



Wexford and Missaukee Counties 2019-2020 Resource Directory

United Way Help Line "211"

877-211-5253

Connects people with community resources from housing to health care and much more. Volunteer opportunities are available. Available 24 hours a day. Or visit <http://www.michigan.gov/helpinghand/>

Northwest Community Action Agency/NMCAA

1-800-443-2297

1640 Marty Paul Rd Cadillac, MI 49601 Wexford/Missaukee/Roscommon

To locate people in need and help them through special programs or help them find the appropriate **resource service** in the community. The focus is to support self-sufficiency. A 10 county service area including Wexford and Missaukee Counties. Provides assistance/resources in areas of:

- Heating assistance
- Housing
- Budgeting
- Utilities
- Senior nutrition/Meals on Wheels
- Food distributions
- Head Start/Child Development preschool programs (3-5 yr olds)
- Early Head Start home visiting program (pregnant moms and 0-3 year olds)

Friends Ministries

231-839-8816

3728 S. Morey Rd. Lake City, MI 49651 Hours: Mon--Fri. 10:00 a.m. - 5:00 p.m. Sat. 10:00 a.m. - 2:00 p.m.

Services that we provide:

- Budget & relationship mentoring
- Car repair/car needs
- Home heating needs
- Electricity /shut-offs
- Christian conversation and prayer
- Celebrate recovery - 12 step program
- Clothing, basic furniture needs and household items.
- More services available. Please call for more information.
- Currently we serve Missaukee County with limited services for Wexford County.

Foster Closet of Michigan

231-884-2363

221 Granite St Cadillac

Love, INC

231-779-1888

Serving Wexford and Osceola County. We strive to mobilize church members to meet the needs of people who have been screened and referred by Love, INC. It is our intention to reduce unnecessary duplication of agency services, identify and teach self-help skills to individuals and families and fashion a cooperative relationship between churches and agencies. Various pantries at local churches:

- Socks, underwear and layettes - Zion Lutheran
- Clothe a First Grader and linens - First Christian
- School supplies and children's books - Cadillac United Methodist
- Paper pantry - Cadillac Christian Reformed Church

- Furniture, bibles and bible story books, winter coats - Temple Hill Baptist Church
- Community Service Center - Seventh Day Adventist
- Firewood - Dighton Wesleyan Church
- Food, clothing, furniture, mentoring, minor home repairs All referrals must be make through Love, INC

DHHS- Department of Health and Human Services

1-844-4MI-DHHS

1-844-464-3447

The State of Michigan, through DHHS, provides in every county financial and selected services to persons determined to be in need. Need is established within the policies and the laws of the State Department of Human Services and the Department of Human Services Board. Many programs exist to assist persons with low monthly income and limited financial resources. Each program has specific criteria for eligibility of services.

- **Adoption and Adoption Subsidy Adult Services**
- **Adult Community Placement Program**
- **Independent Living Service**
- **Cash Assistance - Family Independence Program (FIP)**
- **State Disability Assistance (SDA) Program**
- **Child Development and Care Child Support**
- **Children's Foster Care**
- **Emergency Service-State Emergency Relief Program**
- **Low Income Home Energy Assistance Program**
- **Food Assistance Program (FAP)**
- **Foster Care Licensing**
- **Juvenile Justice Program**
- **Medical Coverage Medicaid (MA) State Health Program Preventative Services for Families**
- **Protective Services Children's Protective Services**
- **Adult Protective Services**
- **Volunteer Services**

Oasis/Family Resource Center

231-775-7299

Crisis 231-775-4646

oasis@charterinternet.com

Oasis/FRC is a private, non-profit agency serving victims of domestic violence, sexual abuse, and homelessness. The Family Resource Center provides parenting assistance through home visiting programs and classes.

- **Domestic Violence and Homeless Shelter**
- **24-hour crisis hotline**
- **Parenting education and support groups.**
- **Legal advocacy for victims of violence and sexual assault**
- **Non-residential counseling for victims of crime**
- **Adoption/kinship program**
- **Women's Empowerment groups**

Education

Act (adult career training)Adult education and training program. Assists with high school diploma, GED and job skills.	231-876-2266
Baker College of Cadillac	231-876-3100
Buckley Community Schools	231-269-3325
Cadillac Community Schools Programs 211 Granite Street Cadillac, MI 49601	231- 876-5900
Services Provided: Continuing education programs for adults.	
Cadillac Area Public Schools	
Forest View Elementary:	231-876-5100
Franklin Elementary:	231-876-5200
Kenwood Elementary:	231-876-5300
Lincoln Elementary:	231-876-5400
Cadillac Junior High:	231-876-5700
Mackinaw Trail Middle School:	231-876-5600
Cadillac High School:	231-876-5800
Cadillac Innovation Alternative High School:	231-876-5900
Central Office:	231-876-5000
Transportation:	231-876-5050
Cadillac Heritage Christian School	231-775-5272
Lake City Area Schools	
Lower Elementary:	231-839-7162
Upper Elementary:	231-839-2665
Middle School:	231-839-7163
High School:	231-839-4331
McBain Public Schools	231-825-2165
Manton Consolidated Schools	
Manton Elementary School:	231-824-6413
Manton Middle School:	231-824-6401
Manton High School:	231-824-6411
Marion Public Schools	
Elementary School:	231-743-6251
Middle School/High School:	231-734-2836
Mesick Consolidated Schools	
Mesick Elementary School:	231-885-1211
Mesick High School:	231-885-1201
Michigan School for the Deaf & Blind	800-622-6730
Northern Michigan Christian School	231-825-2492
Northwestern Michigan College	231-995-1000
Pine River Area Schools	
LeRoy Elementary School:	231-768-4481
Luther Elementary School:	231-797-5201
Tustin Elementary School:	231-829-3251
Pine River Middle School:	231-829-4064
Pine River High School:	231-829-3881

Wexford-Missaukee Intermediate School District
Career Technical Center
Special Education

231-876-2260
231-876-2200
231-876-2275

Early Childhood Services

Child and Family Services of Northwestern Michigan

231-946-0451

- Behavioral Health Services - counseling and assessment for all of life's challenges - all ages.
- Family Group Decision Making - an intensive family preservation program.
- Foster Care - Regular, Intensive, and Treatment Foster Care and the Independent Living Program
- Infant Adoption
- Pregnancy and Birth Counseling
- Safe Haven - supervised visitation and exchange for children and family.
- Special Needs Adoption Program - children over 3 years old and sibling groups.
- Victims of Crime Act (VOCA) - treatment and support

Northwest Resource Center

231-876-3387

The Northwest Resource Center is responsible for services that maintain and improve the quality of services for early learning and development programs, early childhood educators, and families who access early learning and care system.

Pine Rest

231-947-2255

- A free statewide consultation program that helps families and child care providers support infant and toddler social, emotional, and behavioral health. Consultants are available to answer questions about infant and toddler behavior. Free on-site consultation to develop and implement strategies to help infants and toddlers with challenging behavior. Free regular get-togethers for DHS-enrolled relative care providers and day care aides to share ideas about child behavior and development

Early Head Start

Missaukee, Wexford and Roscommon County

231-884-0776

EHS gives parents the skills and support to make the most of the first 3 years in their child's life. Enrolled families receive weekly home visits from a child & family specialist certified in P.A.T. (Parents as Teachers). Serving Missaukee and Wexford County families, pregnant moms, and children up to age 3.

- Provide weekly home visits. Certified in the P.A.T. (Parents As Teachers).
- Help transition children into the Head Start program.
- Monthly socialization groups
- Resource connections.

Early On

231-876-2300

A network of services for families of children birth to three who have developmental delays, disabilities, or medical conditions. We are based on a partnership between parents and service providers, developed to help families find the support they need for their child. The program is established by Part C of the Individuals with Disabilities Education Act (IDEA), a federal law mandating services to children found eligible for special education. What do we offer?

- **Developmental assessments**
- **Home visits,**
- **Speech therapy**
- **Occupational therapy**
- **Physical therapy**
- **Playgroups at various locations within the ISD**
- **Connections with other community resources.**

Family Resource Center

231-779-0019

118 S Mitchell Street Cadillac, MI 49601

Services Provided:

- **Parenting classes and support groups with child care provided.**
- **Toy and car seat lending library.**

Great Start Collaborative

231-779-9776

Great Start Parent Coalition

231-876-2265

The Great Start Early Childhood Parent Coalition includes parents, grandparents, caregivers, and professionals who are involved with young children in Wexford, Missaukee, and Northern Osceola counties. The purpose of the Coalition is to increase parent participation in early childhood planning and decision-making for the counties. Serve as a "voice" for parents in their community. Assist in building public support for early childhood as an investment. Support and participate in the strategic planning work of the Great Start Collaborative. Strengthen the commitment of parents in the community, on behalf of young children.

Life Resources of Northern Michigan

231-775-1545

419 N Lake St, Cadillac

- **Parenting Support** - Parenting education programs for both mothers and fathers. Clients meet one-on-one with a client assistant to learn about parenting topics that span from early stages of pregnancy through the toddler years. While attending these sessions, clients earn the ability to shop in our store for the materials they might need - diapers, wipes, formula, baby food, baby clothes, maternity clothes, toiletries, gas cards, etc. We also have a crib program and a car seat program.

Michigan Alliance for Families

1-800-552-4821

Michigan Alliance for Families and Michigan Alliance - PTI provide information, support and education to families of children and adults with disabilities from birth to age 26 who are in the educational system. The purpose of the projects are to increase the involvement of families in their children's education and the educational system in general.

401 North Lake St, Cadillac
Home and Gardening Questions

231-779-9804
1-888-678-3464

Contact: Jessica Ackerson, Office Manager ackers23@msu.edu

Services Provided: Michigan State University Extension offers a range of services and resources. Focus areas for MSU Extensions include Agriculture, Business & Community, Family, Food & Health, Lawn & Garden, Natural Resources, 4-H and Youth. Home lawn and garden soil test-self mailers for purchase and free pressure canner gages testing available daily.

United Way of Wexford and Missaukee Counties

231-775-3753

Local Libraries

Cadillac Wexford Public Library	231-775-6541
Falmouth Area Library	231-826-3738
Lake City Missaukee District Library	231-839-2166
LeRoy Community Library	231-768-4493
Luther Area Public Library	231-797-8006
Manton Public Library	231-824-3584
Marion Public Library	231-743-2421
McBain Community Library	231-825-2197
Mesick Public Library	231-885-1120
Tustin Community Library	231-829-3012
Adult Literacy Council	231-775-6541

Friends of the Cadillac-Wexford Public Library

411 S. Lake St. Cadillac, MI 49601

Contact: Barb Derby, Director Email: literacydirector@gmail.com

Purpose: The Adult Literacy Council offers tutoring for adults who would like to learn to read or improve their reading. Tutoring is Confidential and Free. One Tutor works with one Adult. Adults are matched with a tutor in their community and meet in a nearby location. Tutors are available in Wexford, Missaukee, and Osceola Counties.

Child Care Services

www.greatstartforkids.org – This site will give you information on local Child Care referrals. Here are the steps you need to follow to get to the Child Care List:

1. From the homepage click on the green box that says "read more" at the Connect link.
2. On the next page click the "Early Learning" box.
3. Then click on the county in Michigan where you are hoping to find a Licensed Child Care Provider to see the list of possible choices.

If you do not have access to the internet you can contact the Child Care Connections office at your local Regional Resource Center. 1-800-968-4228

Employment

Corner Stone Staffing Solutions	231-779-8888
Manpower, Inc.	231-775-1226
Michigan DCD/Rehabilitation Services	231-775-3408
Michigan Works!	231-775-3408
401 N Lake Street #700 Cadillac, MI 49601	
Services Provided: Employment information, placement and referral. Unemployment benefits.	
Northern Staffing Services	231-775-8590
Unemployment Office	800-638-3995

Housing

Homeless - NMCAA Housing Assistance	844-900-0500
Cadillac Housing Commission	231-775-9491
111 South Simons Street Cadillac, MI 49601	
Services Provided: Low and moderate income housing.	
Cadillac Shores Apartments (Subsidized Housing)	231-775-8509
Cornerstone Apartments Lake City (Subsidized Housing)	231-775-9491
Lake City Apartments	231-839-3041
Lakeside Apartments	231-775-0402
Land Lord Rental Hotline	231-779-8090
Maple Hill Apartments	231-779-2992
Manton Hillcrest Terrace	231-824-6831
McBain West Creek Terrace	231-825-2652
MISHDA	231-779-1703
Missaukee County Housing Program	231-839-4012
MSHDA Rental Assistance	231-377-7155
N. Michigan Alliance for Independent Living (Disabilities)	866-869-8600
Oasis Shelter (Women & Children)	231-775-7233
New Hope Shelter (Women)	231-468-2022
New Hope Shelter (Men)	231-775-3702
Rural Economic & Community Development	231-775-4566
7192 E. 34 Road Cadillac, MI 49601	
Services Provided:	
<ul style="list-style-type: none"> • Government subsidized loans to low to moderate income families. 	
Salvation Army	231-775-7131
Springfield Apartments	231-824-7369
Staircase Runaway & Youth Service	231-779-3080
	800-292-4517
West Creek Terrace Apartments (Subsidized Housing)	231-825-2652

Community Activities

Cadillac Area Visitors Bureau	231-775-0657
Chamber of Commerce	
Provides Information on community events and resources	
Cadillac	231-775-9776
Lake City	231-839-4969
Manton	231-824-4158
Mesick	231-885-2679

Food Pantries-Meals-Household Items

Assembly of God Church	231-775-7858
1120 West Division Cadillac, MI 49601	
Hours: 3:30-5:00pm Every 2nd and 4th Monday of the Month Purpose: Basic food supply.	

Life Resources of Northern Michigan	231-775-1545
419 N. Lake St. Cadillac, MI 49601	
24 Hour Hotline: 800-395-4357	
Hours: Monday - Thursday 10:00am-5:00pm Purpose: Baby food Formula Cereal	

Community Food Pantry	231-775-2662
Cadillac Revival Center 984 Platt Rd. Cadillac, MI 49601	
Hours: Wednesday 8:30am Contact: Pastors Will & Pat Markham, Senior Pastors	
Purpose: To fill the gap between the costs of necessities for those in need.	

DHHS-Department of Health and Human Services	231-779-4500
See front page	

Family Life Center	231-839-2244
Living Light Christian Church 7700 W. Blue Rd. Lake City, MI 49651	
Call for an appointment. Hours: Tuesday 11:30-2:45pm Wednesday 11:30-2:45pm	
Purpose: Basic food supply.	

Lighthouse Café	231-839-6726
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King's Storehouse Food Pantry	231-775-5629
First Baptist Church 125 Stimson St. Cadillac, MI 49601	
Hours: Monday 1:00pm-2:00pm Wednesday 10:00am-11:00am Friday 10:00-11:00am Contact: Reta Roberts Purpose:	
To give temporary help to those in need of food. Give food and some paper products at no cost to the families.	
Lend a listening ear and comfort to people in times of crisis, through the love of Jesus. Refer people to Love, INC. for further help. Our food orders usually last the family 3 days. We will help <u>3 times per year</u> , unless Love, INC. asks us for more assistance. <u>Because of the three times per year limit we now ask for picture I.D.</u>	

Living Word Ministry Family Care Network	231-824-6502
800 S. Michigan Old Erb Lumber Building Manton, MI 79663	
Call for an appointment one time a month. Hours: Monday 9:00am-12:00pm Purpose: Basic food supply.	
Manton Free Methodist Church	231-878-2206
210 N. Michigan Ave. US 131 Manton, MI 49663	

Call for an appointment. Purpose: Emergency food supply.

Mesick Community Food Pantry

231-885-1179

Mesick United Methodist Church

121 S. Alvin St. Mesick, MI 49688

Hours: Thursday 2:00-3:30pm Purpose: Emergency needs.

Missaukee Cooperative Ministries

231-839-4485

6180 W Sanborn Lake City, MI 49651

Hours: Monday thru Thursday 9-12 Purpose food assistance and household toiletries also utilities shut off assistance.

Salvation Army

231-775-7131

725 Wright St. Cadillac, MI 49601

Hours: Monday through Friday 1:00pm-3:00pm Purpose: To provide basic food needs. Some meats are available. Formula, Toiletries, Diapers May receive donations every 3 months. Must work with a caseworker.

Shepherd's Table

231-775-6741

First Baptist Church 125 Stimson Cadillac, MI 49601

231-775-0608

Hours: Tuesday 12:00pm-6:30pm Thursday 12:00pm-6:30pm

Contact: Kathy Balzuweit, Director Purpose: To provide free meals to those in need in our community, and to provide food with fellowship to the seniors and the lonely. A "donation" can is available for anyone wishing to donate, but donations are not expected. Prayer room available for anyone interested.

Delivery of meals for homebound individuals. Not just food, but also Fellowship! Enjoy your meals with others. Benefits coordinator on site.

Seventh Day Adventist County Service Center

231-775-9331

815 E. Division St. Cadillac, MI 49601

Hours: Most Tuesdays 9:00am-1:45pm Contact: Penny Sluiter (if possible call before to set up appointment)

Purpose: To supply basic food needs, free clothes, odds and ends.

Foster Closet of Michigan

231-884-2363

New and gently used basic items

Health Care- Medical

AIDS Hotline

800-872-2437

Alcoholics Anonymous of Cadillac

231-779-2006

Cadillac After Hours Clinic

231-775-8814

440 Cobb Street Cadillac, MI 49601

Munson Urgent Care

231-876-2644

302 Hobart Street Cadillac, Mi 49601

Life Resources of Northern Michigan

231-775-8000

909 Carmel St. Cadillac

Free pregnancy testing, obstetrical ultrasounds and sexually transmitted infection testing. All services are free and confidential.

Dental Clinics North

877-321-7070

To provide free dental services to people through District Health Department #10.

District Health Department #10 Lake City

231-839-7167

District Health Department #10 Cadillac

231-775-9942

Maternal and Infant Health Program - A home visiting program for women and infants on Medicaid. Team approach of nurse, social worker and dietician are assigned to the family based on what their needs are. Education, support through pregnancy and up to 1 year old (or older in some cases).

- **Immunizations:** Needed vaccines offered for birth through adulthood, including flu vaccine. It is recommended this year that all children 6 months-18 years old get the flu vaccine (and caregivers caring for that age group).
- **Healthy Futures** available to all pregnant women and infants, regardless of income, who deliver at Munson of Traverse City or Munson Health Care of Cadillac. Phone calls and a postpartum home visit by an RN.
- **Children's Special Health Care Services-** health insurance and nursing support to children with certain health needs.
- **Public Health Services-** Disease surveillance and follow-up etc.
- **W.I.C.** women, infant, children nutrition. Family planning services. Outreach agency to get all children insured.
- **Healthy Families Northern Michigan-** is a volunteer program that offers guidance, information, and support to families through home visits that may continue until your child is four years of age.
- **Medicaid Information**

Hospice of Michigan

888-247-5701

Munson Health Care of Cadillac (formally Mercy Hospital)

231-876-7200

Since we opened our doors in 1908, Munson Healthcare Cadillac Hospital has been working to improve the health of people in the Cadillac community. Today, we provide quality health care to more than 80,000 residents across seven counties. Our hospital staffs 49 acute-care beds and has 96 active physicians along with allied health professionals that have expertise in more than 30 specialties. On-staff specialists offer care in cardiology, general and orthopedic surgery, obstetrics and gynecology, pediatrics, podiatry, and urology. We invest heavily in attracting the top medical specialists and acquiring the newest technology. Our ultimate goal: to offer you every possible advantage, so you can achieve the best possible health.

Medicaid Helpline

800-642-3195

Michigan Enrolls

800-975-7630

Northern Lakes Community Mental Health

231-775-3463

527 Cobb Street Cadillac, MI 49601

Services provided to promote the behavioral health of our individuals, families, and communities. Case Management Advocacy with families and the schools, medication (Psychiatric) primarily work with Developmentally Disabled Children and Adults. Sit on Family Support Team

- **Crisis intervention, emergency services**
- **Home-based infant mental health services birth-age 5**
- **Respite Family Support Subsidy**

- **Counseling**
- **Case Management Advocacy**

Northwest Michigan Child Guidance Clinic

231-947-2255

Sixth and Madison Traverse City, MI 49684

Services Provided: Counseling with problem children (behavioral, emotional and medical)

Parent Help-Line

1-800-942-HELP

Services Provided: For families who need immediate assistance with parenting concerns - 24 hours a day - confidential, trained counselors available.

Stehouwer Free Clinic

231-876-6150

201 N Mitchell St, Suite L-1, Cadillac

Office hours: Monday - Thursday 9 a.m-4:30pm

We help patients obtain free and reduced-cost medication. As well as serves as a referral source for many other health-related programs in the community.

- **Non emergency medical help**
- **Free and reduced-cost Medication Access Program (MAP)**
- **Referrals**

Third Level Crisis Intervention Center, Inc.

231-922-4800

Services the people of Northern Lower Michigan addressing all areas of human concern. First point of contact for clients of CMH Boards covering the counties in Northern Lower Michigan and others in mental health emergencies. Community Education - presentations on topics of concern. Training Program - active listening skills for volunteer counselors and other interested groups. Windfire - Support group for gay, lesbian and bi-sexual youth and young adults.

- **Crisis counseling (walk-in or phone)**
- **Referrals**
- **Youth and family services (Grand Traverse, Leelanau, Antrim, Benzie, Emmet, Charlevoix, and Kalkaska counties)**
- **Temporary youth shelter (Grand Traverse, Leelanau, Antrim, Benzie, Emmet, Charlevoix, and Kalkaska counties)**
- **Community Education**
- **Training program**
- **Windfire Support Group**

Wexford-Missaukee I.S.D. General Education Prevention Services

231-876-2265

Purpose: Prevention Services provides support/resources for those who are dealing with substance abuse, violence, and homeless issues. Services fall into any of the following categories: ID and referral Education / Training Community School

- **Substance abuse education and support**
- **Support with homelessness**
- **Support with present or past violence issues**

Wexford Adolescent Wellness Center (run by District Health Department #10) located inside

Cadillac Jr. High School,

500 Chestnut St., Cadillac

231-306-4900

Medical and Mental health services are provided to 10-21 year olds who reside in or go to school in Wexford County.

Healthcare services include treatment for acute and chronic illness and injuries, physical exams/well child visits, immunizations, STI testing and treatment, pregnancy testing and counseling, and health education. All insurances accepted. Individuals with no insurance welcome. Assistance in Medicaid Enrollment for the uninsured.

Manton Adolescent Wellness Center (run by District Health Department #10) located inside Manton High School
105 5th St., Manton
231-306-3010

Nursing and Mental health services are provided to 7-12th grade Manton Schools students. Nursing services include:

Acute care for illness and injuries, Immunizations, STI testing and treatment, Pregnancy testing and treatment, health education, and referral for care. No out of pocket cost for services. Assistance in Medicaid enrollment for the uninsured.

Mesick Adolescent Wellness Center (run by District Health Department #10) located inside Mesick High School,
581 Clark St., Mesick
231-876-3805

Nursing and Mental health services are provided to 6-12th grade Mesick Schools students. Nursing services include:

Acute care for illness and injuries, Immunizations, STI testing and treatment, Pregnancy testing and treatment, health education, and referral for care. Assistance in Medicaid enrollment for the uninsured.

Health Care-Mental Health

Al-Anon/Ala-teen

231-779-2006

Cadillac Area Family Resource Center

231-775-7299

Catholic Human Services, Inc.

231-775-6581

140 W. River, Suite #7 Cadillac, MI 49601

Services Provided: Counseling on alcohol and drug-related problems. Problem pregnancy & adoption services. Child & family services for any reason, individualized or group.

- Counseling on alcohol and drug-related problems
- Problem pregnancy and adoption services

Child & Family Services (Foster/Adoption)

231-946-8975

Life Resources of Northern Michigan

231-775-8000

Post Abortion Support - We recognize that many individuals in our region may have experienced an abortion in the past - whether recent or several years ago. We have a faith-based program to address their concerns, provide a listening ear, and help them along the way to a point of healing.

We do also have an educational program for schools regarding making healthy choices regarding students' sexual health (abstinence education). All services are free and confidential.

- Past abortion support
- Educational programs on sexual health

Crisis Intervention Services (After hours mental health crisis)

833-295-0616

Local service numbers

Northern Lakes Community Mental Health, Cadillac	231-775-3463
Northern Lakes Community Mental Health, Houghton Lake	989-366-8550
Northern Lakes Community Mental Health, Grayling	989-348-8522
Northern Lakes Community Mental Health, Traverse City	231-922-4850

National services numbers

National Suicide Hotline	Call 1-800-273-8255 or Text 741741 or 1-800-SUICIDE or 1-800-784-2433
NLCMHA Crisis Line	1-800-422-7315

If you are experiencing a medical Emergency call 911. If you are having a mental health crisis you can call Northern Lakes CMH FAST Crisis Response at 1-833-295-0616

Life Skills Psychological Services, PC

231-775-6517

Psychological services have been provided by this office since 1977. A broad range of psychological interventions are utilized to provide problem-specific services to the full age span from small children to older adults. Initial visits usually will consist of an assessment of you situation, an interview with a psychologist, and perhaps some psychological testing to provide an understanding of how we can best assist you. The results of this assessment are shared with you in subsequent sessions and an individual treatment plan is designed to assist you in resolving your concerns. As part of an overall assessment we may recommend that you have a physical examination by your physician. A variety of clinical methods and services are available to assist you and may be included in your treatment plan.

- **Psychological services**
- **Assessments and testing**
- **Individual treatment plans**
- **Individual, Marital, Family, and Group Psychotherapy**

Wexford Adolescent Wellness Center (run by District Health Department #10) located inside Cadillac Jr. High School,

500 Chestnut St., Cadillac
231-306-4900

Mental health services are provided to 10-21 year olds who reside in or go to school in Wexford County. Services include mental health assessment and diagnosing, risk assessment, individual and family counseling, grief and loss counseling, trauma assessment and treatment, and groups. All insurances accepted. Individuals with no insurance welcome. Assistance in Medicaid Enrollment for the uninsured.

Manton Adolescent Wellness Center (run by District Health Department #10) located inside Manton High School
105 5th St., Manton
231-306-3010

Mental health services are provided to 7-12th grade Manton Schools students. Services include mental health assessment and diagnosing, risk assessment, individual and family counseling, grief and loss counseling, trauma assessment and treatment, and groups. All insurances accepted. Individuals with no insurance welcome. Assistance in Medicaid Enrollment for the uninsured.

Mesick Adolescent Wellness Center (run by District Health Department #10) located inside Mesick High School,
581 Clark St., Mesick
231-876-3805

Mental health services are provided to 6-12th grade Mesick Schools students. Services include mental health assessment and diagnosing, risk assessment, individual and family counseling, grief and loss counseling, trauma assessment and treatment, and groups. All insurances accepted. Individuals with no insurance welcome. Assistance in Medicaid Enrollment for the uninsured.

Michael's Place

1212 Veterans Dr, Traverse City
231-947-6453

Greif Support center, servicing grieving children, teens, adults, and families throughout northern Michigan. Innovative and compassionate support programs designed to ease the impact of loss.

Northern Lakes Community Mental Health

231-775-3463

527 Cobb Street Cadillac, MI 49601

Services provided to promote the behavioral health of our individuals, families, and communities. Case Management Advocacy with families and the schools, medication (Psychiatric) primarily work with Developmentally Disabled Children and Adults. Sit on Family Support Team

- **Crisis intervention, emergency services**
- **Home-based infant mental health services birth-age 5**
- **Respite Family Support Subsidy**
- **Counseling**
- **Case Management Advocacy**

If you are experiencing a medical Emergency call 911. If you are having a mental health crisis you can call Northern Lakes CMH FAST Crisis Response at 1-833-295-0616

Other Wellness Related Links

Alcoholism or Alcohol Abuse

National Interactive Screening Project. Call for a free anonymous Alcohol Screening Toll free 1-800-887-5676, or go online at www.mentalhealthscreening.org/screening. Keyword is "espmi". State of Michigan, Employee Service Program, toll free 1-800-521-1377

Depression Screening

National Interactive Screening Project. Call for a free anonymous Depression Screening toll free 1-800-887-5676, or go online at www.mentalhealthscreening.org/screening. Keyword is "espmi". State of Michigan, Employee Service Program, toll free 1-800-521-1377

Anxiety Screening

For a free anonymous Anxiety Screening go online at: www.mentalhealthscreening.org/screening. Keyword is "espmi". State of Michigan, Employee Service Program, toll free 1-800-521-1377

Eating Disorders Screening

For a free anonymous Screening go online at: www.mentalhealthscreening.org/screening. Keyword is "espmi". State of Michigan, Employee Service Program, toll free 1-800-521-1377

Michigan Coalition against Domestic & Sexual Violence

3893 Okemos Road, Ste B2 Okemos MI 48864

Ph: 517 347-7000 fax: 517 347-1377

National Hotline: 1 800 799-SAFE

www.ncadv.org

Wexford-Missaukee Child Protection Council

The Wexford-Missaukee Child Protection Council is the local council of the State of Michigan's Children's Trust Fund and national Prevent Child Abuse America that serves as a voice for the primary prevention of child abuse and neglect. We seek to educate parents, caregivers and community members on various issues surrounding the growing epidemic child abuse. Our focus is on the importance of preventing child abuse and neglect before it happens, which then strengthens our families and our community.

If you would like to learn more about primary prevention of child abuse and how you can get involved, contact our council through our website at www.wexfordmissaukeecpc.com

- Prevention of child abuse and neglect
- Education service for parents, caregivers, and community members
- Strengthening the community

Legal-Law Enforcement

Emergency

911

Legal Services of Northern Michigan, Inc.

231-941-0771

221 Garland Street, Suite H Traverse City, MI 49684

Services Provided: Legal services and representation, legal information. Representation for divorce, some landlord-tenant, SSI, and some collection cases. Fees vary depending on income.

Missaukee County District Court

231-839-4590

Probate & Juvenile Court

231-839-2266

Family Court

231-839-2480

Missaukee County Sheriff Department

231-839-4338

Michigan State Police - Cadillac Post

231-779-6040

Wexford County District Court

231-779-9515

Probate & Juvenile Court

231-779-9510

Wexford County Sheriff Department

231-779-9211

Transportation

Secretary Of State / Driver License Bureau
Missaukee

231-839-7108

Wexford

888-767-6424

Cadillac/Wexford Transit Authority (CWTA)

231-779-0123

TOLL FREE

1-866-647-5465

951 Casa Rd. Cadillac, MI 49601 Hours: Monday- Friday, 5:00am-7:00pm Saturday, 10:00am-4:00pm
Door to Door (Demand-Response) - Works in time ranges by grouping rides within the same area utilizing one vehicle. Please request a ride at least one hour in advance if possible. Time Calls - Customers can make advance reservations for community appointments. Subscription Service - Customers can make advance reservations on a long term basis when their travel requests remain consistent.

- Subscription Services
- Group rides
- Demand-Response (door to door)
- Wheelchair accessible
- Healthway Express for non-emergency, medical related services for residents of Wexford
-

Greyhound & Indian Trails
0333

231-775-

Youth Services

Big Brothers/Big Sisters
2447

800-968-

Cadillac Area YMCA
3369

231-775-

Families programs Health and fitness programs NOTE: This is not a free service. There is an admission/membership charge upon entrance.

- Aquatics programs
- Arts and humanities programs
- Parenting classes
- Preschool programs
- Teen & school age programs
- Senior programs
- Volunteer and leadership development programs

4-H Youth Programs @ MSUE
4667

231-839-

Runaway Assistance Program RAPline
4517

800-292-

Staircase Youth Services
4517
Third Level Crisis Center
7315

800-292-

800-442-

**IF YOU HAVE ANY QUESTIONS OR WOULD LIKE FURTHER
INFORMATION, PLEASE CONTACT:**

Wexford County Home Based Early Head Start Staff

716 Lincoln St
Cadillac Mi 49601
Fax # (231)-876-9840

105 5th St
Manton Mi 49663
Fax # (231)-824-9888

**Wexford/Missaukee/Roscommon
EHS Program Service Coordinator**

Rebecca Schichtel (231) 920-4016
rschichtel@nmcaa.net

EHS Program Recruitment/Health Specialists:

Mary Heady (231) 884-0776
mheady@nmcaa.net

EHS Child and Family Specialists:

Laura Bachman (231) 878-2526
lbachman@nmcaa.net

Geena Girard (248) 497-1516
ggirard@nmcaa.net

Jill Gines (231) 429-2028
ggines@nmcaa.net

Evie Hirdning (231) 878-6046
eviehirdning@nmcaa.net

Missaukee County Early Head Start Staff

1751 S Morey Rd
Lake City MI, 49651
Contact (231)-884-0776
Fax # (231)-839-5700

EHS Child and Family Specialists:

Kim Reitz office (231) 920-3999
kreiz@nmcaa.net

Amy Pitz
apitz@nmcaa.net

office (231) 878-7062

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Roscommon and Wexford County Center Based Early Head Start Staff

716 Lincoln Street
Cadillac, MI 49601
Office (231) 876-9837
Fax # (231)-876-9840

Wexford/Roscommon EHS Center Site Supervisor:

Kim Stackpoole
kstackpoole@nmcaa.net

office (231) 920-0204

Roscommon EHS Center Staff

716 Lincoln St
Cadillac Mi 49601
Office (231) 876-9837
Fax # (231)-876-9840

Teacher:

Michelle Maxwell
mmaxwell@nmcaa.net

office (231) 920-3442

Teacher:

Bridgett Sanford
bsanford@nmcaa.net

office (989) 600-3755

Family Specialist:

Keri VanSteenis
kvansteenis@nmcaa.net

(989) 889-5619

(See the next page for Wexford EHS Center Staff)

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Roscommon and Wexford County Center Based Early Head Start Staff

716 Lincoln Street
Cadillac, MI 49601
Office (231) 876-9837
Fax # (231)-876-9840

Wexford/Roscommon EHS Center Site Supervisor:

Kim Stackpoole office (231) 920-0204
kstackpoole@nmcaa.net

Wexford EHS Center Staff

716 Lincoln St
Cadillac Mi 49601
Office (231) 876-9837
Fax # (231)-876-9840

Teacher:

Liz Dykgraaf office (231) 920-4326
edykgraaf@nmcaa.net

Teacher:

Chelsea Knoph office (231) 884-9921
edykgraaf@nmcaa.net

Family Service Specialist:

Kimberly Steinacker (231) 884-2545

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IF YOU HAVE ANY QUESTIONS OR WOULD LIKE FURTHER
INFORMATION, PLEASE CONTACT:

Wexford/ Missaukee County Head Start Staff

Wexford County

Lincoln Street Head Start Staff
716 Lincoln St
Cadillac, Mi 49601

Wexford County Family Engagement Specialist
Michelle Jacobs- Marty Paul Head Start Office
231-493-8642

Teachers:

Cathy Hubbard: 231-876-9336
chubbard@nmcaa.net

Marty Paul Head Start Staff

1640 Marty Paul
Cadillac, Mi 49601
Office (231) 775-9781
Fax # (231) 775-1448

Teachers:

Schonnie Markham: 231-775-7871
smarkham@nmcaa.net
Dianna Medendorp: 231-775-7531
dmedendorp@nmcaa.net

Missaukee County

Missaukee County Head Start Staff
1751 S Morey Rd
Lake City MI, 49651

Missaukee County Family Engagement Specialist
Larisa Galnares- Missaukee Head Start
231-493-8643

Teachers:

Kris Daniel: 231-839-7606

kdaniel@nmcaa.net

Mistie Watson: 231-839-7595

mwatson@nmcaa.net

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