

Missoula BASIC Resources

A list of local agencies and organizations that assist those in need (June 2010)

A.

Accessible Spaces

1-800-466-7722; info@accessiblespace.org

❖ Provides subsidized housing for heal of households with physical disabilities, and/or traumatic brain injuries.

Al-Anon

721-5818; 211 Whitaker Drive; wso@al-anon.org

❖ Fellowship and support for families of alcoholics.

Alcoholics Anonymous (AA)

543-0011; 888-607-2000; www.aamontana.org

❖ Fellowship and support for those recovering from alcoholism.

American Red Cross of Montana

549-6441; Emergency line: 1-800-ARC-MONT; www.montanaredcross.org

❖ Provides disaster relief including food, shelter, basic needs; safety and first-aid classes. Also offers services to military families.

A.W.A.R.E.

251-8131; 800-432-6145; 2811 Gilbert Ave; M-F 8-5; www.aware-inc.org

❖ Case management, residential and training services for adults with developmental disabilities, group homes and case management for children and adults needing treatment for emotional disturbances.

B.

Big Brothers and Sisters

721-2380; 1520 S. Russell; M-F 8-5; www.bbbsmissoula.org

❖ Volunteers spend 2-3 hours per week for at least 1 year building mentor relationships with children 6-14. Also offers school-based mentoring for 1 hour per week through the school year.

Blind/Low-Vision Services

329-5400; 2675 Palmer Ste. A; M-F 8-5

❖ Provides low-vision testing, daily living skills training and employment services for people who are visually impaired or blind.

Blue Mountain Clinic

721-1646; 610 N California; M, T, Th 9-6, W 9-5, F 9-4;

www.bluemountainclinic.org; Fax: (406) 543-9890

❖ Full service family medical practice providing medical care to women, men and children, including physicals, pregnancy testing, well child care, morning-after pill, counseling services, safe abortion care, acupuncture, and reproductive care.

C.

CASA of Missoula

542-1208; 240 N Higgins, Ste 14; www.casamissoula.org

❖ Court Appointed Special Advocates instruct volunteers to become advocates for abused and/or neglected children.

Catholic Social Services

728-5429; 800-BABY-DUE; 420 West Pine; www.cssmt.org

❖ Offers open adoption services and free, confidential parenting and adoption counseling for people of all faiths.

Child and Family Services Abuse and Neglect Reporting

1-866-820-KIDS (5437)

❖ Statewide toll-free number for reporting child abuse/neglect.

Child Care Resources

728-6446; 127 E Main, Ste. 314; M-F 8-5; www.childcareresources.org
Fax: (406) 549-1189

❖ Offers child care payment assistance for low-income families, referrals for families seeking child care providers, a resource library, nutrition reimbursement, and trainings for child care providers.

Child Development Center

549-6413; 800-914-4779; T-214 Fort Missoula; M-F 8-5;

www.childdevcenter.org; Fax: (406) 755-2426

❖ Provides services and intervention for children up to age 21 who have (or are at risk of) a developmental disability. Free developmental screening for children up to the age of 5.

Child Support Enforcement

329-7910; 2675 Palmer St., Ste. C; M-F 8-5; www.childsupport.mt.gov

❖ Provides federally mandated child support enforcement services.

Christian Life Center Food and Clothing Pantry

542-0353; 3801 S. Russell; M-F 8am-4pm; www.clc-missoula.org

❖ Provides food and clothing to those in need.

City Food Ministries

721-7804; 2811 Latimer St.; Food distribution Sat 10-12 pm; www.cfccmt.org

❖ A program of Clark Fork City Church and member of the Montana Food Bank Network, City Food Ministries provides food to those in need

Community Care

549-2890; 330 E. Main; Mon 4-8, Tues 3-6, Thu 4-8

❖ Dedicated to prevention of substance use and abuse among Missoula youth through education, prevention, and early intervention programs. A program of Western Montana Addiction Services.

Community Dispute Resolution Center

543-1157 (1pm-5pm); 519 S Higgins, 59806; cdrcmissoula@gmail.com

❖ Nonprofit confidential mediation services at little or no cost. Programs specialize in solving landlord/tenant problems, parenting plans, employment disagreements, and family conflicts.

Consumer Credit Counseling Service

543-1188; 877-ASK-CCCS; 1515 Fairview Ave, Ste. 220; M-F 8-5:30;

❖ Financial management, counseling, and education. Debt repayment program for a small fee.

Crime Victim Advocate Program

830-3830; 500 N. Higgins, Ste 201; M-F 8:30-4:30 (closed Wed.);

www.co.missoula.mt.us/opgweb/Grants/CVA.htm

❖ Provides crisis counseling and safety planning as well as assistance getting an order of protection for victims of domestic violence, incest, rape or stalking. Explains court process and helps victims find information.

E.

Early Head Start

251-9410; 2121 39th St.; M-F 8-5; www.ravalliheadstart.org

❖ Serves families with children aged three and under and/or pregnant women. Child development services including home-based care, weekly home visits, bi-monthly parent-child groups, and site based care (including child care from 8-3, M-F).

Expanded Food & Nutrition Education Program (EFNEP)

258-4208; 2825 Santa Fe Court (County Extension Office);

M-F 8-5, evenings by appointment

❖ Nutrition, meal planning, and cooking instruction. Focus is on spending the food dollar wisely while providing good nutrition. Free for limited income families.

F.

Families First/Parent Helpline

721-7690; 800-346-ABCD; 815 E Front, Ste. 3; T-Th 9-5, F 9-1;

www.familiesfirstmt.org

❖ Child rearing information, guidance, and support for parents. Play groups for kids and individual consultations or support groups for parents/grandparents. Fees (sliding scale) for some classes. Monthly continuing education for professionals.

First Call For Help

549-5555, or call 211; 1801 S Higgins; M-F 10-5

❖ First Call for help provides detailed information on all agencies listed in this guide, as well as additional community services, non-profit agencies, and support groups. Limited financial assistance available.

First Step

329-5776; 400 West Front Street; www.saintpatrick.org

❖ Provides assessment, treatment, education and prevention to promote healing for child victims of abuse, neglect, endangerment, child witness to violence and adult victims of sexual assault.

First Way Pregnancy

549-0406; 800-395-HELP; 1515 Fairview, Ste. 250; M, T, F 10-4; W & Th 10-5; www.1stway.org

❖ Provides free pregnancy testing, ultra sounds, counseling, practical help/support groups, and information on all options. Offers diapers, baby and maternity clothes.

Food Bank of Missoula

549-0543; 219 S 3rd W.; M-T 10-1 & 5-7; W-F, 10-1;

www.missoulafoodbank.org

❖ Emergency supply of food, monthly visits allowed. Brief screening interview for information and referral.

Friends to Youth

728-2662; 20801 S Russell, Ste 32; M-F 8-5, evenings by appointment

www.friendstoyouth.org

❖ Provides individual, family, and group counseling services to young people and their families; Outpatient services, family-based services and case management. All fees on a sliding scale.

H.

Head Start

728-5460; 1001 Worden; M-F 8-5; www.headstartmt.org

❖ Free preschool, child care, weekly home visits and supportive services for families who are income eligible or have special needs.

Healthy Montana Kids

877-543-7669

❖ Help to provide comprehensive health coverage to uninsured MT children who live in families with an annual income below \$50,000.

Home Resource

541-8300; 1515 Wyoming (Starting March 2009); M-Th 9-5:30,

F-Sat 9-5; www.homeresource.org

❖ A non-profit building re-use center offering workshops, volunteer opportunities, and sales of salvaged and refurbished building materials.

homeWORD

532-HOME; 127 N. Higgins Ste. 307; M-Th 9-5; www.homeword.org

❖ Home Ownership Center offers homebuyer education and financial education classes, open to the public. One-on-one financial and foreclosure prevention counseling available. Provides unique rental housing with affordable rents for qualifying families and individuals.

Human Resource Council

728-3710; 1801 S Higgins; M-F 8:30-5; www.hrcxi.org

❖ Rental assistance (HUD sec. 8), energy costs (LIEAP, Energy Share) and energy conservation (weatherization) assistance, employment and training for youth and WORC teen parents, home owner rehab loans, support & assistance for disabled indigent adults.

L.

La Leche League

544-3746; 721-6111; 549-8019

❖ Provides education and support to breastfeeding mothers. Meetings held 2nd & 4th Tuesdays monthly at Missoula Public Library.

The Lifelong Learning Center

542-4015; 310 S Curtis; M-F 8a.m. - 8p.m.; www.thelifelonglearningcenter.com

❖ Adult Basic and Literacy Education. Basic skills classes, pre-employment program, English as second language classes, GED classes and testing and college preparation. Even Start program promotes family literacy. Some daytime and evening classes offered at no cost.

Lutheran Social Services

549-0147; City Life Community Center, 1515 Fairview Ave, Ste. 230;

❖ Mental health counseling for individuals & families. Adoption services both domestic & international. Free birth parent counseling. Medicaid accepted. Variety of support groups.

M.

Missoula 3:16

549-4673; 506B Toole Ave.; Open daily, 7-3; www.missoula316.org

❖ Christian-based day mission with services including Breakfast (7-9), Lunch (noon-1), Food Pantry (1-2), Saturday Fellowship Dinner (5-7), and Sunday services (9-10 am). Free clothing, phone service, restrooms and hygiene items. Bible studies and Brothers Keeper Benevolence Care.

Missoula AIDS Council

543-4770; 500 N. Higgins; M-F 9-5; www.missoulaaidsCouncil.org

❖ Offers free, anonymous HIV testing by walk-in or appointment (rapid results in 20 minutes); case management and support to people living with HIV; and outreach and education about HIV to the community.

Missoula Aging Services

728-7682; 337 Stephens; M-F 8-5; www.missoulaagingservices.org

❖ Advocates for seniors and assists with housing, medical benefits, care management, meal programs, transportation and financial management. Clearing house for seniors interested in volunteering in the community.

Missoula City/County Health Department

258-4750; 301 W Alder; M, T, Th, F 9-11:30, 1-4:30; Wed 10-11:30, 1-4:30; www.co.missoula.mt.us/healthservices/

❖ Offer maternal and child health services, including prenatal classes, home visits and breastfeeding support. Services offered at the out-patient clinic for adults and children include immunizations and pregnancy testing. Nutrition services including WIC, EatSmart and CATCH are also available.

Missoula Forum for Children and Youth

721-3000 ext. 1021; Office of Planning and Grants, 415 N. Higgins Ste. 102; www.missoulaforum.org

❖ Missoula Forum for Children and Youth is the hub of five coalitions: Healthy Start Council; Media Literacy Community Action Team; Missoula Adolescent Pregnancy, Parenting & Prevention Services (MAPPPS); Missoula Underage Substance Abuse Prevention (MUSAP); and Youth Development Network.

Missoula Housing Authority

549-4113; 1235 34th Street; M-Th 8-5; www.missoulahousing.org;

❖ HUD-subsidized housing: Public Housing and Section 8. Intake/information sessions held Tuesdays at 5:15 p.m. and Wednesdays at noon.

Missoula Indian Center

829-9515, 24-hour crisis hotline: 240-3955; Fort Missoula Rd., Bldg 33; M-F 8-5; www.missoulaindiancenter.com; Fax: (406) 829-9519

❖ Services include outpatient chemical dependency counseling, youth tobacco prevention, assessments, and group counseling. Health referral programs, diabetes/health education, private HIV testing/counseling. Sliding fee scale for those who apply. Transportation to health services.

Missoula Job Service Workforce Center

728-7060; 539 S 3rd W; M, W, Th, F 7:30-5, Tues. 9-5;

www.employmissoula.com; Fax: (406) 721-7094

❖ Employment counseling, proficiency/aptitude testing, job referral, training, and placement. Computer Resource Center includes internet access, resume assistance, Montana Career Information System, and Microsoft Word access. Employer services.

Missoula Public Library

721-2665; 301 E Main; M-Th 10-9, F-S 10-6, Sun 1-5;

❖ Persons may checkout reading materials, music CDs, audio and video cassettes. Story times for kids of all ages. Public access to internet.

Missoula Urban Demonstration Project (MUD)

721-7513; 629 Phillips; Office: M-F 1-4pm; Tool Library: W 4-7, Sat 10-1

❖ Provides tool lending library, self-reliant living classes (such as organic gardening, basic construction & home improvement skills) and a community-focused demonstration site to residents of the Missoula urban area.

Montana Community Development Corp (MCDC)

728-9234; 110 E. Broadway, 2nd Floor; M-F 8:30-5; www.mtcdc.org

❖ Community development loan fund, lending, business consulting, training and technical support for start-up and expanding small businesses.

Montana Legal Services Association

543-8343; 800-666-6899; 211 N Higgins, Ste. 401; M-F 9-4; www.mtlsa.org

❖ Services include assistance for problems related to family law, domestic violence, housing, bankruptcy law, landlord/tenant disputes, public benefits and consumer law.

Montana Men's Clinic

728-5490; 219 E Main; www.mtmensclinic.org

❖ Provides quality, affordable health care and education for men. Offers confidential STD and HIV testing. Walk-ins welcome.

Montana Vocational Rehabilitation

329-5400; 2675 Palmer St., Suite A; M-F 8-5

❖ Helps people with permanent disabilities return to competitive employment. Variety of services including counselor on-the-job training, job location services, and assessment to determine potential.

Montana Women Vote

❖ MWV works to educate and mobilize low-income women and their allies to participate in the democratic process. Addresses issues of economic justice, violence against women, environmental health, reproductive rights, and human rights.

Mountain Home Montana

541-4663; 2606 South Ave. W; www.mountainhomemt.org

❖ A transitional housing program for homeless young women ages 16-24 who are pregnant or parenting.

N.

NAMI: National Alliance on Mental Illness

Missoula Contact: Dorothy Salmonson, 543-3055;

Helena main office: 406-443-7871; www.namimt.org

❖ Supports, educates and advocates for Montanans with mental illnesses and their families.

Narcotics Anonymous Hotline

1-800-990-6262

❖ Provides meeting times, places and directions.

O.

Off Campus Rent A Center

www.mynewplace.com/student-housing/off-campus-university-of-montana-missoula-apartments.

❖ On line listing of available off-campus housing.

Office of Public Assistance

329-1200; 2677 Palmer St., Ste 100; M-Th 7-5:30

Access to S.N.A.P. (Supportive Nutrition Assistance Program, formerly Food Stamps), Child Care Assistance, Energy Assistance, Medicaid, and TANF (cash assistance). Based on income.

WORC Program; 329-1275; 2677 Palmer St., Ste. 222; M-F 7:30-5:00

❖ Provides support for TANF participants to transition into employment and become self-sufficient. Educate people on job hunting, assist with resumes, make job referrals, and provide supportive services for employment-related expenses.

Opportunity Resources

721-2930; 2821 S Russell; M-F 8-5; www.opportunityresources.org

❖ Training and employment services for adults with disabilities. Also offers residential and transitional living services

P.

Parenting Place

728-KIDS (5437); 1644 S 8th W; M-F 9-5; programs in evenings;

www.parentingplace.net

❖ Parenting classes, respite care, and volunteer parent aides and mentors. Most classes are free and provide on-site child care.

Parents, Let's Unite for Kids

327-4645; www.pluk.org

❖ PLUK is a free parent training and information center offering support, assistance, referral service, workshops, and a special education library to parents of children with disabilities and chronic illness.

Partners in Home Care

728-8848; 2687 Palmer St., Ste. B; M-F 8-5; www.partnersinhomecare.org

❖ Support and care for patients diagnosed with an illness and a life expectancy of six months or less. Provides hospice care as well as palliative care for pain management.

Partnership For Children

721-2704; 550 N California St.

❖ Offering short-term and longer-term group home care, guidance and treatment to children in need.

Partnership Health Center

258-4789; 323 W Alder; M,W-F 8-6:30, Tues 9-6:30;

www.co.missoula.mt.us/phc/phcweb/index.html

❖ Primary health care for all, with sliding scale fees for those not covered by Medicaid, Medicare, or insurance. Confidential HIV counseling and testing. Breast and Cervical Health Program for low-income women 50-64, Health Care for the Homeless, limited pharmacy, dental and mental health services also available.

Planet Kids

542-3346; 337 Stephens Ave; Call for more information

❖ Supervised visitation and exchange center offers on-site monitoring, exchange monitoring, and referrals for resident and non-resident parents and their children.

Planned Parenthood

728-5490; 219 E Main; M 10-6, T 9-6, W 8-5, Th 9-5, F 8-5, Sat 10-2

www.plannedparenthood.org/montana

❖ Reproductive health care, contraceptives, education and counseling for men and women. Testing and medical services for pregnancy and sexually transmitted infections. Fees on a sliding scale.

Poverello Center

728-1809; 535 Ryman; Open 24/7; www.thepoverellocenter.org

❖ Overnight shelter, soup kitchen (breakfast 5-7:30 a.m., lunch 11:30 am-2 pm [except Sundays 2-3:30 pm], dinner 5:30-7 pm. Also operates transitional housing programs for homeless families (Joseph Residence at Maclay Commons) and homeless veterans (Valor House) and other services.

S.

Salvation Army

549-0710; 339 W Broadway; M, T, W, F 9-4, Th 9-2

❖ Emergency assistance with food, clothing, lodging, transportation, prescriptions, laundry, and household necessities. Gateway entry point to family shelters in Missoula.

Student Assault Resource Center (SARC)

24 hr help line 243-6559; Curry Health Center, 634 Eddy St.; M-F 10-5; Summer hours M-F 9am-4pm; www.umt.edu/curry/SARC

❖ Confidential resource center for students and community members who are survivors of sexual and relationship violence, stalking and sexual harassment.

❖

Social Security Administration

866-931-9029; M-F 9-4; 700 SW Higgins, Ste. 5; www.socialsecurity.gov

❖ Social Security numbers, claims for retirement, disability, Medicare, and supplemental social security income benefits.

St. Pat's Neurobehavioral Medicine

327-3020; 902 N. Orange, #102; M-F 8-4:30

❖ Co-occurring for addiction and mental health acute stabilization.

Summit Independent Living

Voice/TT: 728-1630; 800-398-9002; 700 SW Higgins, Ste. 101; M-F 8-5; www.summitilc.org

❖ Advocacy for persons with disabilities, independent living skills training, peer advocacy, and information/referral for disability issues. Fiscal agent services for individuals in self-directed Medicaid assistance program.

T.

Turning Point Addiction Services

531-4145; 1325 Wyoming St.

❖ Adult assessment, outpatient treatment services, and supported living programs for persons with substance abuse problems. Assessment, outpatient and inpatient treatment services for adolescents and their families.

V.

Veterans Center

721-4918; 500 N Higgins, Ste 202; M-F 8-4:30

❖ Mental health counseling for veterans from combat periods or those who have experienced sexual trauma in the military.

W.

Watson Children's Shelter

549-0058; 2901 Fort Missoula Rd.; www.watsonchildrenshelter.org

❖ 24-hour emergency shelter for children ages 0-14 in crisis situations.

Western Montana Mental Health Center

Mental Health Emergency Hotline: 532-9710 (Adult service professionals on Call 24 hours a day); 1315 Wyoming St; www.wmmhconline.org

Adult Mental Health Services: 532-9700, 1315 Wyoming

❖ Provides counseling and support for adults with mental illness.

Carol Graham Home: 549-8309, 1330 S. 4th St. West

❖ Residential facility for women and children who have drug and alcohol dependency.

Children's Case Management: 532-9770, 1305 Wyoming

❖ Planning, linking and advocating for services on behalf of youth (and their families) with mental health issues.

❖ 24-hour emergency shelter for children ages 0-14 in crisis situations.

Teen Recovery Center: 532-8952, 1467 Hayes Drive

❖ Non-medical, inpatient residential treatment for drug/alcohol dependent adolescents.

Flagship: 532-9827, 1325 Wyoming

❖ Community/school partnership with a focus on prevention, bringing community resources to schools, connecting young people with community, and providing after-school and summer activities.

Turning Point Substance Abuse Treatment: 532-9800, 1325 Wyoming

WIC (Women, Infants, and Children)

258-4740; 301 W. Alder; M, T, Th, F 8-5, Wed 9-5; 1st, 3rd & 4th Thursday 8-7

❖ Provides specific nutritious foods needed during pregnancy and early childhood. Nutrition information, one-on-one health and dietary counseling, referrals to health and social service agencies, and breastfeeding support.

Winds of Change Mental Health

721-2038; Crisis line: 529-4997; 2811 Latimer (upstairs suite)

❖ Community rehab and support, and targeted case-management. Offers referral, advocacy, resources, treatment planning, monitoring, and follow-up of adult mental health issues, including psychiatric medication management, and outpatient therapy. Sliding fee scale-will diagnose.

Women's Opportunity & Resource Development (WORD)

543-3550; 2525 Palmer St., Suite 1; M-F 9-5; www.wordinc.org

❖ WORD programs provide support, education and training to empower women and their families to move from a place of need to a place of independence, participation, and choice. Current programs include:

❖ **Family BASICS** provides Family Advocacy, housing counseling & parenting education with goals to strengthen families and preventing homelessness while supporting children's education. In addition, McKinney Homeless Education Assistance includes tutoring and busing.

❖ **Family Resource Centers** offer information on parenting, education, support groups, literacy development, activities, workshops, crafts, lending library, resources, and referral.

❖ **Futures** provides services to pregnant and parenting youth, age 14-21. drop-in services at the Young Family Resource Center; M-F, 12-5pm.

❖ **Montana Parent Information & Resource Center (MTPIRC)**, provides state-wide technical assistance, resources, and training in the areas of early learning, school readiness, parent leadership, family/school/community partnerships.

❖ **Mentors in Violence Prevention** provides gender awareness and violence prevention training for high school and middle school students, youth groups, teachers, coaches, and community-based youth workers.

❖ **Parents as Teachers** provides parenting education and family support to families throughout pregnancy until their child enters kindergarten, usually age 5, through personal visits, parent group meetings, screenings for child development.

Y.

YWCA of Missoula

543-6691; 542-1944 (24-hr crisis line); 1130 W Broadway; Walk-in hours: M-F 12-4; www.ywcaofmissoula.org

❖ Food, shelter, counseling and support groups for survivors of domestic and sexual violence. Transitional housing facilities for homeless women and children.