **Inroads to Recovery**

Phone : (402) 932-2248

Website: <http://www.inroadstorecovery.com/>

Residential Location:

2808 N 75th St, Omaha, NE 68134

Outpatient Locations:

933 East Pierce St. Council Bluffs IA, 51503

825 North 90<sup>th</sup> St. Omaha NE, 68114

230 East 22<sup>nd</sup> St. Fremont NE, 68025

1764 Washington St. Blair NE, 68008

Description: Medication management, Substance Abuse Evaluations, Mental Health Evaluations, Intensive-Outpatient Treatment, Outpatient Treatment, Outpatient Therapy, Chemical Education Classes, Suboxone Program – Opiate Dependence Program, Forensic Psychiatry, Electroconvulsive Therapy (ECT), Adolescent Intensive-Outpatient Therapy

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*\*Information deemed accurate at time of publication*

Cost/Payment: Accepts major insurances, no sliding fee scale available

No translators available.

\*Board of Mental Health clients accepted in limited numbers, call ahead to check availability.

## **Jewish Family Services**

Phone: (402) 330-2024

Location: 333 South 132nd Street, Omaha NE 68154

Website: [www.jfsomaha.com](http://www.jfsomaha.com)

Description: Individual and Family Counseling, Marriage Counseling, Play Therapy, Crisis Intervention, Family Life Education, Sex Education for Teens, Drug/Alcohol Education, Child Abuse Recognition and Reporting Procedures, Bullying Prevention, Guidance lessons (ages 4-8), Yachad Group, Adoption Services, Parenting Classes, Adult Chemical Dependency Evaluation.

Cost/Payment: Will accept Medicaid, Medicare, private insurance, & private pay. Sliding scale offered for those without insurance.

Cost for Chemical Dependency Evaluation – Cash only \$190 for evaluation, \$290 for Rush Evaluation (within one week),

Translators: Access to Russian and Hebrew.

## **Lutheran Family Services**

Website: <http://www.lfsneb.org/>

Locations:

Omaha Corporate Office

124 South 24<sup>th</sup> Street

Omaha, NE 68102

(402) 342-7038

11949 Q St.

Omaha, NE 68137

(402) 595- 1338

2401 Lake St. Suite 110

Omaha, NE 68111

(402) 455-9757

11505 South 39<sup>th</sup> St. Suite 300

Bellevue, NE 68005

(402) 292-9105

403 South 16th Street, Suite C

Blair, NE 68008

(402) 426-5454

1420 East Military, Suite 100

Fremont, NE 68025

(402) 721-1774

*\*Information deemed accurate at time of publication*

2201 South 17<sup>th</sup> Street  
 Lincoln, NE 68502  
 (402) 441-7940

Description: Individual, Couples, and Family Counseling Services, Psychiatric Medication Evaluation and Monitoring, and Urgent Outpatient Mental Health Counseling, Anger Management, At Ease (support for current and former military personnel and their families), Community Support, Children Behavioral services, Counseling for Victim of Domestic Violence, Counseling for Refugee and Immigrants, Substance Use Treatment, PIER (Partners in Empowerment and Recovery), TASC (Targeted Adult Service Coordination), Housing for those with severe and persistent mental illness, EMDR (Eye Movement Desensitization and Reprocessing), Crisis Response.

Cost/Payment: Sliding Fee Scale, Accepts major insurances, Medicaid, Credit Card, Cash, and Check.

\*Accepts Board of Mental Health patients.\*

### **National Alliance on Mental Illness (NAMI) – Nebraska Chapter**

Location: 415 S 25th Ave Omaha, NE 68131

Phone: (402) 345-8101

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

Description: Provides education, support, and advocacy for individuals with mental illness. Free helpline for consumers, family members, friends and professionals for information related to mental illness. Free educational classes on different mental health topics.

Translators: available upon request.

### **Ponca Tribe of Nebraska: Fred LeRoy Health and Wellness Center**

Location: 2602 J Street Omaha, NE 68107

Phone: (402) 734-5275, Clinic:(402)733-3612

Website: [www.poncatribene.org/OmahaClinic](http://www.poncatribene.org/OmahaClinic)

Description: Provides community and home-based family-centered services. Drug and Alcohol Counseling, Mental Health Counseling, Diagnostic Interviews, Psychological testing, Dual Diagnosis Treatment, Anger Management counseling, Outpatient treatment, Treatment Planning, Substance Abuse Evaluations. Available to all Native Americans in Douglas, Sarpy, and Pottawattamie Counties.

Cost/Payment: Accept Medicaid, Medicare, and private insurance  
 Accepts Board of Mental Health patients.

### **Rizzo and Associates**

Location: 6818 Grover Street, Omaha, NE 68106

Phone: (402) 397-0330

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\*Information deemed accurate at time of publication

Description: There is professional counseling and services provided for depression, anxiety, and panic, stress, anger management, life changes, grief, child/parenting issues, relationship and marital problems, geriatric issues, and psychological testing.

\*Rizzo and Associates is willing to accept clients who are under a Board of Mental Health for outpatient services.

## **The Salvation Army Mental Health Case Management Services**

Website: <http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/>

### **Community Support Mental Health (CSMH)**

3612 Cuming St.

Omaha, NE 68131

Phone: (402) 898-6017

Description: Provides assistance for people 19 years of age and older and have a severe persistent mental illness who need supportive services. Participants have 24-hour staff availability daily. There is a month wait list. CSMH is also willing to accept clients who are under a Board of Mental Health for outpatient services.

Length of Stay: This program is a 6 month to 1 year service.

Cost/Payment: Accepts Medicaid and offers veterans a sliding fee scale.

### **Emergency Community Support**

415 S. 25<sup>th</sup> St.

Omaha, Ne 68131

Phone: (402) 885-8007

Description: Serves individuals who are 19 and older and have experienced a behavioral health crisis. The treatment goal is to achieve stabilization, increased independence and community integration. The emergency community support is willing to accept clients who are under a Board of Mental Health for outpatient services.

Length of Program: Support is provided for 90 days.

Cost/Payment: Program is voluntary and has no fees.

### **Intensive Community Support (ICS)**

3612 Cuming St.

Omaha, Ne 68131

Phone: (402) 898-6017

Description: Offers assistance to individuals 19 or older and have a severe and persistent mental illness and need daily supportive services. ICS has 24-hour accessibility to staff daily.

\*ICS is also willing to accept clients who are under a Board of Mental Health for outpatient services.\*

Length of Program: ICS is a 6-month to 1-year supportive service program

Cost/Payment: Accepts Medicaid and there is no wait list.

### **Mental Health Respite (MHR) [BD1]**

819 Dorcas St.

Omaha, Ne 68108

*\*Information deemed accurate at time of publication*

Phone: (402) 505-8196

Description: MHR assists men and women who are 19 years of age or older and under psychiatric care with a mental health diagnosis. MHR helps with transitioning back into the community after a psychiatric crisis. MHR is willing to accept clients who are under a Board of Mental Health for outpatient services.

Length of Program: Temporary residence is provided for 28 days.

Cost/Payment: There are no fees and general wait time is two weeks.

### **Post Crisis Emergency Community Support (PCECS)**

415 S. 25<sup>th</sup> St.

Omaha, Ne 68131

Phone: (402) 885-8003

Description: Provides community support for men, women and children who have recently experienced a behavioral health crisis that resulted in law enforcement intervention. This program assists participants with stabilization, increases independence, and community integration. PCECS is willing to accept clients who are under a Board of Mental Health for outpatient services.

Length of Program: PCECS provides support for up to 90 days.

Cost/Payment: There are no fees or wait list.

### **VA-Per Diem Community Support Mental Health Program**

3612 Cuming St.

Omaha, Ne 68131

Phone: (402) 898-6017

Description: Focuses on finding ways to help veterans live as independently as possible in the community. Willing to accept clients who are under a Board of Mental Health for outpatient services.

Cost/Payment: Offers sliding fee scale and accepts Medicaid.

## **Woodhaven Counseling**

12001 Q Street

Omaha, NE 68137

(402) 592-0328

Website: [www.woodhavencounseling.com](http://www.woodhavencounseling.com)

Hours of Operation: Monday-Friday 9am-5pm

Tues Wed Thur: 9am-8pm

Some Saturdays: 9am-2pm

Description: Woodhaven Counseling provides a wide range of services to individuals of all ages. Assessments are provided such as psychological evaluations, educational evaluations, alcohol and substance abuse assessments, and forensic evaluations. They provide interventions such as individual adjustment, child management, parent-child relations, marital relations, alcohol and substance abuse, and critical incident stress management. There are also workshops provided on stress management, parenting, substance abuse, and child care skill. Woodhaven provides

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*\*Information deemed accurate at time of publication*

consultation on treatment planning, educational planning, group living, program development, staff development, and clinical supervision.

\*They are willing to accept clients who are under a Board of Mental Health for some outpatient services.

Cost/Payment: Accepts most major insurances including Medicaid. No sliding fee scale

# Salvation Army

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## **37<sup>th</sup> Street Residential Readiness Program**

3612 Cuming St.

Omaha, NE 68131

(402) 898-7521

Website: <http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/37th-street-residential-readiness-program/>

Description: Provides short-term (24) week transitional housing and readiness classes for homeless individuals, married couples, and one to two parent families.

Restrictions: Must be homeless, legally evicted, age 19 or older, meet income guidelines, 30 days of sobriety, 30 days medication compliant.

Length of Stay: Average of 6-month wait list.

Translators: Bi-lingual staff available.

## **Community Support Mental Health**

Omaha, NE 68131

(402) 898-5860 (Douglas and Sarpy Counties)

(402) 898-5885 (For areas outside Douglas/Sarpy)

Website: <http://www.salarmyomaha.org/ways-to-give/utility-assistance/>

Description: The Salvation Army provides year-round energy assistance. Energy assistance is available based on specific community need and community resources. Eligible applicants may receive assistance for natural gas, electric power, home heating/cooling equipment repair, weatherization, wood, fuel oil and propane gas.

Restrictions: Those who qualify for assistance must have received a heating service shut off notice, be of age 60 or older, or suffer from a medical disability. The Salvation Army will also take the applicants' payment history into consideration.

## **Emergency Community Support**

3612 Cuming St.

Omaha, NE 68131

(402) 885-8007

Website: <http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/emergency-community-support/>

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*\*Information deemed accurate at time of publication*

## **Energy Assistance**

3612 Cuming St.

3612 Cuming St.

Omaha, NE 68131

(402) 898-6017

Website: <http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/community-support-mental-health/>

Description: Provides assistance from 6 months up to 1 year. Staff is available 24-hours a day.

Restrictions: Must be 19 or older and diagnosed with an SPMI.

## **HOME Program**

3612 Cuming St.

Omaha, NE 68131

(402) 898-6090

Website: <http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/home-program/>

Description: Permanent supportive housing program that serves persons who are homeless and have a documented disability; program participants reside in an apartment in the community and pay 30% of their gross adjusted income toward rent. The HOME program pays the balance of the rent and may assist in paying monthly utility fees.

Included services: Case management, information and referrals to community resources, individualized service planning, crisis support and intervention, budgeting and money management, credit and debt counseling, and 24 hour staff accessibility.

Restrictions: Must have a disability and be homeless for a time equaling to 12 months and be at least 19 years old.

Length of Stay: Permanent housing

Application: Those who are found to score the highest on a vulnerability index are given housing first, all others will be placed on a waiting list.

## **HOME 2 STAY Program**

3612 Cuming St.

Omaha, NE 68131

Website: <http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/home-program/>

Description: Permanent supportive housing program that serves families and individuals who are homeless and or who's head of household is disabled; program participants reside in an apartment in the community and pay 30% of their gross adjusted income toward rent. The HOME program pays the balance of the rent and may assist in paying monthly utility fees.

Included services: Case management, information and referrals to community resources, individualized service planning, crisis support and intervention, budgeting and money management, credit and debt counseling, and 24 hour staff accessibility.

Restrictions: Must have a disability and be homeless for a time equaling to 12 months and be at least 19 years old.

Length of Stay: Permanent housing.

Application: Those who are found to score the highest on a vulnerability index are given housing first, all others are placed on a waiting list.

## **Material Assistance and Seasonal Services**

6101 NW Radial Highway

Omaha, NE 68104

(402) 898-6090

Food Pantry Hours: M/T/Thur/F 9-11 a.m. and 1-3:30 p.m. at the Burrows Center (6101 NW Radial Highway)

Website: <http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/material-assistance-seasonal-services/>

Description: This program offers food pantry assistance, clothing assistance, household items, prescription medications, utility assistance (Metropolitan Utility District Heat Aid, Black Hills Heat Share), Fire victim's assistance, and referral services.

## **Mental Health Respite Program (MHR)**

3612 Cuming St.

Omaha, NE 68131

(402) 505-8196

POC: Darcey Zweiner

Website: <http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/mental-health-respite/>

Description: This program offers support to men and women who need assistance transitioning back into the community after a psychiatric crisis.

Length of stay: Temporary residence is provided for (28) days.

Restrictions: Must be 19 years of age or older and under psychiatric care with a mental health diagnosis.

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*\*Information deemed accurate at time of publication*

## **Post Crisis Emergency Community Support**

3612 Cuming St.  
Omaha, NE 68131  
(402) 885-8003

Website: <http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/post-crisis-emergency-community-support/>

Description: Provides community support services for men, women and children who have recently experienced a behavioral health crisis that resulted in law enforcement intervention. This program assists participants with stabilization, increased independence and community integration.

Length of stay: Provides community support for up to 90 days

## **Transitional Housing Residential Units (THRU)**

3612 Cuming St.  
Omaha, NE 68131  
(402) 898-7521

Website: <http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/transitional-housing-residential-units/>

Description: Provides 12-month transitional housing that helps families and individuals reintegrate back into the community by providing housing, support services and assistance with obtaining affordable and safe permanent housing. Average wait time is 6 months.

Restrictions: Must be homeless, legally evicted, age 19 or older, meet income guidelines, 30 days of sobriety, 30 days medication compliant.

Translators: Bi-lingual staff available.

## **Scattered Site/ Harrington Homes- Transitional Housing**

3612 Cuming St.  
Omaha, NE 68131  
(402) 898-7521

Website: <http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/scattered-site-harrington-homes/>

Description: Provides an 18-month transitional housing for families and individuals to help reintegrate back into the community by providing housing, support services and assistance with obtaining affordable and safe permanent housing. Average of 6 month wait time.

Restrictions: Must be homeless, legally evicted, age 19 or older, meet income guidelines, 30 days of sobriety, 30 days medication compliant.

Translators: Bi-lingual staff available.

## **VA-Housing Opportunities Program**

3612 Cuming St.

Omaha, NE 68131

(402) 898-5983

Website: <http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/va-hop-va-housing-opportunities-program/>

**Description:** Assists homeless veterans and their families that are at a very high risk of homelessness. There is no waitlist for this program.

**Length of Stay:** Community-based housing is provided for an average of 9-12 months. Permanent housing is provided upon successful completion of the program.

## **VA-Per DIEM Community Support Mental Health Program**

3612 Cuming St.

Omaha, NE 68131

(402) 898-6017

Website: <http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/va-per-diem-community-support-mental-health-program/>

**Description:** The focus of the VA-CSMH Program is to find ways to help veterans live independently as possible in the community.

**Length of stay:** Not specified

## **Wellspring Program**

3612 Cuming St.

Omaha, NE 68131

(402) 898-5941

Website: <http://www.salarmyomaha.org/programs-that-help/family-and-childrens-services/wellspring-program/>

**Description:** Wellspring's mission is to help men and women over the age of 19 to stop the damaging effects of sexual trauma, sexual exploitation, sex trafficking, and prostitution through empowerment and peer support.

**Length of stay/requirements:** Services may be terminated by the client at any time without leaving peer support.

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*\*Information deemed accurate at time of publication*

# Social Security

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## **Community Alliance Social Security Outreach, Access and Recovery (SOAR)**

4001 Leavenworth Street  
Omaha, NE 68105  
(402) 341-5128

Description: Specialized assistance in navigating through the process of applying for SSI/SSDI for individuals with mental illness and co-occurring disorders. Individuals will need to call and make an appointment with a Benefits Specialist at Community Alliance if they wish to use the SOAR service.

Cost/Payment: Sliding fee scale or Medicaid.

## **Social Security Administration**

Old Mill Centre  
604 N. 109<sup>th</sup> Ct.  
Omaha, NE 68154  
Hours: Monday, Tuesday, Thursday, Friday: 9:00am-4:00pm  
Wednesday: 9:00am-12:00pm  
Saturday and Sunday: Closed

Toll Free: 1-866-716-8299 or 1-800-772-1213

For deaf and hard of hearing/TTY: 1-800-325-0778

Website: [www.ssa.gov](http://www.ssa.gov)

Online Application: <https://secure.ssa.gov/iClaim/rib>

To make an appointment, call between 7:00am - 7:00pm, Monday-Friday.

Description: The Social Security Administration is where one applies for SSI/SSDI. An individual may apply online or make an appointment to apply in person. The average wait for an in-person appointment is 60 days. Documents needed for appointments will vary. Average wait for a social security disability claim is 90-120 days.