

Morton County

Family Resource Guide



Developed by:



Custer Health
For a healthier way of life.

Custer Health
210 2nd Avenue NW
Mandan, ND 58554
(701) 667-3370
(888) 667-3370



Morton County
Social Services
200 2nd Avenue NW
Mandan, ND 58554
(701) 667-3395

Education and Youth Services

Programs

Contact Information

Adult Learning Center: Provides services to assist individuals to improve academic abilities, enter employment or post secondary training, retain employment, and improve life skills. Services are available to anyone 16 or older who lacks basic academic skills or a high school diploma. Also provides services to meet the needs of displaced homemakers, English Language Learners, injured workers and others in need.

(701) 221-3791
Website: www.alc.bismarckschools.org

Drugs of Abuse: Being familiar with the names and effects of common drugs is the critical first step in preventing or reducing drug abuse.

North Dakota Prevention Resource Center
1-800-642-6744

Mandan Police Department Youth Services Division: Offers a 24 hour youth worker, violence and gang prevention, shoplifting program, depression program, and stranger danger program.

(701) 667-3429

NDSU Extension Services/Region VI: Provides a variety of information and educational material on agriculture and nutrition in North Dakota.

(701) 667-3340

Parenting Resource Center: Provides a prevention element through education, parent support groups, a lending library and publication of "Parenting Tips & Times" newsletter. Information about where services can be located regarding parenting issues is provided upon request.

NDSU Extension Services/Region VII
(701) 667-3342

Quentin Burdick Job Corps: Provides an education and training program for young adults ages 16 – 24 including vocation education, high school equivalency program, and social skills. Special arrangements are available for single parents.

Quentin Burdick Job Corps
(701) 857-9600 or 1-800-516-7320
Job Service Office
(701) 328-5037 or 1-800-247-0981

Text4baby: Promotes maternal and child health. Get FREE messages each week on your cell phone to help you through your pregnancy and your baby's first year.

Text the word BABY to 511411
Website: www.text4baby.org

West River Head Start: Provides an educational and nurturing program for children ages 3 and 4 years old that help them grow as healthy socially skilled learners.

(701) 663-9507 or 1-888-327-4670
Website: www.westriverheadstart.org

Health, Nutrition, and Development

Programs

Contact Information

BAMBBE Program: Provides a home visit from a public health nurse to a new mother and her baby within one to two weeks of birth. New moms will receive a form in the hospital prior to discharge asking permission for Custer Health to make a free home visit.

(701) 667-3370 or 1-888-667-3370

Bismarck/Mandan Breastfeeding Partnership: Promotes, educates, and supports breastfeeding. Members consist of Certified Lactation Counselors and other health professionals, including nurses, dietitians, and nutritionists. Community organizations represented include local clinics and hospitals, local and state health departments, WIC, and educational institutions.

Website: <http://gotmomma.com>

Bridging the Dental Gap: A non-profit community dental clinic serving low income and uninsured individuals in the Bismarck/Mandan area. Individuals must live within 50 mile radius of the cities of Bismarck and Mandan.

(701) 221-0518

Children's Special Health Services: Provides services for children with special health care needs and their families to promote family-centered, community-based coordinated services and systems of health care.

(701) 328-2436 or 1-800-755-2714
Website: www.ndhealth.gov/cshcs

Custer Health: Provides several services to promote healthy lifestyles, protect and enhance the environment, and ensure quality care services for the people of Morton, Grant, Oliver, Sioux, and Mercer Counties.

(701) 667-3370 or 1-888-667-3370
Website: www.co.morton.nd.us

Dakota Children's Advocacy Center: A community partnership that uses a team approach to investigating child abuse. They are able to interview, provide exams, offer therapy, education, advocacy and support. Referrals should be made as soon as possible after the incident occurs.

(701) 323-5626

Health, Nutrition, and Development

Programs

Contact Information

Early Intervention/BECEP: Assists parents in helping children to enhance their development. Children between the ages of birth to 3 years old, have a disability, delays in development, or are at a high risk for delays are eligible.

(701) 328-8985

Family Nutrition Program: A nutrition education program that helps individuals and families of limited resources. Participants will develop the skills to improve their diets by buying foods that meet nutritional needs, enhance skills in food preparation, storage, food safety and better management of food dollars.

NDSU Extension Services
(701) 667-3340

Family Planning: Provides affordable reproductive health education, counseling and medical services.

(701) 255-3535 or 1-866-244-3535

InfantSEE: A free program for infants 12 months of age and younger that stresses the importance of early detection of eye conditions, disease and ensure that vision becomes an integral part of wellness care.

1-800-637-2020
Website: www.ndeyecare.info

Kids Now: Resource line helps uninsured families learn about low-cost and free health care coverage programs in North Dakota such as Medicaid, Healthy Steps, and Caring for Children.

1-877-KIDS-NOW (1-877-543-7669)
Website: www.ndkidscount.org

Apply online at: <https://secure.apps.state.nd.us/dhs/ea/oasys/login.htm>

Morton Sioux Special Education Unit: Provides Preschool Selective Screening for children 3 to 5 years of age. Developmental areas screened are basic concepts, language, speech, vision, hearing, gross motor skills, fine motor skills, and social emotional development.

(701) 663-9531

NeedyMeds: A 501(c)(3) nonprofit with the mission of helping people who cannot afford medicine or health care costs. The information at NeedyMeds is available anonymously and free of charge.

Website: www.needymeds.com

OPOP (Optimal Pregnancy Outcome Program): A program designed to empower pregnant women to make informed healthy lifestyle choice for healthy babies.

Bismarck-Burleigh Public Health
(701) 355-1540

Prescription Connection: A program that connects kids and families with free and discounted prescription drugs.

1-888-575-6611
Website: www.rxconnectnd.org

Regional Children's Asthma Clinic: Children ages birth to 21 years living in central or western North Dakota that have suspected or previously diagnosed asthma. This service is a supplement to health care and does not replace the care of a family physician.

900 East Broadway, Bismarck
Appointments: (701) 530-8520

Right Track: A family-centered program offered to every child ages birth to 3 years of age for the "best start" in physical, social, emotional, and intellectual development. There is no cost for families.

(701) 328-8985

RxAssist: Patient assistance programs are run by pharmaceutical companies to provide free medications to people who cannot afford to buy their medicine.

Website: www.rxassist.org

Sight for Students: Provides free vision exams and glasses to low-income, uninsured children. The program operates through a network of community partners who identify children in need and provide the eyecare services.

1-888-290-4964
Website: www.sightforstudents.org

West Central Human Service Center: Provides help to individuals and families with concerns including personal and emotional problems, family and relationship issues, addiction, disabilities, and others.

(701) 328-8888 or 1-800-366-6888
Crisis Line: (701) 328-8899

WIC (Women, Infants, and Children): An income eligible program that provides nutrition information to mothers, infants, and children to the age five (5) to ensure optimal growth and development.

Mandan: (701) 667-3364 or 1-888-667-3370
Bismarck: (701) 255-3397

Women's Way: Income and age eligible program that provides a way to pay for most breast and cervical cancer screenings and is available to eligible North Dakota women.

1-888-44-WOMEN (1-888-449-6636)

Housing Assistance and Food Pantries

Programs

Aid Incorporated: Provides short-term assistance with: rents, utilities, food and hot meals, limited shelter, and other needs depending on the situation. Please make an appointment. Walk-ins will be seen in an emergency.

The Banquet: Volunteers serving a free meal open to the community at the Trinity Lutheran Church in Bismarck. Thursday evenings - 5:30pm to 7:00pm

Charity Lutheran Church: Provides meals on Wednesday from 5:15pm to 6:20pm. Located at 120 Aspen Avenue, Bismarck.

Community Action Program Region VII (includes Mandan): Brings together resources to assist income eligible people in becoming self-sufficient. Programs include: emergency services, food pantry, commodities, self-reliance, energy share, housing, and other assistance programs.

Energy Assistance Program (LIEAP): Helps people with lower incomes to pay their heating/energy bills during the fall, winter, and spring months. Local social services office will take application and decide how much help each household can get toward their heating bill.

Emergency Food Pantry: Provides food items in case of emergency. Hours: Mondays, Tuesdays, & Thursdays – 1:00pm – 4:00 pm

Morton County Housing Authority: Provides affordable housing opportunities in a safe environment with priority given to special needs populations and forming effective partnerships to maximize social and economic opportunities.

Ruth Meiers Hospitality House: Provides housing and supportive services to assist homeless and low income people in achieving self-sufficiency. They offer a single point of entry for people to obtain services who are homeless or at risk of becoming homeless. Also, distributes food to individuals and families from the community who are in need.

Riverside School: Provides free meals all year round from 5:45pm to 7:00pm. Located at 406 Anderson Street, Bismarck.

Salvation Army: Provides a food pantry, assistance with basic needs pending funding availability, and after school program for children in 3rd grade and older.

School Meal Program (Free/Reduced-Price School Breakfast & Lunch): This program pays for all or part of the cost of breakfast and lunch for children in school. In addition, some child care programs are included.

Spirit of Life Church: Provides meals on Thursdays (seasonal) from 11:30am to 1:00pm Located at 1 Street SE, Mandan.

Soup Café: Provides meals everyday from 11:00am to 7:00pm. Located at 619 Memorial Hwy, Bismarck

Stone Soup Kitchen: Provides a free noon meal on Mondays, Tuesdays, Wednesdays, and Fridays from 11:45am to 12:45pm for homeless and low-income individuals from the community.

Supplemental Nutrition Assistance Program (SNAP): Provides assistance to households within certain income limits to help stretch family food dollars. SNAP is the name for Food Stamps in North Dakota.

Apply online at: <https://secure.apps.state.nd.us/dhs/ea/oasys/login.htm>

Welcome House: Provides extensive case management services and short-term shelter to homeless single women and families.

Contact Information

(701) 663-1274
Locations: 314 W Main, Mandan

(701) 223-3560

(701) 258-1228

(701) 258-2240 or 1-800-223-0364
Location: 2105 Lee Avenue, Bismarck

(701) 667-3395

(701) 258-9188
Location: 725 Memorial Hwy, Bismarck

(701) 663-7494

(701) 222-2108
Location: 1800 E Broadway Ave, Bismarck

(701) 323-4230

(701) 667-9486

Contact Child's School

(701) 663-1660

(701) 226-2325

(701) 222-2108
Located: 1800 E Broadway Ave, Bismarck

(701) 667-3395 or 1-800-251-8684

(701) 751-1218
Location: 2910 E Broadway Suite 44, Bismarck

Support Services and Resources

Programs

Contact Information

Abused Adult Resource Center: Provides emergency support, crisis intervention, temporary shelter, food, counseling, and advocacy to victims of domestic violence and domestic assault.

24-Hour Crisis Line: 1-866-341-7900
(701) 222-8370

Angel Babies (Spirit of Life's Pregnancy & Infant Loss Support Group): Provides a place of spiritual support and friendship. Parents within the group have experienced the death of a child or children for various reasons, including miscarriage, stillbirth, SIDS, and medical reasons. Meets one Thursday a month at Spirit of Life Church.

(701) 663-1660

Authentic Voices of ND: Provides opportunities for individuals impacted by child abuse or neglect to educate adults and protect children by sharing their Voice. Members receive training on effective child abuse prevention techniques, advocacy and public speaking.

(701) 223-9052
Website: www.PCAND.org

Big Brother Big Sister Program: One-on-one youth service that creates positive friendships that benefit children, volunteers, families, neighborhoods, and communities.

(701) 222-0797

Bismarck-Mandan Learning Disabilities Association: A support group that helps bridge the gap between parents and educators.

(701) 663-1949

Bridge to Benefits: Improves the well-being of low-income families and individuals by linking them to public work support programs, such as: health care, child care assistance, food support, energy assistance, school meals and tax credits. A core component of the project is an online screening tool designed to help families and individuals understand if they are eligible for these public work support programs.

Website: <http://nd.bridgetobenefits.org>

Burleigh-Morton Child Protection & Family Services: Provides assessments of allegations of child abuse or neglect, family focused services, foster care, foster care family preservation and other safety and permanency services for children and families. For residents of Morton County, these services are provided at Burleigh County Social Services.

(701) 222-6622

Child Care Assistance Program (CCAP): Helps parents with lower incomes pay for child care while they are working, searching for work, and/or are in an approved educational program.

(701) 667-3395

Apply online at: <https://secure.apps.state.nd.us/dhs/ea/oasys/login.htm>

Child Care Resource and Referral: A program that provides child care information, resources and tools for parents and child care providers. CCR&R provides a free service that can help you search for licensed child care in North Dakota.

(701) 838-7800 or 1-800-450-7801
Website: www.ndchildcare.org

Child Support Enforcement: Helps obtain payments from an absent parent who is not paying for the support of a child.

1-800-755-8530

Compassionate Friends: Support organization open to all bereaved parents, grandparents, and siblings.

1-877-969-0010
Website: www.compassionatefriends.org

Crossroads Program: Provides child care assistance for eligible teenage parents who are pursuing high school, GED or alternative high school education.

Morton County Social Services
(701) 222-6622

Designer Genes: A support network for people supporting persons with Down's Syndrome in the Bismarck-Mandan area.

(701) 258-7421

Disability Resources Monthly: Guide to disability resources on the internet.

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

Family Voices of North Dakota: A statewide health information and education center for families who have children with special health needs; disability, chronic illness, and physical or mental health conditions. Their Parent to Parent program is a statewide network of parents supporting families of children with special health needs.

(701) 493-2634 or 1-888-522-9654
Website: www.fvnd.org

Father Bibliography: A collection of references on fathering, fathers, father absence, father involvement, and other issues in which the father plays a key role.

Website: <http://hd.wsu.edu/publications/fathering>

Support Services and Resources

Programs

Father Work: Offers inspiring and encouraging stories about fathering in a variety of challenging circumstances, ideas about fathering, and hundreds of practical activities that fathers can engage in with children at all age levels.

Good Grief (MedCenter One): A free program for children, young adults and adults who have experienced grief after the death of a significant person in their lives. The program offers an environment combining education and support to facilitate the grief work necessary to promote healing. Sessions are held twice a year on five consecutive Mondays in the evening. Separate sessions are held for children grades one through three, four through six, young adults and adults.

Healthy Families: Is a free, voluntary family support initiative designed to ease the transition to parenthood. Services are available prenatally until child is two weeks of age. Services may continue until the child is 3 years old.

Legal Assistance of North Dakota, Inc.: Provides legal assistance at reduced free or no cost.

Morton County Social Services: Provides Morton County individuals and families with economic assistance, social services, and helps determine eligibility for several human services programs.

National Autism Association of Central North Dakota: Provides education on the needs of children with Autism Spectrum Disorders (ASD), available treatments, and provides a resource to families, educators, and caregivers affected by (ASD). Meetings are on the 4th Thursday of the month at Good Shepherd Lutheran Church in Bismarck (corner of Washington and Divide) at 7:00pm.

National Suicide Prevention Lifeline: A 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

North Dakota 2-1-1: Provides information, referral and crisis management services in North Dakota. Calls are answered 24/7 to assist in locating information.

North Dakota Aging and Disability Resource LINK: Search for services or organizations to help you with your needs.

North Dakota Autism Connection: Promotes community awareness, education and provides support and networking to families affected by autism and other neurological disorders. Meetings are on the 3rd Thursday of each month at 7:00pm at River of Hope Church (1996 43 Ave NE, Bismarck). Childcare will be provided.

North Dakota Federation of Families for Children's Mental Health: A partner-run organization focused on the needs of children and youth with emotional, behavioral or mental disorders and their families. Support meetings are held at 7 pm on the 4th Thursday of the month at the Pride Inc. building 1200 Missouri Avenue in Bismarck.

North Dakota Parent to Parent: A project of Family Voices of ND. A statewide network of parents supporting families of children with developmental delays, disabilities, and special health needs.

North Dakota Safe Communities (Region 7 Safe & Drug Free Communities): Establishes community ownership and support for transportation injury prevention program.

North Dakota Tobacco Quitline: A free service available to help North Dakota smokers and spit-tobacco users quit using tobacco.

Parents Forever: Parenting program to benefit children whose parents are divorcing by working directly with the parents in an education setting.

Prevent Child Abuse North Dakota: An organization dedicated exclusively to the prevention of child abuse and neglect. They provide public awareness, education, training, technical assistance, partnership, advocacy and coordination of services.

Contact Information

Website: <http://fatherwork.byu.edu>

Women's Health Center
(701) 323-6376

Primary Number: (701) 530-2512
Secondary Number: (701) 223-1510

(701) 258-4270

(701) 667-3395

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

1-800-273-TALK (1-800-273-8255)
Website: www.suicidpreventionlifeline.org

Phone Number: 211
Website: www.mhand.org

1-800-451-8693
Website: www.carechoice.nd.gov

Website: www.ndautismconnection.org

(701) 222-3310 or 1-800-484-2263
Website: <http://nddfcmh.org>

(701) 493-2634 or 1-888-522-9654

(701) 223-4517 extension 24
Website: www.safecommunities.org

1-800-QUIT-NOW (1-800-784-8669)

NDSU Extension Services
(701) 667-3340

(701) 223-9052 or 1-800-403-9932
Website: www.PCAND.org

Support Services and Resources

Programs

Contact Information

St. Peregrine Cancer Support Group (Spirit of Life): A spiritual support to help cancer patients and their adult loved ones at a time when they need it most. Meets the 3rd Monday of each month at 7:00 pm.

(701) 258-5188
Website: www.myspiritoflife.com

TANF/TEEM (Temporary Assistance to Needy Families): Provides a cash grant to eligible low-income families with dependent children where one or both parents are absent from the home, disabled or deceased.

1-800-755-2716

Apply online at: <https://secure.apps.state.nd.us/dhs/ea/oasys/login.htm>

Vision USA: As part of the national program called Vision USA, participating North Dakota optometrists are donating their services to provide comprehensive eye exams to children and adults that qualify.

(701) 258-6766
Website: www.ndeyecare.info

Youthworks: Provides programs for at-risk youth and families, and transitional living for youth under the age 22.

(701) 255-6909
Website: www.youthworksweb.com

Transportation

Programs

Contact Information

Bis-Man Transit System: Provides door to door service for senior citizens and disabled individuals. Please call 24 hours in advance.

(701) 223-9001

Capital Area Transit (CAT): An affordable Bismarck/Mandan public transportation system. Maps of the CAT's route maybe found at various Bismarck/Mandan locations and on their website.

(701) 223-9228
Website: www.bismantransit.com

Metro Taxi Inc.: Provides door to door taxi service.

(701) 667-4567

Taxi 9000: Provides door to door taxi service.

(701) 223-9000

Notes

Emergency Telephone Numbers

HOME INFORMATION

Parent / Guardian _____

Address _____

Home Phone # _____ Cell Phone #(s) _____

Place of Employment _____ Work Phone # _____

Place of Employment _____ Work Phone # _____

FIRE, POLICE, AMBULANCE 911

Police Station 667-3250

Fire Station 667-3288

Ambulance 255-0812

MedCenter One 323-6000

St. Alexius 530-7000

Poison Helpline 1-800-222-1222

MDU-Gas & Electricity 224-5850 or 221-4310

National Weather Service 223-4582 or 250-4224

Mor-Gran-Sou Electric 663-0297

Household Contacts

Doctor _____ Dentist _____

Daycare _____ Babysitter _____

Neighbor _____ Friend(s) _____

Family Member(s) _____

Other _____