

# **EMMET COUNTY**

## **2017**

### COMMUNITY RESOURCES



**COUNTY SOCIAL SERVICES 712-362-2452**  
**LIFELONG LINKS: 866-468-7887**  
**COUNTY SOCIAL SERVICES CRISIS:**  
**855-266-1257**

Compiled by Emmet County Social Services June/July 2017

## NUMBERS TO KNOW

Poison Control 1-800-222-1222

24 hour Call Center

<http://iowapoisn.org>

\*\*Health concerns related to coming in contact with poison

Ambulance, Fire, Police

Emergency Dial 911

Estherville Police Department

114 N. 6<sup>th</sup> St.

Estherville, IA 51334

712-362-3515

Emmet County Sheriff's Office

114 N. 6<sup>th</sup> St.

Estherville, IA 51334

712-362-2639

National Suicide Prevention Hotline Phone: 800-237-TALK (8255)

Website: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) Counseling

Avera Holy Family Hospital

826 N 8<sup>th</sup> St

Estherville, IA 51334

712-362-2631

Seasons Center for Community Mental Health 24 hour Crisis Line

800-242-5101

Emmet County Department of Human Services

220 S 1<sup>st</sup> St., Estherville, IA 51334

712-362-7237

DHS Imaging Center 1

417 E Kanseville Blvd

Council Bluffs, IA 51503

Iowa Concern 1-800-447-1985

\*\*Financial questions, legal issues, family transitions (All hours, all days)

ISU Answer Line 1-800-262-3804

\*\*Questions relating to home and family (M-F, 9-noon 1-4 pm)

National Runaway Switchboard 1-800-786-2929 (1-800-RUNAWAY)

\*\*A person can report oneself as a runaway, or report that a family member has runaway

Better Business Bureau, Des Moines 1-515-243-8137

\*\*Financial information

Consumer Protection Division Consumer Rights

Attorney General

1-515-281-5926

Emergency

911

Alliance for the Mentally Ill 1-800-950-6264 (1-800-950-NAMI)

\*\*Provides support, education, and information to families, friends, and individuals with a mental illness

Emmet County Extension Services

26 S 17<sup>th</sup> St.

Estherville, IA 51334

712-362-3434

Social Security Administration

1610 12<sup>th</sup> Avenue SW

Spencer, IA 51301

1-866-273-6050 Spencer office

800-722-1213 Toll Free

General Information and Claims 800-722-1213

Benefit Finder Website: [www.benefits.gov](http://www.benefits.gov) Official benefit website of the U.S. government; Informs citizens of benefits they may be eligible for; Provides information on assistance and where to contact agencies.

Emmet County Public Health

508 S 1<sup>st</sup> St A

Estherville, IA 51334

712-362-2490

Fax: 712-362-7160

[www.emmetcountya.com/publichealth.html](http://www.emmetcountya.com/publichealth.html)

Healthy Families 1-800-369-2229

\*\*Prenatal health care questions and information (all hours, all days)

. Teen Line 1-800-443-8336

\*\*Personal and health-related information and referral (all hours, all days)

Veterans Service Officer

Deb Tietje

609 1<sup>st</sup> Ave. N. Suite 5

Estherville, IA 51334

712-362-7431

Fax: 712-362-7835

[dtietje@emmetcountya.com](mailto:dtietje@emmetcountya.com)

Veteran's Regional Office 1-800-827-1000

\*\*Information on benefits for veterans (Des Moines)

Veteran's Medical Center 1-800-316-8387

\*\*Medical care and mental health services (Sioux Falls)

Bets Off 1-800-BETSOFF or 1-800-238-7633

\*\*Hotline of Iowa Gambling Treatment Program. Gambling concerns for yourself or others

Emmet County RSVP/Volunteer Program 712-362-7929

300 S. 18<sup>th</sup> St.

Estherville, IA 51334 Fax: 712-362-3969

Alzheimer Association  
Alzheimer's and Related Disorders  
1-800-272-3900

American Cancer Society 800-227-2345

Zoning Officer 712-362-7431

## ABUSE

Child and Dependent Adult Abuse and Neglect Reporting  
1-800-362-2178  
24 Hour Call Center

Emmet County Department of Human Services  
220 S 1<sup>st</sup> St., Estherville, IA 51334  
712-362-7237

State Domestic Abuse Hotline  
1-800-942-0333

CAASA (Centers Against Abuse & Sexual Assault)  
-for sexual assault advocacy  
Emmet County office number 712-362-3200  
Fax: 712-362-3204  
Misty Wolff

FCC (Family Crisis Centers)-Northwest  
-for domestic violence advocacy  
1-800-382-5603  
Krista Redinius Victim Advocate  
712-362-3200

Victim Witness Coordinator  
Michelle Howing  
609 1<sup>st</sup> Ave. N. Suite 1  
Estherville, IA 51334  
712-362-2229

Iowa Sexual Abuse Hotline  
1-800-284-7821

Child Advocacy Center 800-582-0684 or 712-279-2548 Address: 801 5th Street, Sioux City, Iowa, 57104  
Website:[www.mercysiouxcity.com/child-advocacy-center](http://www.mercysiouxcity.com/child-advocacy-center) Child friendly program dedicated to serving children who are victims of abuse.

Forest Ridge Youth Services Phone: 712-362-5231 or 24hr a day 712-209-6345 36 Address: PO Box 515 Estherville, Iowa, 51334

## CHILDREN'S ISSUES

Child Abuse Hotline (to report abuse)  
1-800-362-2178

Emmet County Department of Human Services  
220 S 1<sup>st</sup> St., Estherville, IA 51334  
712-362-7237

Child Abuse Hotline (National)  
1-800-422-4453

Child Find of America  
1-800-IAM-LOST  
(1-800-426-5678)  
24 Hour Call Center  
Website: [www.childfindofamerica.org](http://www.childfindofamerica.org) Missing Children reports/photos

Missing Children Help Center  
1-800-USA-KIDS  
(1-800-872-5437)

National Child Safety Council (Childwatch)  
1-800-222-1464

Prevention of Child Abuse  
1200 University, City View Plaza  
Des Moines, IA 50314  
515-281-8726

National Runaway Switchboard  
1-800-621-4000 24 hour Call Center

Forest Ridge Youth Services Phone: 712-362-5231 or 24hr a day 712-209-6345 Address: PO Box 515 Estherville, Iowa, 51334. Behavioral health intervention services; Mental health services; Scheduled home pass; Transportation; Evidence based programs; Transitional planning services; Sex and sexuality classes; Girls circle

Children's Square U.S.A Phone: 712-322-3700 Address: North 6th Street Ave E PO Box 8-C, Council Bluffs, Iowa, 510502 Hours: 24hr Call Center Website: [www.childrensquare.org](http://www.childrensquare.org) Email: [visitorcenter@childrensquare.org](mailto:visitorcenter@childrensquare.org) Emergency shelter; Runway & homeless youth services; residential education & treatment; foster care; child care.

Teen Line Phone: 800-443-8336 Hours: 24hr Call Center Website: [www.extension.iastate.edu/teenline/](http://www.extension.iastate.edu/teenline/) Confidential help for teens: Health, eating, & weight; Relationships; Violence; AIDS/HIV; Alcohol or drug use; Sexual Relationships; Birth Control/Pregnancy; Stress; STD's

Thursday's Child Phone: 800-872-5437 Hours: 24hr Call Center Website: [www.Thursdayschild.org](http://www.Thursdayschild.org) Teen toll-free helpline.

Your Life Iowa: 855-581-8111 Hours: 24hr Call Center Resource for Iowans concerned about bullying and youth suicide.

## CHILDREN'S SERVICES

The Caring Program for Children

1-800-223-KIDS

(1-800-223-5437)

Children's Hospice Int. 1-800-242-4453

Children's Wish Foundation Int. 1-800-323-9474

Reye's Syndrome, Natl. Foundation 1-800-233-7393

Shriner's Hospital Referral Line 1-800-237-5055

Emmet County Department of Human Services

220 S 1<sup>st</sup> St., Estherville, IA 51334

712-362-7237

Apply online at: [www.oasis.iowa.gov](http://www.oasis.iowa.gov) or [www.dhs.iowa.gov/how-to-apply](http://www.dhs.iowa.gov/how-to-apply)

Avera Holy Family Hospital

826 N 8<sup>th</sup> St

Estherville, IA 51334

712-362-2631

Emmet County Public Health

508 S 1<sup>st</sup> St A

Estherville, IA 51334

712-362-2490

Fax: 712-362-7160

[www.emmetcountya.com/publichealth.html](http://www.emmetcountya.com/publichealth.html)

Emmet County Juvenile Probation Office

609 1<sup>st</sup> Ave. N.

Estherville, IA 51334

712-362-5729

Prairie Lakes Area Education Agency

14 South 6<sup>th</sup> St

Estherville, IA 51334

712-362-7295

866-540-3856

[movingstudentsforward.org](http://movingstudentsforward.org)

[www.plaea.org](http://www.plaea.org)

Iowa Child Care Resource and Referral

Statewide Contact Information

877-216-8481

Upper Des Moines Opportunity

508 S 1<sup>st</sup> St. B

Estherville, IA 51334  
712-362-2391

Compass Pointe  
208 N. 8<sup>th</sup> St Box 457  
Entrance is on the NW corner of  
Estherville Lutheran Church  
Estherville, IA 51334  
712-362-2252  
712-362-2393  
After hours/Emergency number 712-262-2952

Champion State of Mind, PLLC  
Amanda J. Olson MS, LMHC, NCC  
Susan Loverink LMHC  
508 W. Central Ave. Suite B  
PO Box 36  
Estherville, IA 51334  
1-800-592-0180  
[www.championmind.org](http://www.championmind.org)

Hope Haven, Inc.  
Behavioral Health Intervention Services (BHIS)  
Lejeana Anliker (contact)  
920 S. Grand Ave., Spencer IA, 51301  
phone 712-348-1833  
fax 712-262-4202  
[lanliker@hopehaven.org](mailto:lanliker@hopehaven.org)

KIDS Program  
Upper Des Moines Opportunity  
101 Robin Street  
PO Box 519  
Graettinger, IA 51342  
712-363-8466

New Horizon's Psychiatric Care  
Roxanne Hackbarth, MS, PMHNP-BC  
1004 21<sup>st</sup> Street Suite 3  
PO Box 207  
Milford, IA 51351  
Phone: 712-338-6911  
Fax: 712-338-6913

Cherish Center/ Cherish House Phone: 712-338-3333 Address: PO Box 1003, Okoboji, IA 51101  
Website: [www.cherishcenter.org](http://www.cherishcenter.org) The Cherish Center provides Mothering classes, free pregnancy testing, counseling, and maternity housing. All the services that The Cherish Center provides are free of charge.

Child Health Specialty Clinics Contact Person: Receptionist Phone: 866-219-9119 Fax: 319-359-3715  
Address: 100 Hawkins Drive, Iowa City, Iowa, 52242 Hours: 24 hour Call Center Website:  
[www.chsciowa.org](http://www.chsciowa.org) Provides care for children from birth to 21 years of age who have chronic conditions

(physical, developmental, behavioral, or emotional) or at increased risk for a chronic condition and also have needs for special services.

Lutheran Services of Iowa Phone: 712-262-4083 Fax: 712-262-0174 Address: 1812 24th Ave W, Spencer, IA, 51301 Hours: Monday – Friday, 9:00 -5:00 Provides information on foster care & adoption; counseling & therapy; home health care; persons with disabilities; and more.

## CLOTHING

Upper Des Moines Opportunity  
508 S 1<sup>st</sup> St. B  
Estherville, IA 51334  
712-362-2391

Thrifty's  
12 S 6<sup>th</sup> St.  
Estherville, IA 51334  
712-362-2350

## DISASTER ASSISTANCE

Emergency Management  
508 S 1<sup>st</sup> St. A  
Estherville, IA 51334  
712-362-5702  
Fax: 712-362-6097  
[www.emmetcountya.com/emergencymanagement.html](http://www.emmetcountya.com/emergencymanagement.html)

Red Cross  
800-REDCROSS  
Emergency:800-340-4081 Address: 1900 Grand Ave Suite D3, Spencer, Iowa, 51301 Hours: 24hr Call Center Website: [www.redcross.org](http://www.redcross.org) Disaster relief; military family support; blood bank; health & safety services

Salvation Army  
800-728-7825

## EDUCATION

Iowa New Choices Program  
Iowa Lakes Community College  
300 South 18<sup>th</sup> Street  
Estherville, IA 51334  
712-362-7931



Adult Education and Literacy Program ABE and HSED  
Iowa Lakes Community College  
Estherville Campus  
712-362-6826

Head Start  
Upper Des Moines Opportunity  
508 S 1<sup>st</sup> St B  
712-362-2391

Iowa Lakes Community College  
Estherville - 1-800-242-5106  
Emmetsburg - 1-800-242-5108

Prairie Lakes Area Education Agency  
14 South 6<sup>th</sup> St  
Estherville, IA 51334  
712-362-7295  
866-540-3856

ISU Extended & Continuing Education 1-800-262-0015  
\*\*Off-Campus credit courses, non-credit conferences (M-F, 7:30am – 5pm)  
Emmet County Extension Services  
26 S 17<sup>th</sup> St.  
Estherville, IA 51334  
712-362-3434

Iowa State University Answer Line Contact Person: Receptionist Phone: 800-562-4692 Hours:  
Monday- Friday, 9:00 -12:00 and 1:00-4:00 Website: [www.extension.iastate.edu/families/answerline](http://www.extension.iastate.edu/families/answerline)  
Email: [answers@iastate.edu](mailto:answers@iastate.edu) Email: 1000 East Grand Ave, Des Moines, Iowa, 50319 Answers questions  
on child development, cleaning, food preparation and preservation, food safety, home environments,  
household equipment, nutrition, textiles & laundry.

Elderbridge Agency on Aging  
714 10<sup>th</sup> Avenue East  
PO Box 213  
Spencer, IA 51301  
1-800-242-5033  
712-262-1775

Iowa Vocational Rehabilitation  
300 S 18<sup>th</sup> St  
Estherville, IA 51334  
712-362-5433  
[www.ivrs.iowa.gov/](http://www.ivrs.iowa.gov/)

Compass Pointe  
208 N. 8<sup>th</sup> St Box 457  
Entrance is on the NW corner of  
Estherville Lutheran Church  
Estherville, IA 51334  
712-362-2252  
712-362-2393  
After hours/Emergency Line 712-262-2952

Emmet County Making Optimal Changes for Successful Youth Coalition  
Compass Pointe Behavioral Health Services  
208 N 8<sup>th</sup> St PO Box 457  
Estherville, IA 51334  
712-298-0529 Cell  
712-362-2242 Office and Fax  
em.comocsy@yahoo.com

EMERGENCY ASSISTANCE AND NUMBERS

Ambulance, Fire, Police  
Emergency Dial 911

Estherville Police Department  
114 N. 6<sup>th</sup> St.  
Estherville, IA 51334  
712-362-3515

Emmet County Sheriff's Office  
114 N. 6<sup>th</sup> St.  
Estherville, IA 51334  
712-362-2639

Avera Holy Family Hospital  
826 N 8<sup>th</sup> St  
Estherville, IA 51334  
712-362-2631

Emmet County Emergency Management  
712-362-5702

Upper Des Moines Opportunity  
508 S 1<sup>st</sup> St. B  
Estherville, IA 51334  
712-362-2391

Emmet County General Assistance  
609 1<sup>st</sup> Ave. N. Suite 5  
Estherville, IA 51334  
712-362-5224

Emmet County Department of Human Services  
220 S 1<sup>st</sup> St., Estherville, IA 51334  
712-362-7237

Veterans Service Officer Deb Tietje  
609 1<sup>st</sup> Ave. N. Suite 5  
Estherville, IA 51334  
712-362-7431

Fax: 712-362-7835  
dtietje@emmetcountya.com

County Social Services  
609 1<sup>st</sup> Ave. N. Suite 5  
Estherville, IA 51334

Seasons Center for Community Mental Health 24 hour Crisis Line  
800-242-5101

Compass Pointe  
After Hours/Emergency Line  
712-262-2952

Stay in Home Care Inc.  
401 Main St. Royal, IA 51357  
3301 Hwy 71 North. Spirit Lake, IA 51360  
712-346-7019/712-346-7828  
Allie Fletcher/Jenny Kabrick  
[stayinhomeschedule@gmail.com](mailto:stayinhomeschedule@gmail.com)

Lifeline  
Good Samaritan Society Home Care  
712-336-3412

## EMPLOYMENT

ILCC Rehabilitation Education & Services  
300 S. 18th  
Estherville, IA 51334  
712-362-2604

Iowa Vocational Rehabilitation  
300 S 18<sup>th</sup> St  
Estherville, IA 51334  
Cell phone: 515-326-4805  
Phone: 712-362-7921  
[molly.giddings@iowa.gov](mailto:molly.giddings@iowa.gov)

Iowa Work Force Development, Workforce Innovation and Opportunity Act (WIOA)  
217 W. 5<sup>th</sup> Street  
Spencer, IA 51301  
712-262-1971  
1-800-798-7224  
Website: [www.iowaworkforce.org](http://www.iowaworkforce.org) Job search, unemployment insurance, workers compensation

Employment Connections  
1710 Lincoln Avenue

Spirit Lake, IA 51360  
712-336-2048

Grape Tree Medical Staffing, Inc.  
1003 23<sup>rd</sup> St.  
Milford, IA 51351  
712-336-0800  
[www.grapetree.org](http://www.grapetree.org)

My Choice Employment (Hope Haven, Inc.)  
Toni Tewes, Mgr.  
920 S. Grand  
Spencer, IA 51301  
712-260-9797  
[ttewes@hopehaven.org](mailto:ttewes@hopehaven.org)

Hope Haven Inc./ECHO PLUS  
1520 6<sup>th</sup> Ave. N.  
Estherville, IA 51334  
712-362-2192

Job Corps Phone: 712-263-4192 Fax: 712-263-6910 Address: 10 Opportunity Drive PO Box 610,  
Denison, Iowa, 51442 Website: [www.jobscorps.gov](http://www.jobscorps.gov) No-cost education and career training for those  
between the ages 16-24

## FINANCIAL ASSISTANCE

Neighbor to Neighbor Fund  
Estherville Ministerial Association  
712-362-4412

Upper Des Moines Opportunity  
508 S 1<sup>st</sup> St. B  
Estherville, IA 51334  
712-362-2391

Emmet County General Assistance  
609 1<sup>st</sup> Ave. N. Suite 5  
Estherville, IA 51334  
712-362-5224

Emmet County Department of Human Services  
220 S 1<sup>st</sup> St., Estherville, IA 51334  
712-362-7237  
Apply online at: [www.oasis.iowa.gov](http://www.oasis.iowa.gov) or [www.dhs.iowa.gov/how-to-apply](http://www.dhs.iowa.gov/how-to-apply)

Veterans Service Officer Deb Tietje  
609 1<sup>st</sup> Ave. N. Suite 5  
Estherville, IA 51334  
712-362-7431  
Fax: 712-362-7835  
[dtietje@emmetcountya.com](mailto:dtietje@emmetcountya.com)

County Social Services

609 1<sup>st</sup> Ave. N. Suite 5  
Estherville, IA 51334

Rural Development  
Farm Service Agency  
306 11<sup>th</sup> Street SW Plaza  
Spencer, IA 51301  
712-262-3173

Social Security Administration  
1610 12<sup>th</sup> Avenue SW  
Spencer, IA 51301  
712-262-5350 or 1-800-772-1213  
Hours: Monday- Friday 9:00 – 3:30 PM  
[www.ssa.gov](http://www.ssa.gov)  
Retirement, Disability, Medicare

Benefit Finder Website: [www.benefits.gov](http://www.benefits.gov) Official benefit website of the U.S. government; Informs citizens of benefits they may be eligible for; Provides information on assistance and where to contact agencies.

Iowa Concern Contact Person: Receptionist Phone: 800-447-1985 Website:  
[www.extension.iastate.edu/iowaconcern](http://www.extension.iastate.edu/iowaconcern) Information on where to go for legal & financial help. Also family concerns, crisis & disaster.

## FINANCIAL COUNSELING

Consumer Credit Counseling Service  
715 Douglas St.  
Sioux City, IA 51101  
712-252-5666

Iowa Lakes S.C.O.R.E. Chapter  
122 West 5<sup>th</sup> Street  
Spencer, IA 51301  
712-262-3059

Cherish Center  
Financial Peace  
1004 22<sup>nd</sup> Street  
Milford, IA 51351  
712-338-3333  
[info@cherishcenter.org](mailto:info@cherishcenter.org)  
[www.cherishcenter.org](http://www.cherishcenter.org)

Emmet County Extension Services  
26 S 17<sup>th</sup> St.  
Estherville, IA 51334  
712-362-3434

Center for Siouxland Contact Person: Receptionist Phone: 712-252-1861 or 877-580-5526 Fax: 712-255-1352 Address: 715 Douglas St., Sioux City, IA 51101 Hours: Monday – Friday 8am to 5pm Website:

www.centerforsiouxland.org Center of Siouxland. Payee and Certified Consumer Credit Counseling is offered at Center of Siouxland.

Emmet County SHIP

Senior Health Insurance Information Program

Companion/Telephone Reassurance, Assistance with Medicare Part D decision making, information on Medicare, drug benefits, Medicare

Dee Iseminger, Emmet County SHIP Counselor 712-362-4651

<b>FOOD</b>
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Upper Des Moines Opportunity

508 S 1<sup>st</sup> St. B

Estherville, IA 51334

712-362-2391

Emmet County Department of Human Services

220 S 1<sup>st</sup> St., Estherville, IA 51334

712-362-7237

Apply online at: [www.oasis.iowa.gov](http://www.oasis.iowa.gov) or [www.dhs.iowa.gov/how-to-apply](http://www.dhs.iowa.gov/how-to-apply)

Food Stamp Application Available Online

<http://www.yesfood.iowa.gov/>

[www.oasis.iowa.gov](http://www.oasis.iowa.gov)

or call

1-877-937-3663

Women, Infants & Children (WIC)

508 S. 1<sup>st</sup> St.

Estherville, IA 51334

712-260-7181

Senior Citizen Dinner Date

4 N. 7<sup>th</sup> St.

Estherville, IA 51334

712-362-7018

Meals on Wheels

308 N. 16<sup>th</sup> St.

Estherville, IA 51334

Estherville Community Dinner

Free meal 4<sup>th</sup> Monday of each month

5-7:00 PM

Estherville VFW

314 1<sup>st</sup> St

Estherville, IA 51334

Rubys Pop Up Pantry

Jackson Armory

108 County Rd. 51, Jackson, MN

Please bring along

boxes or totes for your food and a \$20.00 donation.

Everyone has to reregister as it is a new year. You can go online and fill it out and bring the form with you if you would like.

<https://www.rubyspantry.org/wp-content/uploads/2016/12/DistributionRegistrationForm-1.pdf>

For questions call 507-841-1336. We are also located on facebook at RubysPantryJackson,MN

We are always looking for volunteers to help out at the distributions each month. If you would like to help or need more info please call 507-841-1336

Mom's Meals Contact Person: Receptionist Phone: 877-508-6667 Fax: 515-382-3789 Address: 718 SE Shurfine DR, Ankeny, Iowa, 50021 Hours: Monday – Friday: 8:00am to 5:00pm Email:

[momsmealscare@momsmeals.com](mailto:momsmealscare@momsmeals.com) Website: [www.momsmeals.com](http://www.momsmeals.com) Mom's Meals are prepared meals that are shipped to seniors or disabled for a fee.

## FUEL ASSISTANCE

Upper Des Moines Opportunity

508 S 1<sup>st</sup> St. B

Estherville, IA 51334

712-362-2391

## HEALTH CONCERNS AND FAMILY COUNSELING

Compass Pointe

208 N. 8<sup>th</sup> St Box 457

Entrance is on the NW corner of

Estherville Lutheran Church

Estherville, IA 51334

712-362-2252

712-362-2393

Emmet County Public Health

508 S 1<sup>st</sup> St. A

Estherville, IA 51334

712-362-2490

Fax: 712-362-7160

[www.emmetcountya.com/publichealth.html](http://www.emmetcountya.com/publichealth.html)

Champion State of Mind, PLLC

Amanda J. Olson MS, LMHC,NCC

Susan Loverink LMHC

508 W. Central Ave. Suite B

PO Box 36

Estherville, IA 51334

1-800-592-0180

[www.championmind.org](http://www.championmind.org)

Seasons Center for Community Mental Health

826 N 8<sup>th</sup> St

Estherville, IA 51334

800-242-5101 or 712-262-2922

Address: 201 E 11th Street, Spencer, IA, 51301 Hours: Monday – Friday, 8:00 – 5:00 Website:

[www.seasonscenter.org](http://www.seasonscenter.org) Psychiatric & Mental Health

Spencer Psychiatric & Counseling

Phone: 712-580-3882 Address: 2016 Hwy Blvd, Spencer, IA, 51301 Hours: Monday – Thursday, 8:00-5:00, Friday, 8:00-3:00 Psychiatric & Mental Health, Must have insurance or pay for services in full before being seen.

Iowa Compass for Disabled People

1-800-779-2001

[www.medicine.uiowa.edu/iowacompass](http://www.medicine.uiowa.edu/iowacompass)

Lutheran Services of Iowa Phone: 712-262-4083 Fax: 712-262-0174 Address: 1812 24th Ave W, Spencer, IA, 51301 Hours: Monday – Friday, 9:00 -5:00 Provides information on foster care & adoption; counseling & therapy; home health care; persons with disabilities; and more.

[www.lsiowa.org](http://www.lsiowa.org)

Alzheimer's and Related Disorders

1-800-272-3900

Child Health Specialty Clinics

1200 First Avenue East

Spencer, IA 51301

712-264-6362 or 712-264-6363

866-219-9119

[www.medicine.uiowa.edu/chsc](http://www.medicine.uiowa.edu/chsc)

Dental, Iowa Association

515-282-7250

County Social Services

609 1<sup>st</sup> Ave. N. Suite 5

Estherville, IA 51334

712-362-2452

Lifelong Links 866-468-7887

Avera Holy Family Hospital

826 N 8<sup>th</sup> St

Estherville, IA 51334

712-362-2631

Emmet County Department of Human Services

220 S 1<sup>st</sup> St., Estherville, IA 51334

712-362-7237

Apply online at: [www.oasis.iowa.gov](http://www.oasis.iowa.gov) or [www.dhs.iowa.gov/how-to-apply](http://www.dhs.iowa.gov/how-to-apply)

Eye Care Project, National American Academy of Ophthalmol

1-800-222-3937

Teen Health Line

1-800-443-8336

Veteran's Affairs Medical Center

2501 West 22<sup>nd</sup> Street

Sioux Falls, SD

1-800-316-8387



[www.va.gov](http://www.va.gov)

Veteran's Counseling Center  
Sioux City  
712-255-3808

Deaf Services Communication of Iowa Phone: 888-221-3724 Fax: 515-242-6119 Address: Lucas State Office Building, Des Moines, IA, 51319 Email: [dhr.dsci@iowa.gov](mailto:dhr.dsci@iowa.gov) Website: [www.deafservices.iowa.gov](http://www.deafservices.iowa.gov)  
Ensures basic rights, freedoms, and opportunities for all by empowering underrepresented Iowan's and elimination economic, social, and cultural barriers

Hearing Aid Bank, Lion's  
515-752-4337

Hearing Aid Helpline 1-800-521-524  
Hearing & Speech - National Assoc. 1-800-638-8255  
Hear Now Phone: 866-354-3254 Address: 6700 Washington Ave. South, Eden Prairie, Minnesota, 55344  
Website: [www.starkeyhearingfoundation.org/hear-now](http://www.starkeyhearingfoundation.org/hear-now) Application-based program to assist those presently residing in the U.S. who are deaf or hard of hearing and have no resources to acquire hearing aids. Hear Now is application based

Vision Impaired:  
American Foundation for the Blind -  
1-800-232-5463  
[www.afb.org](http://www.afb.org)

Medicaid/Title 19 - General Info.  
DHS 712-362-7237  
1-855-889-7985  
Apply online at: [www.oasis.iowa.gov](http://www.oasis.iowa.gov)

Medicare  
General Information  
1-800-772-1213  
Billing Questions  
1-800-532-1285  
[www.medicare.gov](http://www.medicare.gov)

Prescription Help  
888-477-2669  
Respite Angels  
PO Box 318  
Estherville, IA 51334  
712-229-6064

Good Samaritan Society Estherville  
1646 5<sup>th</sup> Ave N  
Estherville, IA 51334  
712-362-3522  
[www.good-sam.com](http://www.good-sam.com)

Good Samaritan Society Home Care

1710 Lincoln Ave, Suite A  
Spirit Lake, Ia 51360  
Toll Free#800-832-5342  
Office # (712) 336-3412  
[www.good-sam.com](http://www.good-sam.com)  
Serving 7 counties in NW Iowa

Lifeline  
Good Samaritan Society Home Care  
712-336-3412

Cherish Center  
Individual and Family Counseling, Mentor Moms, Marriage Mentors, Parent Training, Free Pregnancy Tests, Pregnancy and Adoption Counseling  
1004 22<sup>nd</sup> Street  
Milford, IA 51351  
712-338-3333  
[info@cherishcenter.org](mailto:info@cherishcenter.org)  
[www.cherishcenter.org](http://www.cherishcenter.org)

Elderbridge Agency on Aging  
714 10<sup>th</sup> Avenue East, PO Box 213  
Spencer, IA 51301  
1-800-243-0678  
712-262-1775

National Alliance for the Mentally Ill  
800-950-6264  
[www.nami.org](http://www.nami.org)

Parents Anonymous Helpline  
800-345-5044

Critical Incident Stress Management Team (CISM)  
24 hour access  
Hotline: 1-877-225-2476  
Contact: Steve Hopkins 712-330-1144

Hope Haven, Inc. Mental Health & Recovery Services  
Emmetsburg Office:  
918 S Broadway, Suite 2  
Emmetsburg, IA 50536  
712-852-3101  
Spirit Lake Office:  
1710 Gary Ave.  
Spirit Lake, IA 51360  
712-336-6977

Northwest Iowa Senior Care Services Inc,  
DBA Home Instead Senior Care®  
PO Box 262  
Milford, IA 51351  
P - 712-338-6150 F - 712-338-6152  
[homeinstead.com/602](http://homeinstead.com/602)

Free Medical Services  
For the uninsured and underinsured  
FREE CLINIC  
207 N. 7<sup>th</sup> St.  
Estherville, IA 51334  
First Christian Church  
2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month  
Check in time 6:30 to 7:00 p.m.  
712-209-1213

Iowa Compass Contact Person: Receptionist Phone: 800-779-2001 TTY: 877-686-0032 Hours:  
Monday- Friday, 8:00am – 5:00pm Address: Center for Disabilities & Development 100 Hawkins Dr,  
#5295, Iowa City, Iowa, 52242. Website: [www.iowacompass.com](http://www.iowacompass.com) Medical Information & referrals; Used  
equipment; legal advocacy & representation for Iowans with disabilities. All Services are free of Charge.

Iowa Prescription Drug Corporation Contact Person: Receptionist Phone: 515-327-5405 or 866-282-5817  
Website: [www.iowapdc.org](http://www.iowapdc.org) Goal is to help ease the financial burden of the high cost of prescription  
medications for the Medicare eligible Iowan. This is a not for profit organization.

Public Wellness Clinic  
Health Screening at Avera Holy Family Hospital  
2<sup>nd</sup> Floor-Outpatient Clinic  
Appointments required, call for times when offered: Kari at 712-362-6407  
Screenings offered for cholesterol, diabetes, kidney function, thyroid and colon disease. Blood work  
opportunity without a doctor's orders. User friendly home test kits available for screening microscopic  
blood in the stool. Tetanus booster immunizations will be available by appointment. Boosters are  
recommended every 10 years. Emmet County Public Health Nurse will provide this service.

Estherville Area CANCER SUPPORT GROUP  
First and third Mondays of each month 7:00 PM- 8:30 PM  
Estherville United Methodist Church  
102 S. 8<sup>th</sup> St., Estherville, IA 51334  
Cancer patients, cancer survivors, Family Members, Friends. Anyone interested is invited to attend.  
For information: Angie at 712-362-6284

Pearl Valley Rehabilitation and Nursing  
2001 First Avenue North  
Estherville, IA 51334  
712-362-3594  
[www.pearlvalleyrehab.com](http://www.pearlvalleyrehab.com)  
Amber Raveling External Case Manager  
515-313-0270 Extension 103  
Mobile: 712-380-0415  
Fax: 563-424-7819  
[araveling@pearlvalleyrehab.com](mailto:araveling@pearlvalleyrehab.com)

Epilepsy Foundation  
[www.epilepsyfoundation.org](http://www.epilepsyfoundation.org)

## HOUSING

Gardston Apartments  
712-362-4223

Sunrise Senior Housing  
712-362-7468

Northwest Iowa Regional Housing Authority  
919 2<sup>nd</sup> Ave. SW  
P.O. Box 446  
Spencer, IA 51301  
712-262-7460

Discovery House  
1411 Hill Avenue  
PO Box 163  
Spirit Lake, IA 51360  
712-336-4740 or 712-336-5340  
Contact: Carol Elliott

Hope Haven, Inc.  
Spirit Lake Office:  
1710 Gary Ave.  
Spirit Lake, IA 51360  
712-336-6977

Good Samaritan Society Estherville  
1646 5<sup>th</sup> Ave N  
Estherville, IA 51334  
712-362-3522  
[www.good-sam.com](http://www.good-sam.com)  
Sr. Living Apartments  
Park View Terrace  
1715 5<sup>th</sup> Ave. N.  
Estherville, IA 51334  
712-362-2070  
Friendship Terrace  
1709 5<sup>th</sup> Ave. N.  
Estherville, IA 51334  
712-362-2070

Pearl Valley Rehabilitation and Nursing  
2001 First Avenue North  
Estherville, IA 51334  
712-362-3594  
[www.pearlvalleyrehab.com](http://www.pearlvalleyrehab.com)

Amber Raveling External Case Manager  
515-313-0270 Extension 103  
Mobile: 712-380-0415  
Fax: 563-424-7819  
araveling@pearlvalleyrehab.com

## LEGAL SERVICES

Iowa Civil Rights Commission  
515-281-4121  
[www.state.ia.us/government/crc](http://www.state.ia.us/government/crc)

Iowa Concern  
1-800-447-1985  
[www.extension.ia.state.edu/iowaconcern](http://www.extension.ia.state.edu/iowaconcern)

Lawyer Referral Service of Iowa State Bar  
Association  
1-800-532-1108

University of Iowa Legal Clinic  
College of Law  
Iowa City, IA 52242  
319-335-9034  
[www.law.uiowa.edu/legalclinic](http://www.law.uiowa.edu/legalclinic)

Iowa Mediation Services  
20 West 6<sup>th</sup> Street  
Spencer, IA 51301  
712-262-7007

Iowa Legal Aid Office that covers Emmet County  
22 N Georgia Avenue Suite 2  
Mason City, IA 50401  
Intake toll free number 800-532-1275  
Office: 641-423-4651  
Office fax: 641-423-4657  
Mason City toll free 800-392-0021

Lawyer Referral Service  
800-532-1108

Iowa Department of Elder Affairs  
800-532-3213

Legal Hotline for Older Iowans  
800-992-8161

State Long Term Care Ombudsman  
800-532-3213

**EQUIPMENT AND MEDICAL LOAN CLOSETS**

Avera Home Medical Equipment 712-362-3568

## SENIOR SERVICES

AARP  
1-800-523-5880  
[www.aarp.org](http://www.aarp.org)

Dependent Adult Abuse  
1-800-362-2178

Emmet County Department of Human Services  
220 S 1<sup>st</sup> St., Estherville, IA 51334  
712-362-7237  
Apply online at: [www.oasis.iowa.gov](http://www.oasis.iowa.gov) or [www.dhs.iowa.gov/how-to-apply](http://www.dhs.iowa.gov/how-to-apply)

Veterans Service Officer Deb Tietje  
609 1<sup>st</sup> Ave. N. Suite 5  
Estherville, IA 51334  
712-362-7431  
Fax: 712-362-7835  
[dtietje@emmetcountya.com](mailto:dtietje@emmetcountya.com)

Veteran's Regional Office 1-800-827-1000  
\*\*Information on benefits for veterans (Des Moines)

Veteran's Medical Center 1-800-316-8387  
\*\*Medical care and mental health services (Sioux Falls)

Health Information Center  
1-800-336-4797

Iowa Protection and Advocacy Services  
3015 Merle Hay Rd., Suite 6  
Des Moines, IA 50310  
800-779-2502  
[www.ipna.org](http://www.ipna.org)

Elderbridge Agency on Aging  
714 10<sup>th</sup> Avenue East  
PO Box 213  
Spencer, IA 51301  
1-800-243-0678  
712-262-1775

Spencer Psychiatry and Counseling Services  
2016 Hwy Blvd. South Suite  
PO Box 680  
Spencer, IA 51301  
712-580-3882

Respite Angels  
PO Box 318  
Estherville, IA 51334  
712-229-6064

Kindred Hospice  
1370 Lake Street  
Spirit Lake, IA 51360  
712-336-2941  
[www.kindredhospic.com](http://www.kindredhospic.com)  
Serving 9 counties in Northwest Iowa

Stay in Home Care Inc.  
401 Main St. Royal, IA 51357  
3301 Hwy 71 North. Spirit Lake, IA 51360  
712-346-7019/712-346-7828  
Allie Fletcher/Jenny Kabrick  
[stayinhomeschedule@gmail.com](mailto:stayinhomeschedule@gmail.com)

Northwest Iowa Senior Care Services Inc,  
DBA Home Instead Senior Care®  
PO Box 262  
Milford, IA 51351  
P - 712-338-6150  
F - 712-338-6152  
[homeinstead.com/602](http://homeinstead.com/602)

Good Samaritan Society Estherville  
1646 5<sup>th</sup> Ave N  
Estherville, IA 51334  
712-362-3522  
[www.good-sam.com](http://www.good-sam.com)  
Sr. Living Apartments  
Park View Terrace  
1715 5<sup>th</sup> Ave. N.  
Estherville, IA 51334  
712-362-2070  
Friendship Terrace  
1709 5<sup>th</sup> Ave. N.  
Estherville, IA 51334  
712-362-2070

Good Samaritan Society Home Care  
1710 Lincoln Ave, Suite A  
Spirit Lake, Ia 51360  
Toll Free#800-832-5342  
Office # (712) 336-3412

Lifeline  
Good Samaritan Society Home Care  
712-336-3412



Emmet County SHIIP  
Senior Health Insurance Information Program  
Companion/Telephone Reassurance, Assistance with Medicare Part D decision making, information on  
Medicare, drug benefits, Medicare  
Dee Iseminger, Emmet County SHIIP Counselor 712-362-4651

Pearl Valley Rehabilitation and Health Care Center  
2001 First Avenue North  
Estherville, IA 51334  
712-362-3594  
[www.pearlvalleyrehab.com](http://www.pearlvalleyrehab.com)  
Amber Raveling External Case Manager  
515-313-0270 Extension 103  
Mobile: 712-380-0415  
Fax: 563-424-7819  
[araveling@pearlvalleyrehab.com](mailto:araveling@pearlvalleyrehab.com)

Iowa Department of Elder Affairs  
800-532-3213

Legal Hotline for Older Iowans  
800-992-8161

State Long Term Care Ombudsman  
800-532-3213

For information on elder abuse, call 800-532-3213

## **SUBSTANCE ABUSE**

Emmet County Making Optimal Changes for Successful Youth Coalition  
Compass Pointe Behavioral Health Services  
208 N 8<sup>th</sup> St PO Box 457  
Estherville, IA 51334  
712-298-0529 Cell  
712-362-2242 Office and Fax  
em.comocsy@yahoo.com

Compass Pointe  
208 N. 8<sup>th</sup> St. Box 457  
Entrance is on NW corner of Estherville Lutheran Church  
Estherville, IA 51334  
712-362-2252  
712-362-2393  
After Hours/Emergency Line  
Emergency On Call Counselors: 712-262-2952

Iowa Substance Abuse Information Center  
1-866-242-4111

National Institute on Drug Abuse Help Line  
1-800-662-4357

Jackson Recover Center – Sioux City Phone: 800-472-9018 or 712-234-2300 Address: 800 5th Street,  
Sioux City, Iowa, 51101 Hours: 24hr Call Center Website: [www.jacksonrecovery.com](http://www.jacksonrecovery.com) Adolescent  
Residential; Women & Men's residential; Outpatient treatment; Medication Assisted Treatment;  
Transitional Living

## TRANSPORTATION

### RIDES

Regional Transit Authority

522 10<sup>th</sup> Ave. E.

PO Box 1240

Spencer, IA 51301

1-800-358-5037

[www.nwiarides.org](http://www.nwiarides.org)

RIDES provide general transportation and special medical trips

Emmet County RSVP/Volunteer Program

Transportation to Medical and Other Necessary Appointments

When qualifying

300 s. 18<sup>th</sup> Street

Estherville, IA 51334

712-362-7929

Fax: 712-362-3969

TMS (Transport Management System) Phone: 866-572-7662 Hours: Website:

[www.tmsmanagementgroup.com](http://www.tmsmanagementgroup.com) Medicaid recipients can receive mileage reimbursement or

transportation to non-emergency medical appointments. Arrangements must be made 3 business days in advance.

## AREA CHURCHES

First Presbyterian Church  
723 1st Ave S  
Estherville, IA 51334  
(712)362-4772  
[info@esthervillepresbyterian.com](mailto:info@esthervillepresbyterian.com)  
website: [www.esthervillepresbyterian.com](http://www.esthervillepresbyterian.com)

First Christian Church (Disciples of Christ)  
205 No. 7<sup>th</sup> Street  
Estherville, Ia.  
712-362-4412  
[fccdoc1@gmail.com](mailto:fccdoc1@gmail.com)

Grandview Baptist  
3705 170<sup>th</sup> St.  
Estherville, IA 51334  
712-362-4502

Trinity Lutheran Church  
721 18th Avenue North  
Estherville, Iowa 51334  
712-362-3335  
[www.trinityestherville.org](http://www.trinityestherville.org)  
Service time: Sunday Morning 9:30 AM

Estherville Lutheran Church  
208 N. 8<sup>th</sup> St.  
Estherville, IA 51334  
712-362-4607

Estherville United Methodist Church  
102 S. 8th Street  
712-362-4886  
[esthervilleumc.org](http://esthervilleumc.org)  
Cory Allard, Pastor