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NEBRASKA

LIFESPAN RESPITE NETWORK
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Western Community
Health Resources
Department of Chadron
Community Hospital

Collaborates with communities in the provision of quality health and human services. Our vision for the members of our community is that they are respected, informed, and empowered.

www.wchr.net

LOCATIONS

300 Shelton Street,
 Chadron, NE 69337
 308-432-2747
 308-432-8979
 or 800-717-1231

619 Box Butte Avenue,
 Alliance, NE 69301
 308-762-3696 or 800-717-1231

11 Paddock Street
 Crawford, NE 69339
 308-665-1770 or 800 717-1231

229 N. Main Street
 Gordon, NE
 308-282-2611 or 800-717-1231

YOU MAY BE ABLE TO GET HELP FOR INDIVIDUALS AND FAMILIES!

Inside this booklet are programs that can help. Each page tells about the programs and the help they provide. Contact us directly so that we may enroll you and your family in programs you qualify for.

TIPS

- Check to see if the program you are interested in has income guidelines
- Don't automatically think you earn too much to get help.
- Bring an extra diaper.
- Transportation may be available. Ask.

For more information call us at:
 1-800-717-1231 or 1-308-432-2747

BRING ID AND OTHER DOCUMENTS

Before your appointment ask about the documents you may need to bring such as:

- * Insurance/Medicaid Card
- * Immunization Record
- * Identification (driver's license/birth certificate)

Bring your child's ID/Insurance card too!

COMMUNITY ORGANIZER

The Community Organization Program works to support existing programs in area communities through the "Empowerment Models" of community organizing. Features of this model include:

- Informed decision making by all
- Time flexibility
- Use of community-based research
- Inclusion of potential service recipients in planning
- Seeking more information? Please contact us for details about our Community Organization Program.

EARLY DEVELOPMENT NETWORK
Dawes/Sheridan/Box Butte/Morrill/Sioux Counties

Do you have an infant or toddler below the age of three who has a special need either developmental or medical? If so you may qualify for a services coordinator to help you:

- ◆ Find services to meet developmental, educational, financial, health care, child care, respite care, and other needs.
- ◆ Link with needed services.
- ◆ Work with multiple providers to make sure services are provided as needed.

There are no income guidelines.
 This service is free to families

YOUTH TRANSITION SERVICES (AGES 16 - 26)

Dawes, Sheridan, Box Butte, and Sioux Counties

A community based program for youth ages 16 - 26 with a mental health diagnosis or substance abuse issue. YTS works with the participant to identify and achieve goals the youth has identified. We can assist with a wide variety of goals including finding employment, housing, education options, and life skills.

Are you:

- * Between the ages of 16 - 26
- * Diagnosed with an illness such as ADHD, Anxiety or Depression, etc.?
- * And/or have a substance abuse issue?

You may be eligible for Youth Transition Services

HIV EDUCATION & TESTING

Box Butte, Dawes, Sheridan & Sioux Counties

Do you have a medical history of:

- ◆ Behaviors that have put you at risk, such as unprotected sex, especially while under the influence of alcohol and/or drugs?
- ◆ IV drug use including steroids, tattooing and body piercing?
- ◆ Alternative life-style?
- ◆ Blood transfusion prior to 1985?

The HIV test is completed with a finger stick. The test is simple, quick and painless with results in 20 minutes. If you have concerns, please get tested now. Services are free, but donations are appreciated. You have the choice of anonymous or confidential testing and counseling.

CHILDREN'S OUTREACH (Dawes County)

Is your family feeling out of control? Do you need a little help? If your family is in need of education and skill building you can get help through one-on-one/in-home teaching and support by a family advocate. There is no fee for this service. Help is available for families with a pregnant mom or children 5 and under.

- Budgeting
- Parenting
- Nutrition
- Other daily stress
- Information and referral to community resources.
- Individual support for family members.

RYAN WHITE PART C
(Nebraska Panhandle & Surrounding Areas)

Are you:

- An HIV infected individual?

You will receive:

- Case Management Assistance
- A Consultation with an Infectious Disease doctor at a local facility.

All services are strictly confidential.

EVERY WOMAN MATTERS

Do you want to know more about pap smears or mammograms?

This service provides:

- Free and low cost cholesterol/diabetes testing.
- Free and low cost pap smears and mammograms to women 40+ years of age if you meet our income guidelines.
- Free and low cost pap smears and mammograms to women younger than 40 years of age who have had an abnormal pap result and have been referred for procedures such as colposcopy, cryotherapy, and meet our income guidelines.

FHRS—FAMILY REPRODUCTIVE HEALTH SERVICES (Dawes, Sheridan, Box Butte, Sioux Counties)

This program offers highly confidential and low cost services for men and women needing information on contraceptives, sexually transmitted infections, pregnancy and related topics. We can help guide you in creating a Reproductive Life Plan.

Services included:

- Physical Reproductive exams.
- Testing and treatment of sexually transmitted infections.
- Contraception including options and counseling
- Pregnancy Test with counseling and referrals
- Education and referrals - Strictly confidential
- Community and School presentations

Everyone is eligible. Insurance and Medicaid accepted. Services are based on a sliding fee scale.

PATIENT PRESCRIPTION ADVOCACY PROGRAM (Dawes, Box Butte, Sheridan, Sioux Counties)

Do you need help paying for medically necessary prescriptions? Don't have insurance but need your medications? The Patient Prescription Advocacy program may be able to help.

For more information, call to schedule an appointment. The application process is simple and quick. If you qualify, we will work with the drug manufacturers to secure low or no cost refills for your prescriptions.

IMMUNIZATION Northern Panhandle

Dawes County Immunization Clinic offers vaccines for children 2 months through 18 years of age.

- Clinics are offered on the 1st and 4th Tuesdays monthly.
- Walk in clients welcomed and will be worked in when possible.
- Proof of insurance (if applicable), is required with each visit.
- Children with no health insurance will still be served.

An Adult Vaccine Clinic is available for adults over the age of 19, who meet requirements. Please call our office for questions regarding this and other clinics.

COMMUNITY SUPPORT SERVICES PEER SUPPORT SERVICES

This program helps individuals with mental illness concerns to live independently in their communities by assisting them with problems they have identified.

Are You:

- 19 years of age or older?
- Diagnosed with severe or persistent mental illness, such as depression, bi-polar disorder, schizophrenia, etc.?
- Living in Dawes, Sheridan or Box Butte County?

You may be eligible for Community/Peer Support Services.

CSFP - COMMODITY SUPPLEMENTAL FOOD PROGRAM (Dawes, Box Butte, Sheridan, Sioux Counties)

Are You:

- 60 years of age or older?
- Living on a limited income?

You may be eligible for:

- Nutritional Foods
- Nutritional and Health Education
- Referral to other services

CAR SEAT SAFETY/INSPECTION STATION (Chadron)

Western Community Health Resources has an inspection station for inspecting child safety seats for proper installation or recall.

Did you know that Nebraska State Law requires all children up to age 6 riding in any motor vehicle to ride correctly secured in an appropriate child restraint system that meets Federal Motor Vehicle Safety Standards?

Did you know that four out of five car seats are improperly installed or used?

Do you:

- Have questions about the correct installation of your child safety seats?
- Have concerns about car seat recalls?
- Wonder if your child is riding safely?

National Certified Child Passenger Safety Seat Technicians are available to inspect your child seats and teach how to properly install them. Inspections are completed by appointment only.

These services are supported in part with grant funds from the U.S. Department of Health and Human Services and the Department of Agriculture administered through the Nebraska Department of Health and Chadron Community Hospital and Health Services.

SPECIAL DELIVERY INCENTIVE PROGRAM

Pregnant women are eligible to enroll in this prenatal incentive program in which they can earn points and purchase items with points earned. Activities that contribute to a health pregnancy and a healthy baby include breast feeding, attending regular scheduled physical appointments and attending child birth education classes. No income or age restrictions.

RESPIRE

Through a contract from Panhandle Partnership Inc, WCHR coordinates the Lifespan Respite Program for the Nebraska Panhandle.

- Do you care for someone of any age who cannot be left alone because of a disability? If so, you are a caregiver.
- Care for a spouse or loved one with Alzheimer's? If so, then you are a caregiver.

We can assist you with finding a respite provider who can take care of your loved one while you take a break or help find funding to pay for a respite provider.

Do you:

- Enjoy caring for the elderly, medically or physically disabled?
- Need extra money or a full time self-employed position?

If so, then you can be a respite provider. We can help to link you to families in need of a provider.

DIABETES PREVENTION/CARDIOVASCULAR PROGRAM

This program offers individualized blood pressure checks, along with education on management and prevention of high blood pressure and diabetes.

This service provides:

- Blood pressure screenings
- Cardiovascular activities at different times throughout the year
- Motivational cardiovascular physical activities
- Cholesterol and Glucose blood sugar screenings
- Family risk assessment for individuals
- Nurse case managers provide diabetic education and awareness

The case managers can assist you in:

- Making doctor appointments
- Receiving your medication
- Obtaining testing supplies
- Seeking additional resources

There are several program options for minorities. Please contact us for more information!

WOMEN, INFANTS & CHILDREN (Dawes, Box Butte, Sheridan and Sioux Counties)

Are you:

- Pregnant?
- A parent, legal guardian (or foster parent) of a newborn or child up to age 5?
- Breastfeeding or have you recently delivered an infant?

You may be eligible for:

- Nutritional foods from your local grocery store
- Nutrition, health screening and education
- Referral to other services
- Support while breastfeeding

Can I get help?

- Do you meet the income guidelines? (Call for specific details - don't assume you make too much!)

EDUCATION

What is TIPS?

TIPS (Training for Intervention Procedures) is a dynamic, skills - based training program designed to prevent intoxication, drunk driving and underage drinking by enhancing the fundamental people skills of servers, sellers and consumers of alcohol. TIPS helps individuals understand the difference between people enjoying themselves and those who are getting in trouble with alcohol.

Western Community Health Resources offers the TIPS program through a certified TIPS trainer.

What is RBST?

RBST (Responsible Beverage Server Training) educates owners, management, servers and sellers at alcohol establishments about strategies to avoid illegally selling tobacco or alcohol to underage youth or intoxicated patrons. Available throughout the Panhandle at a tele-video site near you. No registration fee but must register prior to class date.

PARENTING TRAINING, LOVE & LOGIC, CIRCLE OF SECURITY

Love & Logic is a parenting model that can bring the joy back into parenting for you and your family? Love and Logic is easy to learn and fun to use. If you are interested in attending a Love and Logic class in Box Butte, Sheridan or Dawes County please contact us. Circle of Security is a relationship based parenting education model that is internationally acclaimed and it is available right here in Nebraska! It's an opportunity to learn the skills to raise happy, confident and secure children. Contact us for more information on a Circle of Security session.