

Fremont Family Coalition Community Resource Manual

A Collection of Community Resources for Providers
and Families in Dodge County, NE

*****Please note*****

This resource is not meant to advertise or promote any specific organization or business. Its purpose is to act as a helpful tool for providers and families in the community that are seeking free, reduced or Medicaid/Medicare approved services.



The Fremont Family Coalition Mission:

To create community partnerships that empower individuals and families to improve their quality of life.

Belief Statements:

- Families need supportive communities to help them be strong.
- Empowerment is the key to growth and sustainability.
- There is no substitute for strong families to ensure that children and youth grow up to be capable adults.
- Children can be best kept safe and acquire skills when families, friends, residents, and organizations work together as partners.
- Maximizing existing resources through increased collaboration decreases duplication of services.
- Every family deserves access to resources that will enable them to build a better future.
- Investment in prevention far outweighs the cost of intervention.
- Children and families who experience socio-economic challenges are more likely to experience difficulties due to limited language skills, health concerns, social and emotional problems that impede development and success.

Please join us for our monthly collaborative meetings!

2nd Friday of every month

9-11am

Fremont Public Schools Administration Building

130 E. 9th St

Fremont NE 68025

For more information about the collaborative or to make suggestions or revisions to resources in this manual, contact:

The Fremont Area United Way

445 E. 1st St

Fremont NE 68025

402-721-4157

A special thanks to the Community Response Team and Dodge County Collaborative Team for all of your hard work in putting this together!

This resource manual was developed with the intent to increase family protective factors.

Protective Factors are conditions that when present in a community and in families, will increase health and family wellbeing.

- Concrete Supports
- Parental Resilience
- Nurturing and Attachment
- Social Connections
- Knowledge of Parenting and Child Development
- Social and Emotional Competence of Children

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FOOD

Food Pantries

Concrete Supports

Low Income Ministry

549 N. H St

Fremont NE 68025

402-727-6884

Pantry Hours:

Tues 10-2pm Thur 5-7pm

Can receive one food box per month

Living Word Church

1110 N. Lincoln Ave

Fremont NE 68025

402-721-2068

Food Pantry Hours:

Every 3rd Thursday

4-7 pm

For an emergency food box outside of those hours, please call 402-721-2068 or text Kenny at 402-689-1919 TEXT ONLY

Salvation Army

707 N. I St

Fremont NE 68025

402-721-0930

Food Pantry Only

Mon-Thurs 1:30-3:45, Friday 9:00-11:30 and 1:30-3:45

St. Patrick's Catholic Church

422 E. 4th St

Fremont NE 68025

402-721-6611

Hours:

M-F 8-5pm

No income requirements, can ask for one food box per month

Faith Food Pantry

27052 County Road 12

Hooper, Nebraska 68031

Immanuel Lutheran Gym

402-654-2287
402-567-2232

2nd Saturday of the month at 8 a.m. Must be present to sign and give name and address. No ID required. Must be from the Northeast quadrant of Nebraska.

Community Meals

Concrete Supports

1st Lutheran Church

3200 E. Military Ave
Fremont NE 68025
402-721-2959

Free community banquet open to all families regardless of income or church affiliation

Hours:
Every Thursday: 530-630pm

Presbyterian Church of Fremont

520 W. Linden Ave
Fremont NE 68025
402-721-7904

***From May-Aug*

Summer Lunch Program

Free lunch to any child 1-18 years old. Also included as any parents of those children. In conjunction with the Salvation Army, Fremont Public Schools, and the Hope Center. Includes summer learning activities and the backpack program.

Hours:
Mon-Fri 1130-4:00pm
Closed on July 4th

Supplementary Nutrition Assistance Program (SNAP) Benefits: *Concrete Supports*

- Households that meet the program guidelines for income and resources receive SNAP benefits for free.
- A household can be one person or a group of people who purchase and prepare meals together

GO TO [ACCESSNebraska](#) to:

- Select a self-screening to determine the programs for which you may want to apply;
- Complete an online application that you can complete and submit electronically;
- Print a paper application that you can complete and mail

Or contact: Department of Health and Human Services (DHHS): **402-727-3245**

Bountiful Baskets Co-op

This program is a way for families to afford fresh fruits and vegetables that are grown locally.

The Co-op offers a conventional produce basket every other Saturday which is generally ½ fruit and ½ veggies. The monetary contribution is \$15.00 and is generally worth \$50.00 retail.

Organic baskets require a contribution of \$25. To participate visit

<http://www.BountifulBaskets.org> and check the schedule to see when your state is available to make your monetary contribution using a debit or credit card. Then, pick up your basket on Saturday morning at the time and place you chose when you contributed!

Nebraska Extension

SNAP Ed Extension Assistant

1206 West 23rd Street

Fremont, NE 68025

Kathy Kneifl 402-727-

2775

FAX 402-727-2777

Web: www.dodge.unl.edu

Facebook: <https://www.facebook.com/unldodgecounty>

Hours-

Summer (Begins May 24) Monday-Friday 8-4

Fall/Winter (Aug 5-May 23) Monday –Thursday 8-430, Friday 8-4

*Nutritional programs are offered through their day school

*In-home support for families receives SNAP benefits—food stamp budgeting, meal planning, kitchen organization

HOUSING

Emergency Shelter

Concrete Supports

Care Corps Homeless Shelter

723 N. Broad St
Fremont NE 68025
402-721-3125

A place of shelter, support, and stability for homeless individuals and homeless families by empowering them to achieve independence and lifelong enrichment. To accomplish that, Care Corps is the only agency within the neighboring six-county area offering 24-hour shelter to homeless men, women, and children.

One on one support through your transition

Your family can stay together in one room.

Meals, laundry and other supportive services provided

Care Corps' mission is to provide a place of shelter, support, stability, and services for homeless and near homeless men, women, and families by assisting them to achieve independence and lifelong enrichment through community collaborations.

Care Corps Family Services provides the following supports and programming:

- +Emergency Shelter (24 hour access)
- +Permanent Supportive Housing Project
- +Behavioral Health Services
- +Life Skills Education Classes
- +Case Management Services are required to access the above supports and services.
- +Transitional Housing Project
- +Community Response Program,
+Healthcare Assistance
- +Prevention and Aftercare Services

Heartland Family

Services Jefferson House

437 Jefferson Rd
Fremont NE 68025
402-721-5099

The Jefferson house is an emergency shelter and group home for youth ages birth to 18 years old. The shelter provides a 30 day temporary placement for children and their siblings that were removed from the home due to safety concerns. Also provided is a group home program that is 6-9 months in duration, working on socially appropriate behavior and following instructions.

The newest program is in-home supportive services. Family support and supervised visitation services are available.

Empire
Apartments 459
Jefferson Rd
402-727-4825

Fremont Housing Authority
2510 N. Clarkson St
402-727-4848

Yorkshire Manor Apartments
2600 N. Laverna St
402-721-8161

Housing Voucher Program

The housing choice voucher program is the federal government's major program for assisting very low-income families, the elderly, and the disabled to afford decent, safe, and sanitary housing in the private market. Since housing assistance is provided on behalf of the family or individual, participants are able to find their own housing, including single-family homes, townhouses and apartments.

Fremont Housing Authority
2510 N. Clarkson St
402-727-4848

**Heartland Family
Services Jefferson House**

437 Jefferson Rd
Fremont NE 68025
402-721-5099

The Jefferson house is an emergency shelter and group home for youth ages birth to 18 years old. The shelter provides a 30 day temporary placement for children and their siblings that were removed from the home due to safety concerns. Also provided is a group home program that is 6-9 months in duration, working on socially appropriate behavior and following instructions.

The newest program is in-home supportive services. Family support and supervised visitation services are available.

Supportive Housing Programs

Transitional and Permanent Supportive Housing

Apply at:

Care Corps Homeless Shelter

723 N. Broad St

Fremont NE 68025

402-721-3125

- Intensive, home-based case management, supportive housing for up to 24 months, professional mental health/substance
- abuse counseling, employment skill development training, budgeting and home management classes, healthy parenting and family, relationships education classes

Who is eligible?

- those that meet HUD's homeless criteria
- living in a shelter (homeless or domestic violence)
- must be 19 years or older
- individuals and families
- those who have a qualifying disabling condition (i.e. mental health, substance abuse, chronic mental health)

Habitat for Humanity 701

E. Dodge St Fremont NE

68025

402-721-9359

Families are selected through an application process

Providing interest free mortgages and no cost supplies for a new home.

- Partner families work "sweat equity" hours on building homes and other approved projects.
- Habitat also requires partner families to take classes on budgeting, home maintenance and life management skills.
- Family sponsors are assigned to each family to mentor them through the process of building and first-time home ownership.

Families are selected once or twice a year through an application process. Family Selection Committee members review applications, interview families and make home visits to determine need and qualifications, and then recommend families to the Habitat Board of Directors for approval. Selection is based on the number of homes available, the level of need for improved housing, the ability to make a monthly mortgage payment and the willingness to partner.

North East Nebraska Community Action Partnership

Nebraska Homeless Assistance Program

212 E. 8th St
Fremont NE 68025
402-721-0619

Provides financial assistance to qualifying individuals and families with **partial** one month payment of a security deposit, utility deposit, past due rent, past due mortgage or past due utility through NHAP (Nebraska Homeless Assistance Program). Along with the **partial** financial assistance, Northeast Nebraska Community Action Partnership provides a one on one support to the customer. Assistance includes intervention which is used during a crisis to solve problems that contribute to homelessness. The goal of this program is to assist individuals and families in moving toward self-sufficiency.

Oxford Housing – Adult – Sober living

Call for more information

Women’s (402) 816-4520
Men’s (402) 721-6259

Repairs-Low Cost/Free

Concrete Supports

Rebuilding Together

445 E. 1st St Fremont
NE 68025
402-727-7047

Rebuilding Together provides home rehabilitation and modification services to low-income homeowners. Call for more information!

Furniture

Concrete Supports

Good Will Industries

3175 E. Elk Lane
Fremont NE 68025
402-727-5007

Gently used clothing, clothing accessories, books, videos and home decor

Retail Store

Monday –Friday 9:00 AM - 9:00 PM
Saturday 9:00 AM - 7:00 PM
Sunday 12:00 PM - 6:00 PM

Habitat for Humanity- HOME STORE!

701 E. Dodge St
Fremont NE 68025
402-298-5272
402-936-0841

Store Hours

Every Friday: 10:00am – 4:00pm

Every Saturday: 8:00am – 2:00pm

Open to the public!

- The Fremont Area Habitat Home Store is a home improvement outlet that sells new and gently-used donated merchandise
 - All items are sold at a significant discount with proceeds benefiting Habitat for Humanity
- Generous selection of furniture, appliances, dinnerware, and home décor. NO CLOTHING.

Low Income Ministry

549 N. H St
Fremont NE 68025
402-727-6884

Clothing Center Hours:

M-F 9-245p Sat 9-1130am

Designated disaster site, provides food, clothing, school supplies, household goods, hygiene items (this requires HHS verification letter).

FINANCIAL ASSISTANCE

Rent/Utility Assistance

Concrete Supports

Basic Needs Assistance Program

Need help with rent or utilities? You can go to any of the agencies below to receive assistance:

Care Corps Homeless Services	402-721-3125
Low Income Ministry	402-727-6884
North East Nebraska Community Action Partnership	402-721-0619
Salvation Army	402-721-0930

You can receive assistance with one bill, for one month's rent or utilities, one time per calendar year.

- There are no income guidelines; however, clients must have income or pending income
- Client must be able to show that they can afford this expense in the near future
- Open to Dodge and Washington county residents

Some of these agencies have additional support programs. Please see descriptions below.

Please call ahead for an appointment.

Dodge County General Welfare Assistance
Located in the Court House on the 1st floor Room 104
435 N. Park Ave Ste#300 Fremont NE 68025
402-727-2731

Provides services for rent, utilities, and life threatening medical needs for qualifying individuals.
Emergency use only.

Low Income Ministry

549 N. H St
Fremont NE 68025
402-727-6884
Financial Assistance Center Hours: M-F 10-245pm

Will assist with one month's rent or utilities, once per year for qualifying individuals. No income guidelines.

Call to set up an appointment

North East Nebraska Community Action Partnership

Emergency Food and Shelter Program 212E. 8th
St
Fremont NE 68025
402-721-0619

Eligibility & Application:

There is an application process: Please bring:

- Proof of income for the household
- Proof of residency
- 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.
- copy of driver's license and social security cards (not mandatory but preferred) for all household members
- Must have an eviction notice from the landlord or shut off notice from the utility company

Salvation Army

707 N. I St
Fremont NE 68025
402-721-0930
Hours:
Mon-Thursday 9-12 and 1-4pm

Appointments may be needed. Please call.

Will assist one time every 12months for qualifying individuals

Uniquely Yours Stability Support (UYSS)

240 N. Main St Fremont

NE 68025

402-727-8977

Hours:

Closed Mondays

Tues-Fri 9am-4pm

Sat 1pm-4pm

UYSS aims at getting to the root causes of housing stability issues using prevention services The Pathways program helps individuals get connected to community services to meet their needs.

Nebraska Department of Health and Human Services-Economic Assistance Customer Service Contact:

Call (800) 383-4278

In Lincoln (402) 323-3900

In Omaha (402) 595-1258

8:00 am - 5:00 pm Monday thru Friday

Prescription Assistance

Concrete Supports

Fremont Health

450 E. 23rd St

Fremont NE 68025

Please call 402-727-3306, to schedule an appointment.

Medication Assistance Program (MAP)

- Helping those qualifying individuals who meet certain financial guidelines, uninsured or underinsured
- Applies to maintenance medications only. These are meds that are taken for long term conditions or on an on-going basis
- Certain medication are not covered under this plan
- Individuals covered under Medicare do not qualify

Salvation Army

707 N. I St

Fremont NE 68025

402-721-0930

Hours:

Mon-Thursday 9-12 and 1-4pm

- Appointments may be needed. Please call
- The client must have a prescription(s) on a letterhead signed from the prescribing doctor

- Partnering with *Hy-Vee Pharmacy, Miller Pharmacy, and A&A Drug*
- Usually assistance is once per year. Second assistance may be available if the funding is available and if the situation is a dire need; however, this depends on funding available. Those who were not able to receive assistance are able to apply in the next month.
- The client must be residing in Dodge County or Burt County. Also will *there will be a cap on the amount that is given for assistance*. Each month the cap varies. It is best that the client call for an appointment to make sure that the assistance is available
- Certain medications do not qualify

The client would need to turn in or transfer their prescriptions that they need assistance with to one of the three pharmacies listed above.

The pharmacy is called for an estimated total cost and if the cost is reasonable for our funding, the bill will be sent to The Salvation Army and the client may pick the prescriptions up.

Most of the time it is easier for the client to turn the prescriptions in before coming for their intake interview at the Salvation Army office

Transportation Assistance-General

Concrete Supports

City Cab, Co

304 E. 22nd St
 Fremont NE 68025
 402-721-2121

Transportation Assistance-Medical

Concrete Supports

IntelliRide

402-401-6999

Beginning May 1, 2014, IntelliRide will preauthorize and arrange all non-emergency medical transportation for Medicaid eligible clients. Additional information is available by contacting the IntelliRide provider line at **402-401-6990** or visiting www.iridenow.com/nebraska

Physical Health

Medical Care-Emergency

Concrete Supports

Fremont Health, ER

450 E. 23rd St
 Fremont NE 68025
 402-727-3377

Medical Care-Urgent

Concrete Supports

Urgent Care of Fremont, LLC

415 EAST 23RD STREET SUITE A

FREMONT, NE 68025

402.727.7191

NO APPOINTMENT NECESSARY

Hours:

MONDAY – FRIDAY	5:00 p.m. to 10:00 p.m.
SATURDAY – SUNDAY	12:00 p.m. to 10:00 p.m.
HOLIDAYS	12:00 p.m. to 10:00 p.m.

Urgent Care of Fremont, LLC is an adult and pediatric urgent care center that provides high quality, convenient, affordable medical care for all non-emergent, minor injuries and illnesses.

Urgent Care of Fremont, LLC makes every effort to be a participating provider for as many insurance plans as possible, and has contracted with the following companies:
Blue Cross Blue Shield, United Health Care, Midland's Choice, Coventry, Aetna, Choice Care, Multi-Plan, FirstHealth, Accountable, Medicare, Nebraska Medicaid, Tricare / Triwest.

Medical Care-Preventative-Reduced Price

Concrete Supports

Good Neighbor- Fremont Clinic

2400 N Lincoln Ave.

402-721-0951

Primary Medical Care hours are: **8:00am-5:00pm** on Mondays, Wednesdays and Fridays.

10:00-7:00pm on Tuesdays and Thursdays.

Dental Care hours are every other Friday from **9:00 am- 3:00 pm**. And closed during lunch time 12:30-1:00 pm.

Sliding fee scale

Three Rivers Health District Health Department

2400 N Lincoln Ave 402-

727-5396

Income based medical visits for women and men's reproductive health, wellness checks, immunizations.

Hours: Mon: 8-

5

Tues: 8-6:30

Wed/Thurs: 8-5

Fri: 8-4

Uniquely Yours Stability Support (UYSS)

240 N. Main St Fremont NE

68025

402-727-8977

Hours:

Mon-Fri 9am-4pm
Sat 1pm-4pm

UYSS addresses any hardship that could lead to jeopardizing their housing stability. UYSS can provide assistance if there is a health issue that is not being addressed due to lack of funding; unable to pay a medical bill; or a family is having to choose between paying a medical bill or rent.

Adult and Children's Services

Mental/Behavioral Health Services

Knowledge of Child Development and Behaviors, Nurturing and Attachment, Social and Emotional Competence of Children, Parental Resilience

BEHAVIORAL HEALTH DEFINITIONS, HIERARCHY AND FREMONT AREA DIRECTORY

BEHAVIORAL HEALTH DEFINITIONS FOR MENTAL HEALTH AND SUBSTANCE ABUSE TREATMENT

Nebraska's Licensed Mental Health Providers

Therapy: A general term that refers to non-medical treatment for psychological issues. In psychotherapy, the patient and therapist discuss the patient's symptoms, thoughts, behaviors, wishes, and emotions with the goal of clarifying and reducing psychological problems. A **Counselor** or **Therapist** is a general term referring to a person who provides therapy. Anyone can call himself or herself a counselor or therapist, so be sure to ask about training, experience and licensure if a potential therapist is using this title.

When you are searching for a Mental Health Provider, it can be easy to get confused by the many types of Therapists. Here are some of the most common types of Therapists and Mental Health Providers, and a brief description of their training.

Psychiatrist (MD)

A psychiatrist is a medical doctor (MD) with specialty training in the treatment of psychiatric disorders. A psychiatrist has a state license to practice medicine, and can conduct assessments and provide treatment (both medications and psychotherapy) for psychological disorders. Due to a high demand for their services, many psychiatrists now focus on medication management, and provide referrals for therapy or other mental health services (although this is not always the case, so you should ask your psychiatrist how his/her practice works).

Advanced Practice Nurse (APRN) and Physician Assistant (PA)

APRN's and PA's may be found associated with Psychiatrists. They each assist the Psychiatrist in diagnosing, treating and prescribing for mental health disorders.

- An Advanced Practice Registered Nurse (APRN) is a nurse who has a master's, post-masters, or doctoral degree in a nursing specialty and can generally practice medicine without the supervision of a physician. APRNs help meet the demand for primary and

specialty healthcare practitioners, especially in rural and other areas underserved by physicians. They may prescribe medications.

- A Physician's Assistant is a healthcare professional who is licensed to practice medicine as part of a team with physicians and other providers. PAs are concerned with preventing and treating human illness and injury by providing a broad range of health care services *under the supervision of physician or surgeon*. They conduct physical exams, diagnose and treat illnesses, order and interpret tests, develop treatment plans, perform procedures, prescribe medications, and counsel on preventive health care.

Psychologist (Ph.D., Psy.D)

A psychologist is any person with a doctoral degree (PhD. or PsyD.) in psychology. Not all psychologists, however, have been trained or licensed to provide mental health treatment.

- **Clinical and Counseling Psychologists (PhD., PsyD)** have special training in mental health treatment. Psychologists in these specialties have extensive training conducting psychological assessments and providing psychotherapy. A psychologist must have a Nebraska license to provide treatment. *Psychologists cannot prescribe medications in the state of NE.*
- **School Psychologist**
School psychologists actually have somewhat different training backgrounds than other psychologists. School psychologists do not need to have a doctoral degree, are required to have a master's degree, and must be licensed or certified to provide services by the state. School psychologists provide a range of services, including consulting with parents, teachers, and the school system about mental health and behavioral issues, providing psychological counseling, developing school-wide programs related to mental health and behavioral issues, and assessing academic skills.

Licensed Mental Health Counselor (PLMHP, LMHP, LIMHP)

Licensed Counselors and Therapists in Nebraska are required to complete a master's degree education, post degree supervised clinical experience, and passage of the National Counselor Examination or an equivalent exam recognized by the State of Nebraska. All licensed Mental Health Counselors and Therapists may conduct assessments and provide therapy.

- A Provisional Licensed Mental Health Professional (PLMHP) is a recent graduate who is licensed to practice under the direct supervision of a Psychiatrist, Psychologist or Licensed Independent Mental Health Practitioner (LIMHP) for their first 3000 practice hours.
- A Licensed Mental Health Professional has completed 3000 supervised hours and is required to practice under the supervision of a Psychiatrist, Psychologist or LIMHP.
- Licensed Independent Mental Health Professionals (LIMHP) have acquired over 6000 hours of supervised experience and may practice without supervision.

All LMHP/LIMHP's can accept insurance for treatment services, including Medicaid.
LMHP/LIMHP's cannot prescribe medicine.

Following are the most common credentials you will see in our area.

*Provisionally licensed practitioners (PLMHP) have completed educational requirements and must meet supervisory hours as required by the state licensing board.

- **Licensed Professional Counselors (LPC)** can provide a range of services, including assessment, psychotherapy, and case management, but cannot prescribe medications.
- **Licensed Clinical Social Workers (LCSW, LICSW)** Licensed Clinical Social Workers can provide a range of services, including assessment, psychotherapy, and case management. *In the state of NE Licensed Clinical Social Workers can accept payment through Medicare.*

- **Marriage and Family Therapist (LMFT, LIMFT)**

A Marriage and Family Therapist is an individual with a master's (MA) or doctoral degree (PhD) in Marriage and Family Therapy. Marriage and Family Therapists must also complete at least two years of supervised clinical experience

- **Licensed Alcohol and Drug Counselor (LADC)**

A Licensed Alcohol and Drug Counselor (LADC) is an individual who holds a NE license issued by the Department of Health and Human Services. A LADC has specialty training in the assessment, theory, and treatment of addictions. A LADC may have various degrees, from the associate level through a doctoral degree.

** LADCs are not licensed to provide mental health therapy.*

*Individuals diagnosed or suffering from *both* addiction and other mental health issues should seek therapy from a therapist licensed with *both* LADC and LCSW or LMHP

Other Providers

- **Pastoral Counselor (MDiv., DMin.)**

Pastoral counselors have training in both theology (religion) and psychology, and use an integration of the two in their approach to treating mental health problems. Pastoral counselors may have a bachelor's degree from a 4-year college or university, a professional degree from a seminary, or a master's degree (MA) or doctoral degree (D.Min., Ph.D.). Pastoral counselors are certified by the American Association of Pastoral Counselors and can provide psychotherapy.

- **School Counselors**

Professional School Counselors are certified educators with a minimum of a master's degree in school counseling, making them uniquely qualified to address all students' academic, career and personal / social development needs that promote and enhance student success. Professional school counselors are employed in elementary, middle/junior high and high schools.

Source: Mandersheid, RW, & Henderson, MJ, (Eds.) *Mental Health, United States*. DHHS Pub. (SMA) 3938. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2004. NE DHHS

As a service only and without endorsement, the following is a partial list of persons and agencies in Dodge County, NE who are providers of behavioral health services.

A ()_symbol appearing next to an agency indicates a sliding-fee is available. Associated**

Counseling Group **

748 N. Main Street (402)
941-7016
Fax: (402)-941-7018
Mark J. Renner, MS, LIMHP, CPC
Melissa Sharp, MS, LMHP

Awareness Counseling (interpreter available)

2170 N. Platte Avenue 402-753-6440
Rachel Sorensen LMHP, LADC
Deb Hallstrom LIMHP,LADC
Tracy Muller, MS, PLMHP

Better Living Counseling Services

245 E. 5th Street
(402)-494-4904, Fax: (402)-494-1210
Website: www.betterlivingcounselinginc.com

Offers specialized services in therapy, supervised visitation, community treatment aid, family support services, parent education, employment services and drug testing.

Care Corps (Open to residents/Housing Program only)

723 N. Broad St.
Phone: (402) 721-3125
www.care-corps.org

Carlson Counseling

Stan Carlson, LIMHP, LADC
402-721-8805
426 E. 22nd St.

Cramer Professional Counseling Services

415 E 23rd St. Suite # 204
(402) 721-1417
Jay Cramer, LIMHP

Capstone Behavioral Health Services, Inc.**

424 W 23rd St, Suite E
(402)-727-1592

Deb Raasch, LMHP
Rebecca Miller, LMHP, PLADC
Nicole Conner, LMHP
Holly Filcheck, PhD.
Stacy Campbell, PLMHP

Services offered include: In-home and in-office individual and family therapy (mental health and substance abuse), Psychological Evaluations, Substance Abuse Evaluations, Truancy Intervention Program (includes therapy and community treatment aid). No waiting list and will accept most insurance plans.

Community Alliance: Community Support
(must have a Severe and Persistent Mental Illness, SPMI, diagnosis)
Fremont office phone: 402-721-8225
Mary Wilcox/ Julie Queen/ Robyn Burnett
or a message 341-5128 (Omaha)
www.community-alliance.org/

Children and Family Counseling, LLC
511 N. D Street
P.O. Box 2114
(402) 727-0776
Stephanie Knobbe, LIMHP, LICSW (cell: 402-720-8784)
Trevor Nelson, PLMHP, PLADC (cell: 402-699-9215)

Children & Family Counseling LLC is a private mental health agency that provides services for children, adolescents, adults, couples and families. Our area of concentration is focused on children, identifying their needs and working to establish a working relationship with the child, family and systems within the community to include, but not limited to; schools, health care facilities, specialized groups, other helping facilities, HHS and court systems. The agency accepts many insurance companies, including Medicare, Medicaid and we do offer a sliding fee scale as per therapist's discretion.

Fremont Health
Outpatient Behavioral Medicine
2560 N. Health Way
Fremont, Ne 68025
402-941-7245

Hylean McGreevy, LIMPH, LADC
Mandy Leamon, LCSW, LIMPH, LADC
Chris Wegener, PLMHP
Amy Lisdahl, APRN Psychiatry

Serving pediatric, adolescent, and adult clients starting at age 2 and up (individual, family, regular outpatient substance abuse, groups, PCIT, psychiatric medication management starting at age 5 including diagnosis intake assessments). Accept all major insurance plans including Medicaid and Medicare.

Barbara A. Gobel LICSW Mental Health Counselor 906 East 5th Street
402-689-4664

Providing in-home and in office for the following problems: Depression and anxiety in both children, teens, and adults, parenting skills assistance, youth and family concerns, grief/loss concerns, abuse of any kind

Hills Counseling & Consulting P.C.

78 S. C St
Fremont NE 68025
402-871-9979
402-968-7388

www.hillcounselingandconsulting.com

Certifications or Progress toward Certification in: PCIT, TF-CBT, Also starting Training in Adoption Competency in 2015.

Carrie Hillebrandt, M.S., LIMHP

Steve Wendell, M.A., LMHP

Certifications or Progress toward Certifications in: PCIT, EMDR

RoxAnn Worley, M.S., LMHP

Shane Powers, M.S., PLMHP

Amanda Garver-Lead Community Service Worker

Medicaid approved, licensed therapists.

Trained in TF-CBT, EMDR and PCIT.

Providing in-home and in-office treatment in the following areas:

- Teen and youth issues
- ADHD
- Mood, anxiety and adjustment disorders
- Parenting skills advice
- Family issues
- Communication skills
- Marriage/partner issues
- GLBT issues
- Anger Management

- Self-harming behavior
- Abuse of any kind

Inroads to Recovery, Inc.

Phone (402) 932-2248 ext:135

www.inroadstorecovery.com Inroads to Recovery, Inc.

230 E. 22nd Street

(402) 932-2248 ext: 135

www.inroadstorecovery.com

Adult and pediatric/adolescent, ages 5 and up, psychiatric/mental health treatment including diagnosis intake assessments, medication management and individual and family counseling. Substance Abuse treatment including substance abuse evaluations, chemical education, individual, OP and IOP for adults and adolescents, relapse prevention, Men of Integrity and residential treatment. An interpreter is available.

Accepting self-pay, private insurance, Medicaid, Medicare, and vouchers.

Dr. Syed Pirzada Sattar

Lisa Beck PA-C

Christie Bower APRN

Kim Camp-Grimit APRN

Mary Pat Kuehler APRN

James Meyer PA-C

Carla Mundt APRN

Molly Petersen APRN

Mark Porter LADC

Cori Porter PLADC

Tabatha Seger PLMHP, PLADC

Rob Owens PLMHP

Dr. Linda Hunter

Licensed Psychologist

Northeast Nebraska Psychological Services, PC

1835 E. Military Ave. Ste 105

Phone: 402-816-4063

Fax: 402-685-4163

Lindsay Kramer, LICSW, MS (Child Development)

Mental Health Therapist

415 E. 23rd Street Ste. 205

(402) 909-2787

www.lindsaykramer.com

Clinical therapist who provides a broad range of therapies. Utilizes brief, solution-focused therapy, longer-term psychotherapy, and cognitive behavioral therapy for adults, children, and families. Addresses a broad range of concerns including depression, anxiety, behavioral problems, relationship and identity issues, life transitions, anger, and trauma.

Lutheran Family Services, Rupert Dunklau Center for Healthy Families**

1420 East Military, Suite 100

(402)-721-1774

Central Intake Line: (855-659-2706)

Fax: (402) 721-9689

Nicole Hogle, PLMHP (Children’s Therapist) – 402-941-0075

Brenda Parker, PLMHP

Dean List, APRN (medication management)

www.lfsneb.org

- Mental Health Services – Community Support, Outpatient, Urgent Outpatient*, Medication Management, Dodge County Crisis Response Team (accessible only through law enforcement).
- Substance Abuse Services – Outpatient and Outpatient Assessments

Nan Cunningham, LMHP, MSed

Licensed Mental Health Therapist

415 E. 23rd Street Ste. 205

(402) 720-3498

www.nancunninghamlmhp.com

Nebraska Mental Health Centers

Children, families & group therapy

2951 N. Clarkson St.

Fremont, NE 68025

Phone: (402) 483-6990

email: nmhc@nmhc-clinics.com

Office Hours: By appointment only

- Grief/loss
- Psych evaluations
- Med management
- PCIT (parent child interaction therapy)

OnTrack of the Heartland- managed by Heartland Family Services

Fremont, Ne 68025

402-552-7003

Recovery- oriented treatment for 15-25 year olds who have one of the following: Schizophrenia, Schizoaffective, Schizophreniform, Delusional Disorder, Brief Psychotic Disorder, and/or Psychotic Disorder. Available to residents of Cass, Dodge, Douglas, Sarpy, and Washington counties.

Park Professional Group
1627 E. Military Ave. Suite
200
402-727-4886
parkprofessionalgroup.com

Catherine Saeger, LICSW Mary
Haskins, LICSW, LADC Michele
Missel, LICSW

Serving individuals, couples and families. Expertise in the areas of the treatment of depression, anxiety, trauma resolution, substance abuse, stress management and child and adolescent counseling. Park Professional Group accepts all major insurance plans including Medicaid and Medicare. Payment plans are also available.

Pediatric Partners (UNMC Collaborating Site) Rhonda
Turner, PhD, Clinical Psychologist (402)-483-1936
(Lincoln)

Preferred Provider List for Probation and Parole

<https://supremecourt.nebraska.gov/6534/registered-service-providers>

Gail Plasek, LICSW
402-721-1107
224 N. Main St. Ste. #5

Region 6 Behavioral Healthcare

3801 Harney St
Omaha, NE 68131
402-444-6573

- **Mental Health Services – Case Management**

Region 6 Professional Partners Program

Contact: Jason Levering, Intake Coordinator
(402)-996-8377, Fax: 444-7722

(Community based wrap-around program for families with children who have behavior issues. This program is voluntary and there is **no fee** for this service.)

www.regionsix.com

Region 6 Behavioral Healthcare is responsible for planning, development, funding, monitoring and evaluation of behavioral health services in the five county area of Cass, Dodge, Douglas, Sarpy and Washington Counties in eastern Nebraska. This publicly funded behavioral health system includes mental health and substance abuse prevention, treatment and rehabilitation services provided by a network of providers, supported by federal, state and county dollars.

Behavioral Health Treatment and Rehabilitation Provider Listing www.regionsix.com

Renewal Mental Health Services

1835 E Military Ave, Suite #111
(402) 941-8882
Ed Northam, Ph.D

Riggins & Associates Counseling Services Inc www.rigginsburger.com

230 E 22^d Street, Suite #3
(402) 721-8805

Michelle Burger, LIMHP, NCC, CCG (adolescents and adults) Priscilla
Wilson, LMHP, NCC (will work with young children)

Stan Carlson, M.Div., LIMHP, LADC, LPC (**Carlson Counseling Services, LLC**) (will work with both
adolescents and adults).

Therapists offer individual and family counseling in mental health, gambling and substance use
issues. Riggins and Associates will accept most insurance including Medicaid and Employee
Assistance Programs.

Whitcomb's Professional Counseling (Mondays and Tuesdays only)

748 N Main Street (402)721-0245
Gordy Whitcomb, MS, LMHP, LADC

Spence Counseling Center

12035 Q Street, Omaha, NE. Call (402) 991-0611 to make appointment West
Entrance, Fremont Alliance 16th and Lincoln St, Fremont, NE

Parent Child Interaction Therapy (PCIT)

PCIT is a specific therapy approach designed to address disruptive behaviors in young children
ages 2 to 7. PCIT has been found effective in treating oppositional behavior, inattention, and
aggression. The child’s parent(s) is actively involved in PCIT. PCIT teaches parent(s) specific
strategies to increase the child’s compliance and decrease aggression.

Medicaid approved!

Local Providers:

Barb Gobel LICSW
906 E 5th St Fremont
NE 68025
402-689-4664

Chris Wegener PLMHP
Fremont Health Outpatient Behavioral Medicine
2560 N. Healthy Way
(402) 941-7241
Medicaid accepted and Blue Cross/ Blue Shield

Nicole Hogle, MS, PLMHP

Lutheran Family Services
(402) 661-7100
Medicaid accepted.
Hills Counseling 224
N. Main St #2
Fremont NE 68025
402-871-9979
402-968-7388
www.hillcounselingandconsulting.com
Medicaid accepted.

Karen Cope, Family Advocate
The Bridge, Crisis Center for Domestic Abuse (402)
721-4340

Park Professional Group
Mary Haskins, LICSW, LADC
1627 E. Military Ave.
Suite 200
Fremont, NE 68025
[402-727-4886](tel:402-727-4886)
parkprofessionalgroup.com

Insurance and Medicaid accepted Substance Abuse Assistance Nurturing and Attachment

A Brand New Day
Substance Abuse Counseling
402-727-7278
402-727-7366 (Fax)
Mark Porter, LADC 92
W. 5th St.

Lutheran Family Services
1420 E. Military Ave
Fremont, NE 68025
1-855-659-2706

Intensive Outpatient Substance Use program

The IOP program is for clients who are age 19 or older who have had a substance use evaluation in the past 6 months that recommends intensive outpatient treatment. Clients are engaged in 10 hours of therapeutic treatment each week consisting of 3 groups (Monday, Wednesday and Thursday) from 2-5 pm and one individual session; family therapy may also be included as necessary.

If you have clients that would benefit from this service and who have an evaluation completed

please fax their evaluation to LFS at FAX: 402-721-9689 or E-mail the evaluation to LBRUNDEGE@LFSNEB.ORG

Rainbow Days Children's Group

The Bridge

Crisis Center for Domestic Abuse/Sexual Assault

141 South Union Street Fremont,

NE 68025

402-721-4340

402-727-7777 24 hour crisis line

888-721-4340 24 hour crisis line www.bridgefromviolence.com

www.facebook.com/crisiscenterfremontne

www.knowanddowhatsright.com

Weekly support and educational program for children ages 5 yr to 13 yr who have witnessed domestic violence.

Open group, no cost, every Thursday 6:30-7:30pm.

-

Children's Behavior

Knowledge of Child Development and Behaviors, Nurturing and Attachment, Social and Emotional Competence of Children, Parental Resiliency

Boys Town

14100 Crawford St Boys

Town, NE 68010 402-

498-1300

Now providing in-home supportive services to families in Dodge County!

Parent to Parent Network

201 Miller Avenue

Norfolk, Ne 68701

402-379-2268

1-877-226-8819

Parent-parent.org

Available to families in Northeast Nebraska and who are raising, or are primary caregivers for, children with behavioral/ emotional challenges, including social, emotional mental, substance abuse and gambling. All services are free.

Parent/Child Groups

**Knowledge of Child Development
and Behaviors,
Nurturing and Attachment, Social
and Emotional Competence of
Children, Social Connections**

Parents Interacting with Infants (PIWI)

PIWI promotes parenting through facilitation of parent child interactions that are competent, confident, and mutually enjoyable. PIWI focuses on promoting the social emotional development and school readiness of young children birth to age 5.

Contact the Fremont Area United Way for information on current PIWI groups.

445 East 1st Street
Fremont, NE 68025
402-721-4157

Mothers of Preschoolers (MOPS)

This Christian-based organization offers regular meetings that include fellowship, food, speakers/presentations related to motherhood, discussion groups, a MOPPETS program (care and Bible instruction) for children and more.

First United Methodist Church (402)
721-0817
815 N Broad St
Fremont, NE 68025-4128
Meetings: 2nd & 4th Fridays at 9:00AM-11:00AM

Fremont Alliance Church 402-721-
5180
1615 N Lincoln Ave Fremont,
NE 68025-3204 Meetings
1st & 3rd Monday at 6:30-8:00 P.M.

Young Mom Support Group

Dodge County Head Start
1024 West 23rd Street
Fremont, NE 68025

Meets 2nd and 4th Mondays of every month
630pm-8pm

Cost is FREE
Daycare and snack provided
Meal provided for mothers

This group is for moms who are 23 years old or younger, have a child and/or are expecting a child. Come join us for fun and friendship!

In-Home Services

Knowledge of Child Development and Behaviors, Nurturing and Attachment, Social and Emotional Competence of Children, Parental Resiliency

Boys Town

14100 Crawford St
Boys Town, NE 68010
402-498-1300

**Educational Service Unit #2
Early Development Network
402-721-7710**

Provides services and supports that are designed based on the needs of children birth to age 3 and their families with the belief that parents know what is best for their families. Helps families to understand their child's disability and provides assistance in dealing with situations that interfere with the child's development.

**Early Steps to School Success
Save the Children
402-949-9416**

- Helps to build a foundation of language and literacy skills for children
- Birth to age 5

This is accomplished through home visits, book exchanges, parenting groups, and an emphasis on transition to school, Early Steps staff helps children with language, social and emotional development, and equips parents and caregivers with the skills to successfully support children's growth.

**Heartland Family Services
Jefferson House
437 Jefferson Rd
Fremont NE 68025
402-721-5099**

The Jefferson house is an emergency shelter and group home for youth ages birth to 18 years old. The shelter provides a 30 day temporary placement for children and their siblings that were removed from the home due to safety concerns. Also provided is a group home program that is 6-9 months in duration, working on socially appropriate behavior and following instructions.

The newest program is in-home supportive services. Family support and supervised visitation services are available.

Healthy Families – Northeast Nebraska Community Action Partnership

603 Earl Street
Pender NE 68047
402-385-6300
Hours: Monday – Friday 8:00 a.m. to 4:30 p.m.

- Healthy Families is a free program available to residents of Northeast Nebraska that provides in-home parenting support designed to build on family strengths. Ideal candidates are prenatal women and/or families with infants less than three months old. However, please inquire if your child is slightly older.

Parenting Services

Knowledge of Child Development and Behaviors, Nurturing and Attachment, Social and Emotional Competence of Children, Parental Resiliency, Social Connections

Common Sense Parenting Model

Group and in-home

Boys Town

Call (402)498-1059 to register

- Provided at Boys Town National Resource Hospital, Main Campus and In-Home (for one on one)
- School age 6 week class (6yo-18yo)
- Toddler (1yo-6yo) 7 week class, and ADHD class
- Cost is \$91, but also accepts grant money. No one is turned away due to lack of finances
- Open to the public and Boys Town clients

Love and Logic Model

Group setting

Care Corps
723 N. Broad St Fremont NE 68025
402-721-3125

The program is free to the community, participants must register, this can be done by calling Jessica Rudder or stopping in at Care Corps and filling out a registration form at the front desk. The classes are every Thursday 7pm-8pm for 8 weeks. They must start at the beginning of a session.

Uniquely Yours Stability Support (UYSS) 240
N. Main St
Fremont NE 68025
402-727-8977

Hours:

Mon-Fri 9am-4pm

Sat 1pm-4pm

Any one from the community is currently eligible.

Nurturing and Attachment Model

Nurturing Parenting Program-Group Setting

Lutheran Family Services

1420 E Military Ave Fremont
NE 68025
402-941-0075

The Nurturing Parenting Program® classes emphasize the importance of raising children in a warm, trusting and caring household. The philosophy is founded on 7 principles:

- Feelings of attachment
- Empathy
- Nurturing oneself
- Gentle touch
- Discipline
- Expressing feelings
- Expectations & self-worth

Structured childcare is provided for all sessions.

Clients must already be working with LFS to obtain service. The service is then provided at no cost

Members of the class prepare dinner weekly and have dinner with their children.

Classes are offered at various times.

Contact agency for more info!

Child Abuse/ Neglect Services

**Knowledge of Child Development
and Behaviors,
Nurturing and Attachment, Social
and Emotional Competence of
Children, Parental Resiliency**

State Department of Health and Human Services

Adult & Child Abuse & Neglect Hotline 1-800-652-1999

Local Offices: 839

S. Broad St
Fremont NE 68025

1959 E. Military Ave Fremont
NE 68025

The Bridge

Crisis Center for Domestic Abuse/Sexual Assault

141 South Union Street

Fremont, NE 68025

402-721-4340

402-727-7777 24 hour crisis line

888-721-4340 24 hour crisis line www.bridgefromviolence.com

www.facebook.com/crisiscenterfremontne

www.knowanddowhatsright.com

24 hour crisis intervention and support services for victims of domestic violence and sexual assault.

Baby Supplies

**Concrete Supports, Social
Connections**

Life Choices Pregnancy Resource Center

1835 Military Ave, Ste.101

Fremont, NE 68026

402-721-5551

Office Hours:

Monday Tuesday Wednesday Thursday Friday, Sat, Sun

Closed

12:00 pm - 5:00 pm

12:00 pm - 5:00 pm

12:00 pm - 5:00 pm

Closed

Three Rivers District Health Department

2400 N
Lincoln
Ave
Fremont
NE 68025
402-727-5396

Three Rivers District Health Department has certified technicians available for child safety seat inspections. Periodic safety inspection stations are also available at our local health centers and during community events.

Three Rivers District Health Department provides convertible child safety seats and booster seats to parents and guardians that have legal residence inside the counties we serve.

Northeast Nebraska Community Action Partnership

212 E. 8th St
Fremont NE 68025
402-721-0619

Child Care Seat Program

Infant seats, toddler seats and booster seats are provided to income eligible clients for a nominal fee. Car seats are installed and child safety seat education is provided to clients by trained technicians. The Agency has Child Passenger Safety Technicians and one Senior Technician trained by the National Highway Traffic Safety Administration.

After School/Summer Programming Social Connections

Fremont Public School After- School Programming K -4th Grade

Serving children attending Washington, Milliken Park and Linden Elementary Contact your school for eligibility and more information!

The Hope Center for Kids

555 W. 23rd St
Fremont NE 68025
402-341-4673 Ext1100

Hours:

M, T, Th 3:00-6:30 p.m.
W- 3:00 p.m.-6:30 p.m. Fri- 3:00- 6:00 p.m.

Summer hours are 1130-4pm in collaboration with the Summer Lunch Program. After school programming, free of charge to families. Transportation provided. Supports youth 5th through 12th

grade.

The Summer Lunch Program Presbyterian Church of Fremont 520 W. Linden Ave
Fremont NE 68025
402-721-7904

From May-Aug

Summer Lunch Program

Free lunch to any child 1-18 years old. Also included as any parents of those children

Hours:

Mon-Fri 11:30-4:00pm, closed July 4th

YMCA

810 North Lincoln Ave.

Fremont, Ne 68025

Mike Robinson is contact and will work to provide scholarships for families

Clothing

Concrete Supports

The Goodwill

3175 Elk Ln, Fremont, NE 68025

(402) 727-5007

Low Income Ministry

549 N. H St

Fremont NE 68025

402-727-6884

Clothing Center: M-F 9-245p Sat 9-1130am

Uniquely Yours Stability Support (UYSS)

240 N. Main St

Fremont NE 68025

402-727-8977

Hours:

Mon-Fri 9am-4pm

Sat 1pm-4pm

Child Care/Preschool

**Concrete Supports, Knowledge of
Child Development and Behaviors,
Nurturing and Attachment, Social
and Emotional Competence of**

Children

Find a State licensed child care provider at :

<http://dhhs.ne.gov/publichealth/Documents/ChildCareRoster.pdf>

Dodge County Head Start

1024 W. 23rd St
Fremont NE 68025
402-721-9022

Dodge County Head Start promotes school readiness by enhancing the social and cognitive development of children through the provision of educational, health, nutritional, social and parent involvement services to enrolled children and families.

Please contact our local office for information regarding eligibility.

Fremont Public Schools-Preschool

Linden Elementary	402-727-3150
Washington Elementary	402-727-3164
Milliken Park Elementary	402-727-3160

Contact one of the above schools for more information on eligibility and enrollment!

Support Groups

Parental Resilience, Social Connections

Fremont Area Support Groups – Peer led – Free will Donation – No Fee

ALCOHOLICS ANONYMOUS

AA and Al-Anon

Chapter 5 – 136 N Main St (402) 721-0272

CELEBRATE RECOVERY

Recovery from Life's Hurts, Habits, and Hang-ups

Christ Centered

1640 West Military Ave

Every Monday at 7pm

www.sanctuaryfremont.com

1640 West Military Ave

Facebook, Celebrate Recovery: Fremont

CMA Crystal Meth Anonymous
Tuesdays 5:15pm 1550 N Broad (16th st entry)
Thursdays – 5:15pm
Contact (402) 983-5585

NARCOTICS ANONYMOUS

Fremont Area Service Committee
F.A.S.C. Narcotics Anonymous
P.O. Box 1452
Fremont, NE 68026

N.A. Hotline (402) 459-9511

Oxford Housing – Adult – Sober living

Call for more information:

Women’s (402) 816-4520

Men’s (402) 721-6259

Fremont Health Support Group Schedule

NAMI (National Alliance for Mental Illness) Support Group and NAMI Connections Peer Group – Fremont family support group for family and friends who have a family member experiencing mental illness. Meets the second Tuesday of every month at 6:30 p.m.. Facilitators are Ann Steinbach and Marlene Mullally.

Location: Fremont Health, Health Park Plaza (Third Floor) Rm 1

Compassionate Friends – Grief support after the death of a child. Whether your family has had a child die (at any age from any cause) or you are trying to help those who have gone through this life altering experience, The Compassionate Friends exists to provide friendship, understanding, and hope to those going through the natural grieving process. Facilitator is Janet Todd. Meets the second Thursday of every month.

Location: Fremont Health, Health Park Plaza (Third Floor) Rm 5

Understanding Hearts: Suicide Survivor Support Group – A grief support group to help people cope with the shock and pain that accompany the loss of a loved one to suicide. Receive emotional support from those who understand your loss. Meets the third Tuesday of the month from 5:30 p.m. 7:30 p.m. Facilitator Sandy Olson.

Location: Fremont Health, Dunklau Gardens Conference Room

For more information regarding any meeting contact Community Health Department 727-3439

The Bridge

Crisis Center for Domestic Abuse/Sexual Assault

141 South Union Street

Fremont, NE 68025

402-721-4340

402-727-7777 24 hour crisis line

888-721-4340 24 hour crisis line
www.bridgefromviolence.com
www.facebook.com/crisiscenterfremontne
www.knowanddowhatsright.com

24 hour confidential crisis intervention and support services for victims of domestic violence and sexual assault and their families. Individual and group support are available in both English and Spanish for adults and children. Emergency shelter and safe housing assistance, criminal justice support, assist with protection orders, life skills and parenting support.

Women's Sexual Assault Support Group- 2nd and 4th Thursdays of the month 12 p.m.-1 p.m. at The Bridge. Childcare provided.

Women's Support Group- 1st and 3rd Thursday of the month 12 p.m.- 1 p.m.at The Bridge. Childcare provided

Job Readiness/Career Assistance

Concrete Supports

Vocational Rehabilitation

827 North D Street Fremont
NE, 68025
402-727-2900
Hours Monday –Friday 8-5

Qualifying individuals include those that have a disability and need a job.

Works with individuals with disabilities obtain and/or maintain employment Disabilities can include physical, mental, alcohol or drug related

Programs offered-

- Career exploration
- Vocational Planning
- Independent Living
- Assessments
- Job Placements
- Retention

Res Care

210 E 8th Street Suite C
8am-5pm (M-F) - closed from 12pm-1pm for lunch hour
402-753-6499
402-727-0420 (fax)

* clients usually are referred to partake in the Employment First program

Staff Co (Walk-in)

413 N Main Street

8am-5pm (M-F) 402-727-8336
402-727-7224 (fax)

Premier Staffing (Walk-in) 415 E
6th Street, Suite C 8am-5pm (M-F)
402-721-1476
402-721-6766 (fax)

Advance Services (ASI) (Walk-in)
1710 E 23rd
8am-5pm (M-F)
402-721-6135

Staff Co, Premier Staffing, and ASI are all staffing agencies that will pay the individual.

**Nebraska Department of Labor
American Job Center**
Kim Neesen
Office: 402-370-4417 Cell: 402-326-4847

The Nebraska Department of Labor Training and Employment Program assists with:

- After drop-out recovery services
- Placement in a job
- Career Awareness and Exploration
- College enrollment assistance

Education Assistance

Concrete Supports

Metropolitan Community College
835 N Broad St, Fremont, NE 68025
(402) 721-2507

Our Programs and Descriptions:

- GED
Adult Education/General Education Development offers non-credit instruction in basic skills and GED preparation. In addition, the department offers GED testing services.
- Non-credit English as a Second Language
Adult Education/non-credit ESL is intended for literacy level non-English speaking students. The classes focus on survival and basic English skills.

Adult Education Office: 402-457-2312 or adultedu@mccneb.edu

**Nebraska Department of Labor
American Job Center**
Kim Neesen

Office: 402-370-4417 Cell: 402-326-4847

The Nebraska Department of Labor Training and Employment Program assists with:

- After drop-out recovery services
- Placement in a job
- Career awareness and exploration
- College enrollment assistance

Clothing-Career

Concrete Supports

Uniquely Yours Stability Support

240 N. Main St Fremont
NE 68025
402-727-8977

Interview Clothing Shop Hours:

Mon-Fri 9am-4pm
Sat 1m-4pm

Participants are able to receive one free outfit. You can then bring back verification of employment and received four additional outfits!

Life Skills Development

**Concrete Supports, Parental
resilience**

Uniquely Yours Stability Support

240 N. Main St Fremont
NE 68025
402-727-8977

Offering life Skills classes, free of charge. Call
for current schedule!

- Budgeting, Employability
- Alternatives to Anger, Mental health Support groups
- Smart Start (hygiene), Nutrition Education
- Parenting and Youth workshops, Dream workshops

Care Corps Homeless Services

723 N. Broad St Fremont NE
68025
402-721-3125

Offering life Skills classes, free of charge. Call for
current schedule!

Rent Wisely
Love and Logic Parenting Health Decision Making Classes Self-Affirmations
Handling Guilt & Insecurity Stop Jumping to Negative Assumptions & Handling Irrational Beliefs
Goals for “Making Healthy Decisions” to deal with Anger Issues
Develop a More Flexible & Versatile Emotional Response System
Building Trust & Accepting
Personal Responsibility
Stress Reduction & Relaxation
Technique

Generation Hope Family Counseling & Consulting, LLC

6681 Sorensen Parkway, Omaha, NE, 68022

224 N Main Street, Suite #2, Fremont, NE, 68025

Phone: 402-932-8884

Fax: 402-932-8885

Cell: 402-740-6184

www.generationhopecounseling.com

hduhachek@generationhopecounseling.com Facebook ~ The Victim Stance

Other Services

Legal

Concrete Supports

Legal Aid

209 S. 19th Street, 2nd Floor, Omaha, NE, 68102

Phone: 402-348-1069

Fax: 402-348-1068

Mentoring Programs

Social Connections

Teammates Mentoring Program (Youth)

Youth meet one hour per week with a caring adult who serves as a mentor. Mentors are volunteers from the community who have dedicated themselves to making a difference in the life of a young person. Mentors give youth a sense of hope, purpose and vision.

Facilitated locally by Midland University

Contact:

Fremont Public Schools

Nancy Knoell nancyknoell@gmail.com

402-721-6452

Other Social Connections

Social Connections

Project Everlast

445 E. 1st St Fremont

NE 68025

Contact Alana: 402-380-4552 (call or text) or

apearson@nebraskachildren.org

Check out Project Everlast Fremont Facebook page!

Supporting youth ages 14-24 with foster care experience. Project Everlast helps to create opportunities and build social connections for youth. Our local youth council meets monthly. Call for more information on how to get involved!

The Summer Lunch Program**Presbyterian Church of Fremont**

540 W. Linden Ave

Fremont NE 68025

402-721-7904

From May-Aug

Summer Lunch Program

Free lunch to any child 1-18 years old. Also included as any parents of those children

Hours:

Mon-Fri 11:30-4:00pm Closed

on July 4th

YMCA

810 North Lincoln Ave.

Fremont, Ne 68025

Mike Robinson is contact and will work to provide scholarships for families

Understanding Hearts

Support group for survivors of suicide, meets on the 3rd Tuesday of the month from 5:30-7:30 p.m.

Contact: Sandy at (402)727-4847

Language Services***Concrete Supports*****Good Shepherd Lutheran Church**

1440 E. Military Ave

Fremont NE 68025

402-721-8496

Contact: Lois Svoboda

Know someone who desires to learn English? We use the English Oxford illustrated dictionary as

the curriculum. Classes are free of charge!

Hotlines-Warm Lines

Parental Reliance

AL-ANON MEETINGS - nebr-al-anon-alateen.org/ PH:	402-553-5033
Alcoholics Anonymous - www.aa.org	
Nebraska AA Toll Free - www.area41.org -	877-226-3632
A & A Aardvark Addiction Helpline	800-494-2180
AIDS Hotline	800-782-2437
Adult Protective Services	800-652-1999
Alcohol & Drug Abuse Hotline	800-252-6568
Baby Hotline	402-572-2229
Boys Town Hotline	800-448-3000
Child Abuse/Neglect Hotline	800-652-1999
Gambling Hotline	800-560-2126
Lasting Hope Recovery Center 24/7 Hotline	402-717-5300
Local DV/SA crisis line; serving 5 counties	800-721-4340
National Runaways	800-621-4000
Nebraska Children's Home 24 Hr Pregnancy	800-390-6754
Nebraska Family Helpline	866-866-8660
Nebraska Family Support Network	402-345-0791
Poison Control Center	402-390-5555
Drug/Alcohol Prevention Resource Hotline	888-870-1812
Safe Harbor-Peer support services for mental well-being	402-715-4226
Suicide Prevention	800-273-TALK
Veterans 24 hour crisis line, talk or text veteranscrisisline.net	800-273-8255
Victim Services-Dodge County	402-727-2795

Other Local Numbers (non-emergency)

Dodge County Sheriff's Office	402-727-2700
Fremont Police Department	402-727-2677
Fremont Fire Department	402-727-2688
The City of Fremont	402-727-2630
Fremont Dept. of Utilities	402-727-2613

Need more assistance in connecting to community resources?

Community Response

Contact The Fremont Area United Way for additional information
402-721-4157

The Community Response is a system that connects families to community resources that will increase family protective factors and help them reach their goals.

The family will be connected with a family advocate who will work with them one on one for up to 3 months...all free of charge to the family.

This a family centered approach to improve the lives of families in the community.

To qualify, families must live in Dodge County, have a child in the home 0-18 years old.