

**Adams County Teen Court &
Diversion
Youth & Parent Resource Guide**

Welcome,

We hope that the following resource guide will provide you with helpful information. Though this guide is available to all who seek it, it is our intention and our hope that the guide will ease the process for parents and youth going through the Adams County Teen Court and Diversion programs and that it will help to make the process successful and meaningful.

The service categories in this guide have been selected because they are based upon critical areas in a youth's life as measured by the Juvenile Inventory for Functioning (JIFF) and critical life skills areas assessed by the Daniel Memorial Life Skills Assessment. The categories are as follows: school/work, home life, peer influence, health, substance use, self-harm, feelings, and money management. Resources for food, housing, and clothing assistance are also provided.

It is our mission to provide youth, parents, and service providers with relevant and updated resources across the 10th judicial district. We have compiled this comprehensive guide to the best of our ability, however services, needs, and providers are ever changing, so we welcome knowledge of new and out-of-date services.

Thank you for your interest in this guide and for your continued support and of our programs.

Sincerely,

CASA of South Central Nebraska

Address: 2727 W. 2nd St. #225

Hastings, NE 68901

Phone: (402) 463-1030

Adams County Teen Court & Diversion

Address: 2727 W. 2nd St. #410

Hastings, NE 68901

Phone: (402) 834-3798

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ADAMS COUNTY:

HASTINGS, AYR, KENESAW, HOLSTEIN, JUNIATA, ROSELAND, PROSSER, & TRUMBULL

SCHOOL & WORK

SERVICE AREA DESCRIPTION: This section will provide resources relating to behavior, extracurricular participation, afterschool activities, homework help, grades, attendance/fulfilling responsibility, job searching, college application, and career interests.

HOMework HELP:

- **YMCA Hastings: Tutoring Services**
 - Monday-Thursday from 7pm-8pm
 - Free for Teen Court Youth

Address: 1220 W. 18th Street
Phone: (402) 463-3139

- **YWCA Hastings : The Zone**

After school program for Adams County youth 6th-12th grade. Monday-Friday. Held at the Old Armory Building 2015 West 3rd Street, the YWCA's goal is to provide a safe, supervised, drug and alcohol free, caring, and enriching environment, operating between the hours of 3:30-8:30.

- Is free, open to all Middle and High School Students
- At the Zone, students will have the opportunity to interact with peers and college staff. Students will also receive educational help, participate in physical activities and receive a nutritional snack
- Provide youth with a safe drug-free place to socialize and succeed.
- Provide a no-cost dinner program and summer food program

Hastings, NE 68901
Phone: (402) 462-8821
Fax: (402) 463-2590
Website:

http://www.kintera.org/site/c.6nJDJRPuEfKUE/b.8193691/k.D5D9/The_Zone.htm

- **CARE.COM**

Includes list of local area tutors. Pricing varies and depends on level of need and skill (\$10-\$15/hr. av.). It is important to consider reading, writing, math etc. proficiency levels in addition to grade level when selecting a successful tutor. For example, you

may consider an elementary reading tutor for a student who reads at an elementary level despite grade level.

Website: <https://www.care.com/tutors/hastings-ne>

- **ALISON.COM**

Provides free online courses in study skill development, financial literacy, and time management.

Website: <https://alison.com/learn/study-skills>

TRUANCY/ATTENDANCE:

- **Strategic Tracking Attendance Reporting System (S.T.A.R.S.) – HPS HIGH SCHOOL ONLY**
-Referral Only
- Designed to problem-solve excessive absenteeism
- Comprehensive Team Approach (court, education, mental health)
- Weekly student and family meetings
- Goal-setting

COLLEGE PLANNING & GED:

- **Central Community College
Project HELP**

- This project engages low-income individuals in the education and training process.

Address: 550 South Technical Boulevard

P.O. Box 1024

Hastings, NE 68902-0780

Phone: (402) 460-2195

Website: <http://www.ccneb.edu/projecthelp>

- **Hastings Literacy Program**

-GED Program

-GED Practice Tests

-ESL classes, Reading, Math, EL/Civics, Citizenship and Computer Literacy programs for registered GED or ESL students.

Address: 123 North Marian Road

Hastings, NE 68901

Phone: (402) 463-7323

Website: <http://hastingsliteracy.com/GED.html>

- **Central Community College**

- **Office of Admissions**

- Financial Aid
- ACT/SAT Test Information
- College Visit

Phone: 1-877-222-0780

Website: <https://www.cccneb.edu/Admissions>

- **Hastings College**

- **Office of Admissions**

- Financial Aid
- ACT/SAT Test Information
- College Visit

Address: 710 N. Turner Ave.
Hastings, NE 68901

Phone: (402) 461-7403

Website: <http://www.hastings.edu/admissions-cost/apply-hastings>

- **Free Application for Financial Student Aid (FAFSA)**

English and Spanish

Website: <https://fafsa.ed.gov>

- **ACT Test**

- Online Test Prep
- College Funding Planning
- Study Tips
- Registration Sites

Website: <http://www.act.org/content/act/en/products-and-services/the-act.html>

- **Central Community College**

- GED

Address: 550 South Technical Boulevard
P.O. Box 1024
Hastings, NE 68902-0780

Phone: (308) 398-7446

Website: <https://www.cccneb.edu/GED/>

JOB & CAREER EXPLORATION:

- **Nebraska Vocational Rehab**

Seeks to provide students with possibilities for job shadowing, interviews, job fairs, and evaluation and testing in order to set and reach employment and career goals.

- Exploration of Career Options
- Setting Employment Goals

- Identification of Needed Support
- Placement Testing (Compass, ASSET)

Address: 2727 W. 2nd St. Suite 326
Hastings, NE 68901

Phone: (402) 462-0160

Website: <http://vr.nebraska.gov/youth/index.html>

- **Youth Work Experience Program** – Department of Labor (serves Adams)
 - 16-24 in age
 - Must NOT be enrolled in school (graduate or dropout)
 - Must present a barrier: dropout, foster, homeless, teen parent, disability, etc.
 - Receive government funded 500 hours of field training in field of interest
 - \$7000 tuition assistance possible

Address: 203 Stolley Park Rd. Suite A
Grand Island, NE 68801

Phone: (308) 385-6302

- **Mary Lanning Memorial Hospital Job Shadowing Program**

- Nursing
- Pharmacy
- Laboratory
- Physical and Occupational Therapy
- Radiologic Technology

Phone: (402) 460-5719

Website/Application: <http://www.marylanning.org/careers/job-shadowing>

- **Central Community College Programs**
 - **Certified Nursing Assistant Program (CNA)**

Central Community College offers the 76-hour training required by the Nebraska Department of Health and Human Services for registry and for employment as a nursing assistant. Upon successful completion of the course, students are eligible to take the state competency examination, which consists of a written and skills test.

Nursing assistants -- also known as nurse aides, orderlies, patient care technicians and home health aides -- assist patients with daily living tasks. They work in nursing homes, hospitals, mental health facilities, assisted living facilities and private homes. Being a nursing assistant can also be a stepping stone to

becoming an LPN, RN or other health professional. Job prospects for nursing assistants are expected to be excellent due to the increasing long-term-care needs of an aging population.

- Short Training Period
- Summer Trainings Available
- Excellent Job Market

Phone: (402) 461-2441

Website: <https://www.cccneb.edu/NurseAide/>

o **Diesel Technology**

The diesel technology program provides opportunities to obtain the fundamental knowledge, skills, and training needed for employment or career advancement as a diesel technician. The awards include associate of applied science degrees, diplomas, and certificates. Students in this program will work with their advisors to decide which courses are necessary to complete their educational goals in on-highway truck, diesel power generation, agriculture, or construction equipment repair.

- Basic Mechanics Certificate
- Truck Systems Certificate
- Electrical Diesel Certificate

Phone: 1-877-222-0780

Website: <http://catalog.cccneb.edu/content.php?catoid=26&navoid=2033>

- **Additional Skills and Technical Sciences at CCC** (offerings may vary by location)
 - Construction
 - Drafting & Design
 - Electrical Technology
 - Heating, Air Conditioning, and Refrigeration
 - Environmental Health and Safety
 - Welding
 - Automotive Technology
 - Auto Body Technology

- Truck Driving

Phone: 1-877-222-0780 (call to verify availability)

- **City of Hastings**

- **SEASONAL**

- **MUST BE 16 +**

- Lifeguard
- Park Maintenance (18+)
- Library
- Museum

Phone: (402) 461-2313 (Human Resources Office)

Website: <http://www.cityofhastings.org/departments/human-resources/job-openings/>

Hastings Tribune Newspaper Online Classifieds

- Food service
- CNA and Med Aides
- Childcare

Website: <http://www.hastingstribune.net/classified.pdf>

Additional Online Job Search Resources

- indeed.com/l-Hastings,-NE-jobs.html
- http://www.snagajob.com/jobs/nebraska/hastings_jobs.html
- <http://www.monster.com/jobs/l-hastings,-ne.aspx>
- <http://www.hastingschamber.com/about-hastings/local-jobs.html>
- <http://www.simplyhired.com/search?l=hastings%2C+ne>

HOME & FAMILY LIFE

SERVICE AREA DESCRIPTION: This section provides resources regarding youth and parent interaction, noncompliance, family crisis, etc. This section will also include a list of counseling agencies that provide counseling services for a family unit. All services listed include services for individuals, however providers for specific issues (self-harm, substance use, etc.) are listed in later sections. This section also includes parenting support resources for parents of youth, parents of youth employment assistance, and legal aid. For information regarding resources for teen parenting, please see the Health section.

MARRIAGE & FAMILY COUNSELING SERVICES:

- **Be Well Counseling**

Address: 422 North Hastings Avenue, Suite 105

Hastings, NE 68901

Phone: (402) 460-5955

Fax: (402) 460-5955

Website: <http://www.yellowpages.com/hastings-ne/mip/be-well-counseling-center-13019044>

- **Center for Healing and Change**

Mental Health Therapy Only

Address: 223 East 14th Street, #93

Hastings, NE 68901

Phone: (402) 463-3640

Fax: (402) 463-3677

Website: <http://centerforhealingandchange.net>

- **Compass Point**

Address: 225 North St. Joseph Avenue

Hastings, NE 68901

Phone: (402) 463-5075

Fax: (402) 463-5073

Website: <http://www.compasspointne.com/home.html>

- **Rivera Counseling (Spanish & English)**

Address: 208 S. Burlington Ave. #114
 Phone: (308) 383-2208

○ **General Counseling LLC of Hastings** (Christian-based)

Address: 215 South Burlington Avenue
 Hastings, NE 68901
 Phone: (402) 463-6811
 Fax: (402) 463-6847

Perspectives Professional Counseling

Address: 303 North Burlington Ave.
 Hastings, NE 68901

Phone: (402) 415-0378

Website:

https://therapists.psychologytoday.com/rms/name/Perspectives+Professional+Counseling_Hastings_Nebraska_305480

○ **New Dimensions Counseling**

Address: 223 E. 14th St. #220
 Hastings, NE 68901
 Phone: (402) 463-9169

Website: http://region3.ne.networkofcare.org/mh/services/agency.aspx?pid=NewDimensionsCounselingLLC_837_2_0

○ **The Lanning Center for Behavioral Health**

Address: 835 S. Burlington #108
 Hastings, NE 68901

Phone: (402) 463-7711

Website: <http://www.marylanning.org/medical-clinics/lanning-center/>

○ **Stephanie Kinney, LIMHP, CMFT** (evening appointments available)

- Problem Solving
- Family Conflict
- Divorce Recovery
- Parenting

Address: 400 N. Minnesota Ave.
 Hastings, NE 68901
 Phone: (402) 469-3885

○ **Catholic Social Services**

Mental Health Therapy Only

-They have a psychologist and LMHP on staff.

Address: 333 West 2nd Street
Hastings, NE 68901

Phone: (402) 463-2112 or (800) 961-6277

Fax: (402) 489-2046

○ **South Central Behavioral Services and Admin.-Offer Sliding Scale Fee**

Mental Health and Substance Abuse Therapy

- Family Conflict
- Adoption Counseling
- Foster Care Services and Support

Address: 616 West 5th Street
Hastings NE 68901

Phone: (402) 463-5684

Website: <http://www.scbsne.com/counseling-services/>

○ **Mid Plains Center for Behavioral Healthcare Services Inc.**

- Foster Care Services & Support
- Youth Crisis Services
- Divorce Recovery
- ADHD

Address: 918 W. 4th St.
Hastings, NE 68901

Phone: (402) 519-2637

Fax: (308) 395-1060

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

○ **Alejandra Castro (Bilingual: Spanish/English)**

Dr. Broz & Associates (Saturday appointments available by request)

Address: 1811 W. 2nd St. #280
Grand Island, NE 68803

Phone: (402) 750-8712

Website: <http://www.grandislandcounselor.com/>

MEDIATION SERVICES:

- **Central Mediation Center** (Adams, Clay, Franklin, Webster, Harlan, and Nuckolls)

Mediators are neutral and professionally trained individuals who work with parties to resolve disputes and to find solution while also helping to maintain and strengthen ongoing family relationships.

Address: 204 E. 25th St. #5
Kearney, NE 68848

Phone: (308) 237-4692

Website: <http://centralmediationcenter.com>.

ADDITIONAL FAMILY SUPPORT SERVICES:

- **Boys Town Central Nebraska** (offerings vary--call for availability)
 - Intervention/Assessment
 - Foster Family Services
 - Parenting Classes
 - In-Home Family Services

Address: 3230 W. Wildwood Dr.
Grand Island, NE 68801

Office Phone: (308) 381-4444

National Hotline (Parents & Youth): (1800) 448-3000

Website: <http://www.boystown.org/locations/central-nebraska/Pages/default.aspx>

- **Nebraska Family Helpline**
 - Behavior Questions

Phone: 1(888) 866-8660
Website: www.nebraskafamilyhelpline.ne.gov
- **United Way of South Central Nebraska**
 - Resource Referral

Address: 301 S. Burlington Ave.
Hastings, NE 68901
Phone: (402) 461-8412
Website: www.unitedwayscne.org
- **Right Turn**
 - Online adoption and guardianship resources
 - Workshops available in Central NE (call or search online for schedule)
 - 24/7 Hotline

Phone: (888) 667-2399

Website: <http://www.rightturnne.org/services/>

EMPLOYMENT ASSISTANCE FOR PARENTS

- **Nebraska Department of Education
Vocational Rehabilitation**
Address: 2727 West 2nd Street
Hastings, NE 68901
Phone: (402) 462-1902
Website: <http://www.vocrehab.state.ne.us>

- **Nebraska Workforce Development**
 - Resume Writing
 - Job Search
 - Job Training
 - Dislocated Worker Program

Address: 2727 West 2nd Street, Suite 338
Hastings, NE 68901
Phone: (402) 462-1867
Website: www.Nebraskaworkforce.com

Associated Staffing

- Job Board
- New Hire Paperwork
- Resume Assistance

Address: 1023 W. 2nd St.
Hastings, NE 68901
Website: <http://www.associated-staffing.com/hastings/>

Nebraska Department of Labor

Website: <https://dol.nebraska.gov/EmploymentAndTraining>

YWCA Hastings Career Closet for Women

- Gently used women's work and interview appropriate clothing and toiletries

Address: 604 N. St. Joseph St.
Hastings, NE 68901

Phone: (402) 462-8821

Website:

http://www.ywcaadamscounty.org/site/c.6nJDJRPuEfKUE/b.8191523/k.3016/Career_Closet_YWCA_Adams_County.htm

LEGAL AID

Grand Island, NE

- **Legal Aid of Nebraska-Grand Island, NE (COVERS HASTINGS AREA)**
 - Guardianship
 - Disability Benefits
 - Education
 - Unemployment Benefits
 - Medicare/Medicaid
 - Housing

Address: General Legal Aid
207 West 3rd Street
Grand Island, NE 68801

Phone: (877) 250-2018 or (308) 381-0517

 - Serves: Adams County, Clay County, Fillmore County, Franklin County, Harlan County, Nuckolls County, Phelps County, and Webster County

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

PEER & SOCIAL INFLUENCE

SERVICE AREA DESCRIPTION: This section will provide information regarding semi-structured and adult-supervised community youth social programs such as mentoring programs, afterschool programs, youth leadership, theater, 4-H, and youth groups for those seeking spiritual and social development. The purpose of these programs is to provide youth with a structured environment in which youth may find positive peer influences.

MENTORING PROGRAMS:

- **Big Brothers Big Sisters of Hastings**
 - Provides two mentoring programs-Community Based and School Based
 - Programs include volunteer screening, volunteer orientation/training, match relationship support/supervision, youth development, safety/awareness training and character development.
 - Will be available to Teen Court participants who desire to continue a mentoring relationship

Address: 312 N. Lincoln Ave
Hastings, NE 68901

Phone: (402) 463-5652

Hastings Website: <http://www.unitedwayscne.org/agency-listing/big-brothers-big-sisters>

- **Teammates Mentoring Program of Hastings**
 - Available to Teen Court participants who desire to continue with a mentor

- School-Based Only

Address: 1924 W. A St.
Hastings, NE 68901
Phone: (402) 984-9016

Website: <http://chapters.teammates.org/chapters/hastings/>

SOCIAL PROGRAMS:

- **YWCA**

The Zone (3:30pm to 8:30pm)

- 6th-12th grade
- Drug free
- Free sports, arts, crafts, study area
- Homework help

Address: 2015 West 3rd Street
Hastings, NE 68901

Phone: (402) 462-8821

Fax: (402) 463-2590

Website:

http://www.kintera.org/site/c.6nJDJRPuEfKUE/b.8193691/k.D5D9/The_Zone.htm

- **Teen Chat** (call for availability)

- Girls: 13-18
- 9 Weeks
- Topics: relationships, sexuality, goal setting, body image, dating violence, etc.

Address: 2015 W. 3rd St. (The Zone)
Hastings, NE 68901

Call for Availability: (308) 339-9734

- **Boxcar Youth Theater Company** (6th-12th)

The Boxcar Youth Theater Company seeks to nurture the intellectual, artistic, and personal development of youth through theater arts education, workshops, and performance. It provides a safe family/youth friendly atmosphere.

Address: Hastings, NE 68901

Email: boxcaryouththeatre@gmail.com

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

- **Hastings Public Library Teen Program** (6th-12th) –follows school year calendar

- Reading Programs
- Homework Help Links

- Teen Advisory Board
- Anime Classes

Address: 1330 N. Burlington Ave. (temporary)
 Phone: (402) 461-2346
 Website: <http://hplteen.weebly.com/>

- **Hastings YMCA** (sliding scale membership fee for other programs and recreation)
Middle School Dances (5th-8th approx. \$5 entry/ no membership needed)

The Middle School Dances are held at the Hastings Family YMCA focus on our community youth's needs for fun and fellowship in a safe and friendly atmosphere. Our YMCA Staff and Volunteers work cooperatively to ensure that each youth experiences an enjoyable evening with friends while building personal integrity through adherence to the YMCA Core Values.

Address: 1220 W. 18th St.
 Phone: (402) 463-3139
 Website: <http://hastingsymca.net/news-events/special-events/middle-school-dances>

- **Youth Leadership Academy Hastings** (9th -12th) (HHS, ACHS, STC only)
 The YLA program provides an interactive, hands-on experience in which students focus on developing leadership skills and a life-long commitment to community service. Students have the opportunity to meet with community leaders from all areas of society and learn firsthand how youth leadership can make a difference.

- \$75 fee (scholarship available)
- Leadership
- Skill Building
- Confidence Boosting

Address: 604 N. St. Joseph (Adams County YWCA)
 Hastings, NE 68901
 Phone: (402) 462-8821
 Website:

http://www.ywcaadamscounty.org/site/c.6nJDJRPuEfKUE/b.9084349/k.DE55/Youth_Leadership_Academy_Hastings_YWCA_Adams_County.htm

- **Adams County 4-H Youth Development** (ages 5-18)
 - No membership fee
 - Health & Nutrition
 - Farming & Technical Skills
 - Dog Handling and Training

Address: 515 W. 3rd St.
 Hastings, NE 68901
 Phone: (402) 461-7209
 Website: <http://4h.unl.edu/>

- **Girls in Action** (6th-8th)
 The girls have been doing some awesome things. Discovering one's self, setting goals, relaxation techniques, handling tough situations, and being kind are just a few topics we have been discussing.
 - No Fee
 - Scheduled According to School Calendar Year

Address: 604 N. St. Joseph (Adams County YWCA)
 Hastings, NE 68901
 Phone: (402) 462-8821
 Website:
[http://www.ywcaadamscounty.org/site/c.6nJDJRPuEfKUE/b.8297029/k.28CC/Girls in Action_YWCA Adams County.htm](http://www.ywcaadamscounty.org/site/c.6nJDJRPuEfKUE/b.8297029/k.28CC/Girls%20in%20Action_YWCA_Adams_County.htm)

- **Project Everlast**
 - Ages 12-24

Promotes using community resources to improve a foster and adopted youths' opportunities and networks for housing, transportation, health care.
 (Transportation is available for Hastings youth.)
 Email: handerson@heartlandcasa.org
 Address: 410 West 2nd Street, Suite 7
 Grand Island, NE 68801
 Phone: (308) 385-5125
 Website: http://www.projecteverlast.org/councils/grand_island.html

CHURCHES AND YOUTH GROUPS

- **Platte Valley Youth For Christ**
 YFC reaches young people everywhere, working together with the local church and other likeminded partners to raise up lifelong followers of Jesus who lead by their godliness in lifestyle, devotion to the Word of God and prayer, passion for sharing the love of Christ and commitment to social involvement.
 - Juvenile Justice Ministry
 - Skate Ministry

Address: 207 N. Lexington Ave.
 Hastings, NE 68901
 Phone: (402) 463-1600
 Website: <http://www.plattevalleyyfc.com/ministries/>

- **S.A.F.E. House Youth Group** (First Christian Church of Hastings)
S.A.F.E. House is the name of our youth group. It stands for Service, Acceptance, Faith, and Enthusiasm – all points of focus for discussion and activity. We meet every 1st and 3rd Sunday at 5:30 PM. Teens also meet for Sunday school at 10:20 AM during the school year.

Address: 1201 Sheridan Dr.
Hastings, NE 68901
Phone: (402) 463-7121
Website: <http://fcchastings.org/>

- **Souled Out Youth Group** (First United Methodist Church) (6th-12th)

Address: 614 N. Hastings Ave.
Hastings, NE 68901
Phone: (402) 463-6733
Website: <http://hastingsfirstmethodist.org/>

- **Pulse Youth Group** (North Shore) (9th-12th)

Address: 100 W. 33rd St.
Phone: (402) 462-5742
Website: <https://www.facebook.com/pulsenorthshore>

- **Living Stones Youth Group** (Hastings Evangelical Free Church) (7th-12th)
- Free Meal
- Small Groups
- Mission Trips & Leisure Trips (fundraising opportunities)

Address: 2015 N. St. Joseph Ave.
Hastings, NE 68901
Phone: (402) 463-1441
Website: <http://www.hastingsefc.org/who-we-are/>

- **LYF Senior High Youth Group** (Peace Lutheran Church) 5th through 8th also available

Address: 906 N. California Ave.
Hastings, NE 68901
Phone: (402) 462-9023
Website: <http://www.peacelutheranhastings.org/lyf-lutheran-youth-fellowship---senior-high-youth.html>

- **LYF Senior High Youth Group** (St. Paul Lutheran - Kenesaw)
- No Fees
- Service Projects
- Leisure Trips (fundraising opportunities available)

Address: 310 N. 4th St.
Kenesaw, NE 68956
Phone: (402) 752-3421
Website: <http://stpaulskenesaw.org/lutheran-youth-fellowship-lyf/>

- **Kenesaw Church List**
Website: <http://www.kenesaw.org/churches/>
- **Hastings Church List**
Website: <http://www.cityofhastings.org/about-hastings/amenities/churches-and-religion.html?&ddid=299>

HEALTH & SAFETY

SERVICE AREA DESCRIPTION: This section will provide resources relating to the following physical health topics that are known to impact many adolescents as suggested by the World Health Organization (<http://www.who.int/mediacentre/factsheets/fs345/en/>) sexually transmitted infection prevention and treatment, pregnancy prevention and assistance, interpersonal violence (family, dating, school, etc.) driving and traffic safety, suicide, and a list of local health care providers that can provide general health care including school and sports physicals. For resources and information regarding mental health and self-harm or substance use (alcohol, tobacco, etc.), please see later sections.

Not Sure When to Call 911? Use the following link from the Hastings Police Department
<http://www.cityofhastings.org/departments/police/administrative-services/911-center.html>

PREGNACY & SEXUAL HEALTH

- **Hastings Family Planning** (Adams, Nuckolls, Clay, Franklin, Harlan, & Webster)
 - Accept: Medicaid, Payment Plans, Every Woman Matters
 - Testing and Education for both Males and Females
 - Contraceptives
 - Confidential

Address: 606 N. Minnesota Ave. #1
Hastings, NE 68901

Phone: (402) 463-5687

Website: <http://www.marylanning.org/medical-clinics/hastings-family-planning/about->

- **Wellspring Pregnancy & Health Center**
 - Free Pregnancy and STI Testing
 - Prenatal and Parenting Classes
 - Resource Referral

Address: 223 E. 14th St.

Hastings, NE 68901

Phone: (402) 463-7785

Afterhours: (800) 712-4357

Website: <http://wellspringhastings.com/>

- **Nebraska Children's Home Society**

- Adoption Counseling and Education
- Legal Counseling and Education Regarding Parental Rights
- Support Groups
- Post-Adoption support for adoptees throughout the lifespan
- Information regarding open and closed adoption

Address: 908 N. Howard Suite #107

Hastings, NE 68901

Phone: (308) 381-0568

Website: <http://www.nchs.org/programs/>

- **Mary Lanning Family Care Center**

- Breastfeeding Classes
- Car Seat Safety Education
- Family Care Center Tours

Address: 715 N. St. Joseph Ave.

Hastings, NE 68901

Phone: (402) 461-5226

Website: <http://www.marylanning.org/our-services/obgyn-womens-health/rolls-family-care-center>

- **Obstetricians & Gynecologists**

- Bilingual Provider (Holly Eckhart)
- Prenatal Classes
- Birth Control Education and Prescription
- Pregnancy & STI Testing
- HPV Vaccine
- Acne, Menstruation Management, and Hormone Management

Address: 2115 N. Kansas Ave. #204

Hastings, NE 68901

Phone: (402) 463-6793

Website: <http://www.obgynnebraska.com/>

(En Espanol): <http://www.obgynnebraska.com/espanol/>

**Even though it is difficult, if you feel comfortable, you may let any health care provider know if you have experienced sexual assault or abuse. If they know this, they can work with you to ensure that you receive the best possible care in a safe space. A mental health care professional or a SASA (listed below) advocate may work with you to communicate your concerns and needs to health care providers

INTERPERSONAL VIOLENCE

SASA Crisis Center (Adams, Clay, Nuckolls, & Webster)

- Teen Dating Violence Resources
- Support Groups
- LGBTQ Friendly Atmosphere
- Post-Sexual Assault Support and Response
- Shelter, Clothing, and Toiletries

Address: 220 S. Burlington Ave. #4
Hastings, NE 68901

Phone: (402) 463-5810

24/7 Hotline: (877) 322-7272

- **Nebraska Domestic Violence Sexual Assault Coalition Helplines**

Hotlines: Espanol: 1-877-215-0167- *Línea de Crisis*

Hotline: 800-656-7233

Teen Helpline: 1866-331-9474

Website: <http://ndvsac.org/get-help/>

Safety Plan Checklists

English: http://www.ndvsac.org/wp-content/uploads/Brochures/Safety_Plan_Eng_12-12.pdf

Espanol: http://www.ndvsac.org/wp-content/uploads/Brochures/Spanish_Safety_Plan_2-8-13.pdf

- **Crossroads Rescue Mission**

- Shelter
- Personalized Case Management
- Family Units
- Food & Clothing
- Employment Assistance
- Spiritual Guidance and Recovery Program

Address: 702 W. 14th St.

Hastings, NE 68901

Phone: (402) 462-6460

Website: <http://www.crossroadsmission.com/>

- **Adams County Department of Health and Human Services**

- Elder and Vulnerable Adult Services (Adult Protective Services)

- 24/7 Hotline: 1800-652-1999

Web:

http://dhhs.ne.gov/children_family_services/Pages/nea_aps_apsindex.aspx

- **Hastings Animal Control**
 - Can Provide Shelter Options for Displaced Animals
 - Will Intervene in Cases of Neglect, Abuse, or Hoarding
 - May Assist the Police in the Safe Removal of Pets in a Domestic Violence Situation

Address: 317 S. Burlington Ave.

Phone: (402) 461-2307

- If you suspect that you or someone you know is being abused, you should immediately contact the police, a health care or mental health care provider, a trusted adult, us at CASA or Adams County Teen Court and Diversion, or consult any of the hotline numbers listed above. If there is a vulnerable pet that is being neglected or abused, it is important to contact the police or animal control. Abuse can happen to anyone and between anyone regardless of age, class, sexual orientation, species, gender, relationship, etc.

BULLYING/SCHOOL RELATED VIOLENCE

IF YOU KNOW OF IMMEDIATE DANGER...

* If you know of a threat against a student, teacher, or group of individuals, it is important to consider these threats extremely seriously. Tell a trusted teacher, parent, or other adult of the situation or call 911 to report the threat.

- **Doniphan-Trumbull School Safety Reporting Form**
<http://www.dtcards.org/vnews/display.v/SEC/Student%20Safety>
 Phone: (402) 845-6531
- **Adams Central Jr-Sn High School Bully Reporting Form**
https://docs.google.com/forms/d/e/1FAIpQLScH3iGAlFHZg6WmXowGqj14cQR2N2d3_ptfBevNKO_hI21pLA/viewform?formkey=dFZzZGNPMFMzeIFZX3FLb2JfOUVRY2c6MQ#gid=0
 Phone: (402) 463-3285
- **Kenesaw Secondary School Bully Reporting Form**
<https://app.antibullyingsoftware.com/report-bullying/ne/kenesaw/kenesaw+secondary+school>
 Phone: (402) 752-3215
- **Hastings Middle School Bully Reporting Form**

https://docs.google.com/forms/d/e/1FAIpQLSfm3-BC2bvWO2t2I0rER9I_gVoHBCgpbIJYShu4I2MdhNkkSA/viewform

Phone: (402) 461-7520

- **Hastings Senior High School Bullying and Harassment Policy**
<http://hastingspublicschools.org/assets/site/images/high-school/activities/pdfs/handbook-16-17.pdf>

“A student who feels he/she is being harassed by peers or by a staff member of the school, or is aware of the harassment of another student(s), shall report such incidents to a building administrator, counselor, teacher, school psychologist, school social worker, teacher aide, etc.”

Phone: (402) 461-7550

Hastings Police Department

- Harassment (unwanted text messages, home visits, phone calls, physical contact)
- Threats of Violence
- Stalking

Emergency Phone: 911

Non-Emergency Phone: (402) 461-2361

Adams County Sheriff's Department

Address: 500 W. 4th St.

Hastings, NE 68901

Phone: (402) 461-7153

SUICIDAL THOUGHTS AND IDEATION

IF YOU OR SOMEONE YOU KNOW ARE IN IMMEDIATE DANGER...

*It is important to consider talk and thoughts of suicide extremely seriously, especially if a suicide plan has been revealed (what, how, when, etc.). Tell a trusted adult about the situation and take immediate action.

1. CALL 911

OR

2. Assess if you can safely take yourself to get help or ask a trusted individual to take you to the nearest hospital emergency room.

- **Mary Lanning Memorial Hospital Emergency Room**

Address: 715 N. St. Joseph Ave.

Phone: (402) 461-5023

- **SAVE: Symptoms and Danger Signs of Suicide**
 - Giving away prized possessions
 - Preoccupation with Death
 - Extreme and Sudden Agitation or Unusual and Sudden Calm
 - Purchasing Weapons or Talking About Ways to Kill Oneself
 - Expressing Feelings of Hopelessness, Disinterest in Life, or of Being a Burden to Others

More Signs & Symptoms: http://www.save.org/index.cfm?fuseaction=home.viewpage&page_id=705f4071-99a7-f3f5-e2a64a5a8beadd8

SUICIDE HOTLINES

National Suicide Prevention Hotline 24/7: 1-800-273-8255

Boys Town Hotline 24/7: 1-800-448-3000

The Trevor Project 24/7: 1-866-488-7386
- LGBTQ Youth

<http://hopeline.com/> : 1-800-784-2433

DRIVER EDUCATION & TRAFFIC SAFETY

- **Nebraska Safety Council**
 - Teen Driver Education
 - Scholarships Available

Phone: (402) 483-2511
- **University of Nebraska Kearney**
 - Courses Available For: Adams Central, Doniphan-Trumbull, Franklin, & Hastings
 - Driver Education
 - Links to Each School Available on Webpage
 - Payment Plans Available

Website: (Online Registration):

http://www.unk.edu/offices/safety_center/transportation_safety_pillar/driver_education%201.php

- **Teen Driving Tips**
 - General Driving Tips
 - Merging/Turning/Passing
 - Driving in Bad Weather (Rain/Snow)

- Avoiding Accidents

Web: <http://teendriving.com/driving-tips/on-the-road/>

SCHOOL PHYSICALS & GENERAL HEALTH CARE PROVIDERS

- **Twin Rivers Urgent Care**

- No Insurance Necessary
- Walk-ins
- Physicals
- General Illness & Injury Care

Address: 3203 Osborne Dr. W, #101
Hastings, NE 68901

Phone: (402) 834-1005

Website: <http://trurgentcare.com/locations/hastings/>

- **Hastings Convenient Care**

- Walk-ins
- Monday – Friday 9am-8am
- School Physicals
- General Illness & Injury Care

Address: 208 S. Burlington #108
Hastings, NE 68901

Phone: (402) 463-6300

Website: <http://hastingscare.org/>

- **Community Health Center**

- Sliding Scale Fee Program
- Physicals
- General Health Care

Address: 606 N. Minnesota Ave. #1
Hastings, NE 68901

Phone: (402) 461-5265

Website: <http://www.marylanning.org/medical-clinics/community-health-center>

- **Child & Adolescent Clinic**

- Physicals
- Health & Development Education
- High School to College Preparation
- STI Testing & Treatment for Any Gender
- Behavioral Health Clinic and Behavioral Assessment

Address: 2115 N. Kansas Avenue
Hastings, NE 68901

Phone: (402) 463-6828

Website: <http://www.caacclinic.com/#aboutclinic>

- **Hastings Family Medical Center**

- School Physicals

- Allergies

- Gynecology (birth control, hormone balance, infection, etc.)

- Immunizations/Vaccinations

- General Health and Wellness

Address: 1021 W. 14th
Hastings, NE 68901

Phone: (402) 463-2423

Website: <http://www.fmchastings.com/>

- **Mary Lanning Memorial Hospital Emergency Room**

- Address: 715 N. St. Joseph Ave.

- Phone: (402) 461-5023

SUBSTANCE USE

SERVICE AREA DESCRIPTION: The resources in this area will provide information regarding alcohol, drug, and tobacco use. The following resources may provide education, treatment programs, and counseling.

- **Horizon Recovery and Counseling (Revive Ministries)**

There are two distinct 12-Step drug and alcohol addiction treatment programs offered by Horizon Recovery and Counseling Center: Christian and Traditional. Christian based rehab programs present a Christ-centered, biblical approach to recovery. Traditional rehab programs are for individuals who are at a variety of different stages in his or her journey of faith and are based on God as the individual may currently understand Him (as presented in the program of Alcoholics Anonymous). This approach allows Horizon Recovery and Counseling Center to relate to those looking for a drug and alcohol rehab program to grow in their recovery from addiction as well as their own spirituality.

Address: 835 S. Burlington Ave. #115
Hastings, NE 68901

Phone: (402) 462-2066

Website: <http://reviveinc.org/>

- **Mary Lanning Memorial Hospital Tobacco Awareness Program**

The Tobacco Awareness Program (TAP) is a comprehensive tobacco cessation curriculum addressing both smoking and spit tobacco. This eight-session program provides information, self-assessment opportunities and challenging weekly assignments to help participants in grades 7 – 12 quit using tobacco. Additional sessions are provided for participants who want to continue in a cessation support process after completing the basic curriculum.

- As Needed Basis – Call For Availability or Referral

Address: 715 N. St. Joseph Ave.
Hastings, NE 68901

Phone: (402) 461-5256- Cardio-Pulmonary Rehab

Website: <http://www.marylanning.org/community-education/tobacco-awareness-program>

- **South Central Behavioral Services – Offers Sliding Scale**

- Weekly Outpatient Support Groups
- Counseling Services
- Substance Use Evaluation

Address: 616 West 5th Street
Hastings NE 68901

Phone: (402) 463-5684

Website: <http://www.scbsne.com/counseling-services/>

- **Area Substance & Alcohol Abuse Prevention (ASAAP)**

- 7th Grade-College
- Community Substance Abuse Education
- School-Based Education
- Alcohol and Drug Court-Ordered Education Classes

Address: 825 S. Burlington Ave. #114
Hastings, NE 68901

Phone: (402) 463-0524

Website: <http://asaap-ne.org/>

- **Alcoholics Anonymous – Hastings**

Phone: (402) 463-9024

Narcotics Anonymous- Hastings
Phone: 800-407-7195

Substance Abuse Youth Treatment Centers Across the State
<http://www.addicted.org/nebraska-adolescent-programs.html>

Online Support:

<http://teen.smokefree.gov/>

<http://alcoholicsanonymous.com/addiction-treatment/>

<http://www.samhsa.gov/find-help/national-helpline>

Phone: 1-800-662-4357

<http://www.hazelden.org/>

Hotline: 1800-257-7810

SELF-HARM & PROCESSING FEELINGS

Self-Harm: Non-suicidal self-injury, often simply called self-injury, is the act of deliberately harming the surface of your own body, such as cutting or burning yourself. It's typically not meant as a suicide attempt. Rather, this type of self-injury is an unhealthy way to cope with emotional pain, intense anger and frustration.

(<http://www.mayoclinic.org/diseases-conditions/self-injury/home/ovc-20165425>)

Signs & Symptoms: (Mayo Clinic)

- Cutting, Scratching, Burning, Skin-Carving, Hitting/Punching, Piercing, Hair-Pulling, Skin-Picking, & Non-Lethal Drug Overdose.

IF YOU HAVE A SERIOUS OR LIFE-THREATENING INJURY CALL 9-1-1

***If you are self-harming you may receive help from any mental health professional or health care provider.**

Counseling Services

- **South Central Behavioral Services and Admin.-Offer Sliding Scale Fee**

Address: 616 West 5th Street
Hastings NE 68901

Phone: (402) 463-5684

Website: <http://www.scbsne.com/counseling-services/>

- **The Lanning Center for Behavioral Health**

Address: 835 S. Burlington #108
Hastings, NE 68901

Phone: (402) 463-7711

Website: <http://www.marylanning.org/medical-clinics/lanning-center>

- **Catholic Social Services**

Address: 333 West 2nd Street
Hastings, NE 68901

Phone: (402) 463-2112 or (800) 961-6277

Fax: (402) 489-2046

- **Compass Point**

Address: 225 North St. Joseph Avenue
Hastings, NE 68901

Phone: (402) 463-5075

Fax: (402) 463-5073

Website: <http://www.compasspointne.com/home.html>

- **Mid Plains Center for Behavioral Healthcare Services Inc.**

Address: 918 W. 4th St.
Hastings, NE 68901

Phone: (402) 519-2637

Fax: (308) 395-1060

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

Additional Online Counseling Services Directory

<https://www.healthgrades.com/counseling-directory/ne-nebraska/hastings>

Health Care Providers

- **Twin Rivers Urgent Care**

- No Insurance Necessary
- Walk-ins
- Injury Care

Address: 3203 Osborne Dr. W, #101
Hastings, NE 68901

Phone: (402) 834-1005

Website: <http://trurgentcare.com/locations/hastings/>

- **Hastings Convenient Care**

- Walk-ins
- Monday – Friday 9am-8am
- Injury Care

Address: 208 S. Burlington #108
Hastings, NE 68901

Phone: (402) 463-6300

Website: <http://hastingscare.org/>

- **Community Health Center**

- Sliding Scale Fee Program

Address: 606 N. Minnesota Ave. #1
Hastings, NE 68901

Phone: (402) 461-5265

Website: <http://www.marylanning.org/medical-clinics/community-health-center>

- **Child & Adolescent Clinic**

- Injury and Mental Health Care
- Behavioral Health Clinic and Behavioral Assessment

Address: 2115 N. Kansas Avenue
Hastings, NE 68901

Phone: (402) 463-6828

Website: <http://www.caacclinic.com/#aboutclinic>

Additional Resources

- **To Write Love On Her Arms**

Crisis Text Line

Text “TWLOHA” to 741-741

A trained crisis counselor receives the text and responds quickly.

CLAY COUNTY

: CLAY CENTER, EDGAR, FAIRFIELD, HARVARD, SUTTON, GLENVIL, DEWEESE

School & Work

EDUCATION:

- **YMCA Hastings: Tutoring Services**
 - Monday-Thursday from 7pm-8pm
 - Free for Teen Court Youth

Address: 1220 W. 18th Street

Phone: (402) 463-3139

- **YWCA Hastings : The Zone**

After school program for youth 6th-12th grade. Monday-Friday. Held at the Old Armory Building 2015 West 3rd Street, the YWCA's goal is to provide a safe, supervised, drug and alcohol free, caring, and enriching environment, operating between the hours of 3:30-8:30.

- Is free, open to all Middle and High School Students
- At the Zone, students will have the opportunity to interact with peers and college staff. Students will also receive educational help, participate in physical activities and receive a nutritional snack
- Provide youth with a safe drug-free place to socialize and succeed.
- Provide a no-cost dinner program and summer food program

Hastings, NE 68901

Phone: (402) 462-8821

Fax: (402) 463-2590

Website:

http://www.kintera.org/site/c.6nJDJRPuEfKUE/b.8193691/k.D5D9/The_Zone.htm

- **Hastings Literacy Program**

- GED, ESL, Adult Education

Address: 124 N. Marian Road

Hastings, NE 68901

Phone: (402) 463-7323

- **Nebraska Vocational Rehab**

Seeks to provide students with possibilities for job shadowing, interviews, job fairs, and evaluation and testing in order to set and reach employment and career goals.

- Exploration of Career Options
- Setting Employment Goals
- Identification of Needed Support
- Placement Testing (Compass, ASSET)

Address: 2727 W. 2nd St. Suite 326

Hastings, NE 68901

Phone: (402) 462-0160

Website: <http://vr.nebraska.gov/youth/index.html>

Counseling & Behavioral Health Services

○ **South Central Behavioral Services and Admin.-Offer Sliding Scale Fee**

Mental Health and Substance Abuse Therapy

- Family Conflict
- Adoption Counseling
- Foster Care Services and Support

Address: 616 West 5th Street
Hastings NE 68901

Phone: (402) 463-5684

Website: <http://www.scbsne.com/counseling-services/>

○ **Mid Plains Center for Behavioral Healthcare Services Inc.**

- Foster Care Services & Support
- Youth Crisis Services
- Divorce Recovery
- ADHD

Address: 918 W. 4th St.
Hastings, NE 68901

Phone: (402) 519-2637

Crisis Hotline: 1-800-515-3326

○ **Catholic Social Services**

Address: 333 West 2nd Street
Hastings, NE 68901

Phone: (402) 463-2112 or (800) 961-6277

• **CCLCC Family Services**

- Family Counseling Services

Address: 305 E. 9th St.
Fairfield, NE 68938

Phone: (402) 726-2448

• **Quality Healthcare Clinic**

- Medical Healthcare
- Counseling Services

Address: 301 South Way
Sutton, NE 68979

Phone: (402) 773-0115

Fax: (402) 773-0119

Website: <http://www.qualityhealthcareclinic.com/about-us.html>

- **Blue Valley Behavioral Health**
 - Counseling Services'
 - Psychiatrists & Psychologists
 - Psychological Evaluation
 - Substance Abuse Evaluation
 - Medication Management & Prescription

Address: 831 F. St.
Geneva, NE 68361
Phone: (402) 759-4761

Janice Sherman Counseling

Address: 401 S. 5th St. #2
Glenvil, NE 68941
Phone: (402) 705-3337

MEDIATION SERVICES:

- **Central Mediation Center** (Adams, Clay, Franklin, Webster, Harlan, and Nuckolls)
Mediators are neutral and professionally trained individuals who work with parties to resolve disputes and to find solution while also helping to maintain and strengthen ongoing family relationships.

Address: 204 E. 25th St. #5
Kearney, NE 68848

Phone: (308) 237-4692
Website: <http://centralmediationcenter.com>.

ADDITIONAL FAMILY SUPPORT SERVICES:

- **Boys Town Central Nebraska** (offerings vary--call for availability)
 - Intervention/Assessment
 - Foster Family Services
 - Parenting Classes
 - In-Home Family Services

Address: 3230 W. Wildwood Dr.
Grand Island, NE 68801
Office Phone: (308) 381-4444
National Hotline (Parents & Youth): (1800) 448-3000
Website: <http://www.boystown.org/locations/central-nebraska/Pages/default.aspx>

- **Nebraska Family Helpline**
 - Behavior Questions

Phone: 1(888) 866-8660

Website: www.nebraskafamilyhelpline.ne.gov

- **United Way of South Central Nebraska**

- Resource Referral

Address: 301 S. Burlington Ave.

Hastings, NE 68901

Phone: (402) 461-8412

Website: www.unitedwayscne.org

- **Right Turn**

- Online adoption and guardianship resources

- Workshops available in Central NE (call or search online for schedule)

- 24/7 Hotline

Phone: (888) 667-2399

Website: <http://www.rightturnne.org/services>

- **Maryland Living Center**

Transitional living facility for homeless youth ages 16-21 that aims to transition youth into independent living within 12-18 months.

Address: 724 W. 7th St.

Hastings, NE

Phone: (402) 834-3180

Healthcare Providers

- **Quality Healthcare Clinic**

- Medical Healthcare

- Counseling Services

Address: 301 South Way

Sutton, NE 68979

Phone: (402) 773-0115

Fax: (402) 773-0119

Website: <http://www.qualityhealthcareclinic.com/about-us.html>

- **Edgar Medical Clinic**

- Sports Physicals

- Injury Care
- Immunizations & Vaccinations
- Accepts Medicare

Address: 315 N. C St.
Edgar, NE 68935
Phone: (402) 224-3344

- **Clay County Health Department**
 - Vaccinations by Appointment

Address: 209 N. Calvary
Clay Center, NE 68933
Phone: (402) 762-3571

- **Memorial Health Clinic – 2 Clay County Locations**
 - obstetrics and gynecology
 - physicals
 - dermatology

Address: 319 W. Glenvil St.
Clay Center, NE 68933
Phone: (402) 762-3236

Address: 203 E. Walnut St.
Harvard, NE
Phone: (402) 772-5330

- **South Heartland District Health Department**
 - 2nd Wednesday of each month 8:30am-4:30am
 - Immunizations
 - Sliding Scale Fee

Address (Satellite Office): 111 W. Fairfield –Clay County Courthouse
Phone: (402) 462-6211

- **United Way of South Central NE**
 - FamilyWise Drug Saving Program
 - Registration Required
 - Insured and Non-Insured May Register

Phone: (402) 461-8412
Sign Up Here: <https://familywize.org/>

SUBSTANCE USE

- **Area Substance & Alcohol Abuse Prevention (ASAAP)**

- 7th Grade-College
- Community Substance Abuse Education
- School-Based Education
- Alcohol and Drug Court-Ordered Education Classes

Address: 825 S. Burlington Ave. #114

Hastings, NE 68901

Phone: (402) 463-0524

Website: <http://asaap-ne.org/>

- **Horizon Recovery and Counseling (Revive Ministries)**

There are two distinct 12-Step drug and alcohol addiction treatment programs offered by Horizon Recovery and Counseling Center: Christian and Traditional. Christian based rehab programs present a Christ-centered, biblical approach to recovery. Traditional rehab programs are for individuals who are at a variety of different stages in his or her journey of faith and are based on God as the individual may currently understand Him (as presented in the program of Alcoholics Anonymous). This approach allows Horizon Recovery and Counseling Center to relate to those looking for a drug and alcohol rehab program to grow in their recovery from addiction as well as their own spirituality.

Address: 835 S. Burlington Ave. #115

Hastings, NE 68901

Phone: (402) 462-2066

Website: <http://reviveinc.org/>

- **South Central Behavioral Services – Offers Sliding Scale**

- Weekly Outpatient Support Groups
- Counseling Services
- Substance Use Evaluation

Address: 616 West 5th Street

Hastings NE 68901

Phone: (402) 463-5684

Website: <http://www.scsne.com/counseling-services/>

- **St. Francis Alcoholism & Drug Treatment Center**

- Sliding Fee Scale
- Accepts cash, Medicaid, & Military Insurance

Address: 2520 W. Faidley Ave.

Grand Island, NE 68801

Phone: (308) 398-5427

Website: <http://chihealthstfrancis.org/services/alcohol-and-drug-treatment-center/>

- **Alcoholics Anonymous – Hastings**

Phone: (402) 463-9024

- **Narcotics Anonymous- Hastings**

Phone: 800-407-7195

- **Substance Abuse Youth Treatment Centers Across the State**

<http://www.addicted.org/nebraska-adolescent-programs.html>

Online Support:

<http://teen.smokefree.gov/>

<http://alcoholicsanonymous.com/addiction-treatment/>

<http://www.samhsa.gov/find-help/national-helpline>

Phone: 1-800-662-4357

<http://www.hazelden.org/>

Hotline: 1800-257-7810

Pregnancy & Sexual Health

- **Hastings Family Planning** (Adams, Nuckolls, Clay, Franklin, Harlan, & Webster)
 - Accept: Medicaid, Payment Plans, Every Woman Matters
 - Testing and Education for both Males and Females
 - Contraceptives
 - Cancer Screenings
 - Adoption Counseling Referrals

Address: 606 N. Minnesota Ave. #1
Hastings, NE 68901

Phone: (402) 463-5687

Website: <http://www.marylanning.org/medical-clinics/hastings-family-planning/about->

- **Wellspring Pregnancy & Health Center**
 - Free Pregnancy and STI Testing
 - Prenatal and Parenting Classes
 - Resource Referral

Address: 223 E. 14th St.
 Hastings, NE 68901
 Phone: (402) 463-7785
 Afterhours: (800) 712-4357
 Website: <http://wellspringhastings.com/>

- **Nebraska Children's Home Society**
 - Adoption Counseling and Education
 - Legal Counseling and Education Regarding Parental Rights
 - Support Groups
 - Post-Adoption support for adoptees throughout the lifespan
 - Information regarding open and closed adoption

Address: 908 N. Howard Suite #107
 Hastings, NE 68901
 Phone: (308) 381-0568
 Website: <http://www.nchs.org/programs/>

- **Memorial Health Clinic – 2 Clay County Locations**
 - obstetrics and gynecology
 - physicals
 - dermatology

Address: 319 W. Glenvil St.
 Clay Center, NE 68933
 Phone: (402) 762-3236

Address: 203 E. Walnut St.
 Harvard, NE
 Phone: (402) 772-5330

- **Quality Healthcare Clinic**
 - Medical Healthcare
 - Counseling Services

Address: 301 South Way
 Sutton, NE 68979
 Phone: (402) 773-0115
 Fax: (402) 773-0119
 Website: <http://www.qualityhealthcareclinic.com/about-us.html>

- **Obstetricians & Gynecologists**
 - Bilingual Provider (Holly Eckhart)
 - Prenatal Classes
 - Birth Control Education and Prescription

- Pregnancy & STI Testing
- HPV Vaccine
- Acne, Menstruation Management, and Hormone Management

Address: 2115 N. Kansas Ave. #204
Hastings, NE 68901

Phone: (402) 463-6793

Website: <http://www.obgynnebraska.com/>

(En Espanol): <http://www.obgynnebraska.com/espanol/>

Domestic Violence & Dating Violence

- **SASA Crisis Center** (Adams, Clay, Nuckolls, & Webster)

- Teen Dating Violence Resources
- Support Groups
- LGBTQ Friendly Atmosphere
- Post-Sexual Assault Support and Response
- Shelter, Clothing, and Toiletries

Address: 220 S. Burlington Ave. #4
Hastings, NE 68901

Phone: (402) 463-5810

24/7 Hotline: (877) 322-7272

- **Nebraska Domestic Violence Sexual Assault Coalition Helplines**

Hotlines: Espanol: 1-877-215-0167- *Línea de Crisis*

Hotline: 800-656-7233

Teen Helpline: 1866-331-9474

Website: <http://ndvsac.org/get-help/>

Safety Plan Checklists

English: http://www.ndvsac.org/wp-content/uploads/Brochures/Safety_Plan_Eng_12-12.pdf

Espanol: http://www.ndvsac.org/wp-content/uploads/Brochures/Spanish_Safety_Plan_2-8-13.pdf

FILMORE

COUNTY

: GENEVA, EXETER, FAIRMONT, GRAFTON, SHICKLEY, & MILLIGAN

Counseling & Behavioral Health Services

- **Blue Valley Behavioral Health**
 - Counseling Services
 - Psychiatrists & Psychologists
 - Psychological Evaluation
 - Substance Abuse Evaluation
 - Medication Management & Prescription

Address: 831 F. St.
Geneva, NE 68361
Phone: (402) 759-4761

- **Jeanie Zink-Wythers Counseling**

- Family Counselor

Address: 1325 H. St.
Geneva, NE 68361
Phone: (402) 759-2285

- **Lemke Michels Psychotherapy**
 - Licensed Drug and Alcohol Counselor
 - Family Counselor

Address: 942 N. 13th St.
Geneva, NE 68361
Phone: (402) 759-3802

- **Fillmore County Hospital Behavioral Health**

Address: 1900 F. St.
Geneva, NE 68361
Phone: (402) 759-3192

- **Hope Crisis Center**- covers Fillmore County
 - Assistance with issues of domestic violence and sexual assault
 - Food, shelter, and legal assistance
 - Bilingual advocacy

Phone: (402) 729-2570
24 Hour Crisis Hotline: 1-877-388-4673

Healthcare

- **Fillmore County Medical Center**
 - Physicals
 - Obstetrics and Gynecology
 - Family Care
 - Medicaid Accepted

Address: 1840 F. St.
Geneva, NE 68361
Phone: (402) 759-4485

- **Exeter Medical Clinic**
 - Physicals
 - X-rays

- Medicaid Accepted

Address: 425 S. Empire
Exeter, NE
Phone: (402) 266-5341

Community Activities

- **Geneva Youth Rec Center Afterschool Program**

- 5th-8th grade
- \$1/day or \$25/semester
- 3:30pm-5:30pm

Address: 160 N. 9th St.
Geneva, NE 68361
Phone: (402) 759-4908

- **Geneva Activity & Education Department**

The GAED offers activities and educational classes all year round for children, youth, and adults. Nearly 1500 people participate in the 30+ programs annually, and more than half of those participants come from outside of Geneva.

Address: 167 S. 10th St.
Geneva, NE 68361
Phone: (402) 759-4908

Additional Community Resources

- **Blue Valley Community Action Partnership**

- Food Pantry
- Rent, Utilities, and Gas Assistance
- Open Monday-Friday 9:00am-4:00pm

Address: 130 S. 8th St.
Geneva, NE 68361
Phone: (402) 759-3564

- **Fillmore County Ministerial Association**-call for assistance

- Shelter, Gas, & Food for Transient Individuals
- Narcotics Anonymous at 8pm Mondays- **SUBSTANCE ABUSE SUPPORT**

- Rent, Food, & Utility Assistance up to \$150

Address: 1026 O. St.
Geneva, NE 68361
Phone: (402) 759-3822

Franklin County

: Franklin, Campbell, Bloomington, Hildreth, Naponee, Riverton, & Upland

Counseling & Behavioral Health

- **Center Creek Counseling**
 - Includes Horse Therapy
 - Family Therapy
 - Individual

Address: RR 1, Franklin, NE 68939

Phone: (308) 425-3167

- **Family Resources of Greater Nebraska-** Serves Franklin County Area
 - Drug and Alcohol Testing
 - Autism Spectrum Disorders
 - Family, Youth, & Individual Counseling

Phone: (308) 210-3235

- **Franklin County Medical Clinic**
 - Physicals
 - Pregnancy & Contraceptive Support
 - General Health
 - Accepts Medicaid

Address: 121 15th Ave.
Franklin, NE
Phone: (308) 425-6221

- **FCMH Campbell Medical Clinic**

Address: 148 S. Taylor
Phone: (402) 756-8080

- **FCMH Hildreth Medical Clinic**

Address: 511 Hubbard St.
Phone: (308) 938-4885

- **Hastings Family Planning** (Adams, Nuckolls, Clay, Franklin, Harlan, & Webster)

- Accept: Medicaid, Payment Plans, Every Woman Matters
- Testing and Education for both Males and Females
- Contraceptives
- Cancer Screenings
- Adoption Counseling Referrals

Address: 606 N. Minnesota Ave. #1
Hastings, NE 68901
Phone: (402) 463-5687

Website: <http://www.marylanning.org/medical-clinics/hastings-family-planning/about->

Safety Resources

- **Franklin Police Department**

- Report Domestic Violence
- School Threats
- Threats of Suicide

Address: 619 15th Ave.
Phone: (308) 425-3261

- **Franklin County Sheriff**

Address: 405 15th Ave.
Phone: (308) 425-6231

- **S.A.F.E. Center for Domestic Violence** – Franklin, Harlan, Kearney, Phelps, & Buffalo
 - 24 Hour On-Call Advocates
 - Emergency Shelter
 - Legal Assistance
 - Community Resource Referral
 - Support Group
 - Licensed Counseling

Address: 620 E. 25th St. Suite #14
Kearney, NE 68847

Phone: (308) 237-2599 or toll free 1-877-215-0167

Linea de Crisis en Espanol: 1-877-215-0167

Additional Community Resources

- **Teammates Mentoring Program of Franklin**

Address: 409 18th Ave.
Franklin, NE 68939

Phone: (308) 425-6037

- **Community Action Partnership of Mid-Nebraska**

- Immunization clinic
- Food bank
- Financial Management
- Housing Assistance

Address: 631 15th Ave.
Franklin, NE

Phone: (308) 425-3726

- **Veterans Services**

- Call on Wednesdays

Phone: (308) 425-3202

HARLAN COUNTY

: ALMA, REPUBLICAN CITY, ORLEANS, HUNTLEY, EMERSON

Counseling & Behavioral Health

- **Center Creek Counseling**
 - Includes Horse Therapy
 - Family Therapy
 - Individual

Address: RR 1, Franklin, NE 68939
Phone: (308) 425-3167

- **Counseling Toward Hope**-satellite to Alma
 - Family & Individual Therapy
 - Psychological and Substance Abuse Evaluation
 - Parenting Classes
 - Licensed Drug and Alcohol Counselor

Address: 710 Burlington St.
 Holdrege, NE 68949 –primary office
 Phone: (308) 995-6691

- **CK Counseling** – located 20 miles away in Holdrege
 - Family & Individual Therapy

Address: 311 West Ave.
 Holdrege, NE 68949
 Phone: (308) 995-9552

- **South Central Behavioral Services**-located in Holdrege
 - Individual & Family Therapy
 - Foster Care Support
 - Substance Abuse Evaluation and Support

Address: 701 4th Ave. #11
 Holdrege, NE 68949
 Phone: (308) 237-5951

Harlan County Health System Emergency Room- emergencies/suicidal urges

Address: 717 N. Brown St.
 Alma, NE 68920
 Phone: (308) 928-2774

Health Care

- **Harlan County Health System –Heartland Family Clinic**
 - Physicals
 - Immunizations
 - Emergency Room
 - Accepts cash, credit, & Medicaid

Address: 717 N. Brown St.
 Alma, NE 68920

Phone: (308) 928-2774

- **Hastings Family Planning** (Adams, Nuckolls, Clay, Franklin, Harlan, & Webster)
 - Accept: Medicaid, Payment Plans, Every Woman Matters
 - Testing and Education for both Males and Females
 - Contraceptives
 - Cancer Screenings
 - Adoption Counseling Referrals

Address: 606 N. Minnesota Ave. #1
Hastings, NE 68901

Phone: (402) 463-5687

Website: <http://www.marylanning.org/medical-clinics/hastings-family-planning/about->

Additional Harlan County Resources

- **Harlan County Caring Cupboard**
 - Food Vouchers
 - Christmas Baskets
 - Discounted Clothing – open by appointment only

Address: 807 Main Street
Alma, NE 68920

Phone: (308) 928-2274

- **The Salvation Army-Alma, NE**
 - Emergency Shelter
 - Food Assistance
 - Emergency Financial Assistance

Phone: (308) 928-2839

- **Harlan County Sheriff's Department**
 - Report Domestic Violence
 - Suicide Threat
 - School Threats

Address: 706 2nd St.
Alma, NE

Phone: (308) 928-2147

- **Alma Volunteer Fire & Rescue**

Address: 506 Main St.

Phone: (308) 928-2147

- **Nebraska Department of Health & Human Services-Phelps & Harlan Counties**

- Rent & Utilities Assistance
- Insurance Assistance
- Food Stamps Assistance – SNAPs

Address: 701 5th Ave.
Holdrege, NE
Phone: (800) 383-4278

- **S.A.F.E. Center for Domestic Violence** – Franklin, Harlan, Kearney, Phelps, & Buffalo

- 24 Hour On-Call Advocates
- Emergency Shelter
- Legal Assistance
- Community Resource Referral
- Support Group
- Licensed Counseling

Address: 620 E. 25th St. Suite #14
Kearney, NE 68847
Phone: (308) 237-2599 or toll free 1-877-215-0167
Linea de Crisis en Espanol: 1-877-215-0167

- **Nebraska Domestic Violence Sexual Assault Coalition Helplines**

Hotlines: Espanol: 1-877-215-0167- *Línea de Crisis*
Hotline: 800-656-7233
Teen Helpline: 1866-331-9474

Website: <http://ndvsac.org/get-help/>

KEARNEY COUNTY

: MINDEN, AXTELL, HEARTWELL, WILCOX, NORMAN, LOWELL

Counseling and Behavioral Health

- **Kearney County Health Services**
 - Family & Individual

Address: 727 E. 1st St.

Minden, NE 68959
 Phone: (308) 832-3400

- **Joseph J. Warner Counseling**

Address: 116 Ridge Ave.
 Minden, NE 68959
 Phone: (308) 830-3556

- **Grant Newbold**

Address: 1650 32 Road
 Minden, NE 68959
 Phone: (308) 830-3070

- **Nicole L. Peteson, MSW**

- Individual and Family

Address: 613 E. 5th St.
 Axtell, NE 68924
 Phone: (308) 743-2107

- **Family Resources of Greater Nebraska-** Serves Kearney County Area

- Drug and Alcohol Testing
- Autism Spectrum Disorders
- Family, Youth, & Individual Counseling

Phone: (308) 210-3235

Basic Healthcare

- **Minden Medical Clinic**

- Free Child Vaccinations without Insurance
- Emergency Services
- Obstetrics & Gynecology
- Physicals

Address: 727 E. 1st St. Minden, NE
 Phone: (308) 832-3400

- **Alcoholics Anonymous**

Address: 426 N. Colorado Ave.
 Minden, NE
 Phone: (308) 832-2267

Safety Resources

- **Minden Police Department & Kearney County Sheriff's Office**

- Report Domestic Violence
- Suicide Threat
- Harassment
- Threats
- Stalking

Address: 246 N. Colorado

Phone: (308) 832-1150

- **Minden Fire Department**

- Ambulance Services
- Removal of Hazardous Material
- Search & Rescue
- Smoke Alarm Education

Address: 325 N. Colorado

(308) 832-1820

- **S.A.F.E. Center for Domestic Violence** – Franklin, Harlan, Kearney, Phelps, & Buffalo

- 24 Hour On-Call Advocates
- Emergency Shelter
- Legal Assistance
- Community Resource Referral
- Support Group
- Licensed Counseling

Address: 620 E. 25th St. Suite #14

Kearney, NE 68847

Phone: (308) 237-2599 or toll free 1-877-215-0167

Linea de Crisis en Espanol: 1-877-215-0167

- **Nebraska Domestic Violence Sexual Assault Coalition Helplines**

Hotlines: Espanol: 1-877-215-0167- *Línea de Crisis*

Hotline: 800-656-7233

Teen Helpline: 1866-331-9474

Website: <http://ndvsac.org/get-help/>

Safety Plan Checklists

English: http://www.ndvsac.org/wp-content/uploads/Brochures/Safety_Plan_Eng_12-12.pdf

Espanol: http://www.ndvsac.org/wp-content/uploads/Brochures/Spanish_Safety_Plan_2-8-13.pdf

NUCKOLLS COUNTY

: NELSON, LAWRENCE, HARDY, RUSKIN, SUPERIOR

Counseling & Behavioral Health

- **Positive Solutions Counseling**
 - Family & Individual Therapy

Address: 317 N. Central

Superior, NE 68978
 Phone: (402) 879-1304

- **Brodstone Memorial Hospital** – call for appointment availability
 - Emergency Services
 - Medication Prescription & Management
 - Therapy

Address: 520 E. 10th St.
 Superior, NE 68978
 Phone: (402) 879-3281

- **Sharon Greenwood LDAC**
 - Drug and Alcohol Counselor

Address: 344 North Dakota St.
 Superior, NE 68978
 Phone: (402) 879-4133

- **Catholic Social Services**
 Mental Health Therapy Only
 -They have a psychologist and LMHP on staff.
 Address: 333 West 2nd Street
 Hastings, NE 68901

 Phone: (402) 463-2112 or (800) 961-6277

Mentoring

- **Big Brothers Big Sisters of Hastings**
 - Provides two mentoring programs-Community Based and School Based
 - Programs include volunteer screening, volunteer orientation/training, match relationship support/supervision, youth development, safety/awareness training and character development.

- Will be available to Teen Court participants who desire to continue a mentoring relationship

Address: 312 N. Lincoln Ave
Hastings, NE 68901

Phone: (402) 463-5652

Hastings Website: <http://www.unitedwayscne.org/agency-listing/big-brothers-big-sisters>

- **Teammates Mentoring Program of Hastings**

- Available to Teen Court participants who desire to continue with a mentor
- School-Based Only

Address: 1924 W. A St.
Hastings, NE 68901

Phone: (402) 984-9016

Basic Healthcare

- **Nelson Family Medical Clinic**

- Physicals
- Obstetrics & Gynecology
- Immunizations

Address: 76 W. 8th St.
Nelson, NE 68961

Phone: (402) 225-2375

- **Superior Family Medical Center**

- Physicals
- Obstetrics & Gynecology
- Immunizations
- Mental Health Care

Address: 1050 Washington St.
Superior, NE

Phone: (402) 879-4781

- **United Way of South Central NE**

- FamilyWise Drug Saving Program
- Registration Required
- Insured and Non-Insured May Register

Phone: (402) 461-8412

- Sign Up Here: <https://familywize.org>
- **Hastings Family Planning** (Adams, Nuckolls, Clay, Franklin, Harlan, & Webster)
 - Accept: Medicaid, Payment Plans, Every Woman Matters
 - Testing and Education for both Males and Females
 - Contraceptives
 - Cancer Screenings
 - Adoption Counseling Referrals

Address: 606 N. Minnesota Ave. #1
Hastings, NE 68901

Phone: (402) 463-5687

Website: <http://www.marylanning.org/medical-clinics/hastings-family-planning/about->

Safety Resources

- **Nuckolls County Sheriff's Department**
 - Responds to Domestic Violence
 - School Threats
 - Harassment
 - Suicidal Threat

Address: 150 Main St.
Nelson, NE

Phone: (402) 225-2831

Nelson Volunteer Fire Department

- Emergency Response
- Smoke Alarm Education
- Handling of Hazardous Material

Address: 570 S. Main St.

Phone: (402) 225-4401

- **Superior Police Department**
 - Domestic Violence
 - School Threats
 - Harassment
 - Suicidal Threat

Address: 154 W. 5th St.

Phone: (402) 879-4407

- **Superior Volunteer Fire Department**
 - Emergency Response
 - Smoke Alarm Education

- Handling of Hazardous Material

Address: 154 W. 5th St.

Phone: (402) 879-4713

- **SASA Crisis Center** (Adams, Clay, Nuckolls, & Webster)

- Teen Dating Violence Resources
- Support Groups
- LGBTQ Friendly Atmosphere
- Post-Sexual Assault Support and Response
- Shelter, Clothing, and Toiletries

Address: 220 S. Burlington Ave. #4
Hastings, NE 68901

Phone: (402) 463-5810

24/7 Hotline: (877) 322-7272

- **Nebraska Domestic Violence Sexual Assault Coalition Helplines**

Hotlines: Espanol: 1-877-215-0167- *Línea de Crisis*

Hotline: 800-656-7233

Teen Helpline: 1866-331-9474

Website: <http://ndvsac.org/get-help/>

Safety Plan Checklists

English: <http://www.ndvsac.org/wp-content/uploads/Brochures/Safety Plan Eng 12-12.pdf>

Espanol: <http://www.ndvsac.org/wp-content/uploads/Brochures/Spanish Safety Plan 2-8-13.pdf>

Additional Community Resources

- **Area Substance & Alcohol Abuse Prevention (ASAAP)**
 - 7th Grade-College
 - Community Substance Abuse Education
 - School-Based Education

- Alcohol and Drug Court-Ordered Education Classes

Address: 825 S. Burlington Ave. #114

Hastings, NE 68901

Phone: (402) 463-0524

Website: <http://asaap-ne.org/>

- **Horizon Recovery and Counseling (Revive Ministries)**

There are two distinct 12-Step drug and alcohol addiction treatment programs offered by Horizon Recovery and Counseling Center: Christian and Traditional. Christian based rehab programs present a Christ-centered, biblical approach to recovery. Traditional rehab programs are for individuals who are at a variety of different stages in his or her journey of faith and are based on God as the individual may currently understand Him (as presented in the program of Alcoholics Anonymous). This approach allows Horizon Recovery and Counseling Center to relate to those looking for a drug and alcohol rehab program to grow in their recovery from addiction as well as their own spirituality.

Address: 835 S. Burlington Ave. #115

Hastings, NE 68901

Phone: (402) 462-2066

Website: <http://reviveinc.org/>

- **YWCA Adams County-** Adams, Clay, Nuckolls, & Webster

- Family Freezer Meal Program- provides for 6-8
- Discounted Work Clothing for Men and Women
- Assistance with Resumes and Job Interview Skills

Address: 604 N. St. Joseph St.

Hastings, NE 68901

Phone: (402) 462-8821

- **Catholic Social Services**

- Thrift Shop
- Discounted Clothing & Furniture
- Rent Assistance
- Mental Health Care

Address: 333 W. 2nd St.

Hastings, NE 68901

Phone: (402) 463-2112

- **Lutheran Family Services “At Ease” Veterans Program**

- Social gatherings for active military, veterans, and their loved ones
- Support groups
- Resource Referral

Phone: (402) 382-4255 for a Peer Support Specialist

- **Maryland Living Center**

Transitional living facility for homeless youth ages 16-21 that aims to transition youth into independent living within 12-18 months.

Address: 724 W. 7th St.
Hastings, NE
Phone: (402) 834-3180

PHELPS COUNTY

: HOLDREGE, BERTRAND, FUNK, LOOMIS, GARFIELD

Counseling & Behavioral Health

- **Counseling Toward Hope**
 - Family & Individual Therapy
 - Psychological and Substance Abuse Evaluation
 - Parenting Classes
 - Licensed Drug and Alcohol Counselor

Address: 710 Burlington St.
Holdrege, NE 68949 –primary office
Phone: (308) 995-6691

- **CK Counseling**

- Family & Individual Therapy

Address: 311 West Ave.
 Holdrege, NE 68949
 Phone: (308) 995-9552

- **South Central Behavioral Services**

- Individual & Family Therapy
- Foster Care Support
- Substance Abuse Evaluation and Support

Address: 701 4th Ave. #11
 Holdrege, NE 68949
 Phone: (308) 237-5951

- **Teresa A. Benjamin Counseling**

Address: 806 4th Ave.
 Holdrege, NE 68949
 Phone: (308) 991-6919

- **Michael Burke & Associates – Kearney**

- Medication Management & Prescription
- Emergency On-Call Therapist
- Eating Disorders
- Adolescent Sex Offender Treatment

Address: 3720 A. Avenue
 Kearney, NE 68847
 Phone: (308) 234-5644

- **Family Counseling Center**

- Marriage, Family, Child, and Individual Counseling
- Open late: Monday-Tuesday- 8:00am-8:00pm

Address: 700 Railroad St. #103
 Holdrege, NE
 Phone: (308) 995-8007

- **Kristie D. Earsom Counseling**

- Individual & Family

Address: 10730 737 Rd.
 Loomis, NE 68958
 Phone: (308) 876-2327

Substance Use

- **South Central Behavioral Services**

- Individual & Family Therapy
- Support Groups
- Outpatient Treatment
- Substance Abuse Evaluation and Support

Address: 701 4th Ave. #11
 Holdrege, NE 68949
 Phone: (308) 237-5951

- **St. Francis Alcohol & Drug Treatment Center-Kearney**

- Sliding Scale
- Accepts Cash, Medicaid Insurance, & Military Insurance
- Outpatient Treatment
- Family Support

Address: 1755 Prairie View Pl.
 Kearney, NE 68845
 Phone: (800) 977-9051 or (308) 865-6449

- **Counseling Toward Hope**

- Psychological and Substance Abuse Evaluation
- Licensed Drug and Alcohol Counselor

Address: 710 Burlington St.
 Holdrege, NE 68949 –primary office
 Phone: (308) 995-6691

- **Michael Burke & Associates – Kearney**

- Medication Management & Prescription
- Emergency On-Call Therapist
- Substance Abuse Evaluation
- Licensed Drug and Alcohol Counselor
- Adolescent Sex Offender Treatment

Address: 3720 A. Avenue
 Kearney, NE 68847
 Phone: (308) 234-5644

Narcotics Anonymous Meetings

Address: 512 Tilden- St. Elizabeth's –call ahead

Holdrege, NE
Phone: (308) 955-4528

Basic Healthcare

- **Family Medical Specialties**

- Obstetrics
- Physicals
- Allergy Management
- Immunizations

Address: 516 W. 14th Ave.
Holdrege, NE
Phone: (308) 995-4431

- **Phelps County Memorial Health Center**

- Physicals
- Pregnancy & Contraceptive Care
- Emergency Services
- Parenting & Pregnancy Classes

Address: 1215 Tibbals St.
Holdrege, NE
Phone: (308) 995-2211

- **Bertrand Health Clinic**

- Colds, Infections, Sprains
- Physicals

Address: 402 Minor Ave.
Phone: (308) 472-5039

Safety Resources

- **S.A.F.E. Center for Domestic Violence** – Franklin, Harlan, Kearney, Phelps, & Buffalo

- 24 Hour On-Call Advocates
- Emergency Shelter
- Legal Assistance
- Community Resource Referral
- Support Group
- Licensed Counseling

Address: 620 E. 25th St. Suite #14
Kearney, NE 68847

Phone: (308) 237-2599 or toll free 1-877-215-0167
 Linea de Crisis en Espanol: 1-877-215-0167

- **Phelps County Sheriff**
 - Report Domestic Violence
 - School Threats
 - Harassment
 - Suicide Threat

Address: 715 5th Ave. #20
 Holdrege, NE

Phone: (308) 995-5692

- **Holdrege Police Department**
 - Threats of Suicide, School Violence, and Domestic Violence
 - Report Harassment
 - Child Endangerment

Address: 813 5th Ave.

Phone: (308) 995-4140

Holdrege Fire Department

- Smoke Alarm Education
- Emergency Response

Address: 813 5th Ave.

Phone: (308) 995-4407

Additional Community Resources

- **Phelps Community Pantry Center**
 - Food Pantry

Address: 1923 W. 4th Ave.
 Holdrege, NE 68949

Phone: (308) 995-4254

- **Kearney Jubilee Center**
 - Food Pantry
 - Low Cost Clothing
 - Free Dinner on Thursdays 5:30pm-6:30pm

Address: 2523 Avenue A.

Kearney, NE

Phone: (308) 234-3880

- **Nebraska Department of Health & Human Services-Phelps & Harlan Counties**

- Rent & Utilities Assistance

- Insurance Assistance

- Food Stamps Assistance – SNAPs

Address: 701 5th Ave.

Holdrege, NE

Phone: (800) 383-4278

WEBSTER COUNTY

: BLUE HILL, RED CLOUD, BLADEN, COWLES, GUIDE ROCK

Counseling & Behavioral Health

- **Myra Jeanne Kwast-Lipker Counseling**
- Family & Individual Therapy

Address: 721 W. 6th Ave.
Red Cloud, NE 68970
Phone: (402) 756-5614

- **Burgess Counseling & Mediation Services**
Address: 757 HWY 281, Suite #4
Phone: (402) 746-4141

- **The Lanning Center for Behavioral Health**

Address: 835 S. Burlington #108
Hastings, NE 68901

Phone: (402) 463-7711

- **South Central Behavioral Services and Admin.-Offer Sliding Scale Fee**

Mental Health and Substance Abuse Therapy

- Family Conflict
- Adoption Counseling
- Foster Care Services and Support

Address: 616 West 5th Street
Hastings NE 68901

Phone: (402) 463-5684

Website: <http://www.scbsne.com/counseling-services/>

- **South Central Behavioral Services and Admin.-Offer Sliding Scale Fee**

Mental Health and Substance Abuse Therapy

- Family Conflict
- Adoption Counseling
- Foster Care Services and Support

Address: 616 West 5th Street
Hastings NE 68901

Phone: (402) 463-5684

Website: <http://www.scbsne.com/counseling-services/>

Basic Healthcare

- **Blue Hill Medical Clinic**

- Physicals
- Immunizations
- Walk-ins Welcome

Address: 102 N. Pine
Blue Hill, NE 68930

Phone: (402) 756-2142

- **Main Street Clinic**

- Physicals
- Immunizations

Address: 313 N. Webster St.
 Red Cloud, NE
 Phone: (402) 746-2282

- **Webster County Clinic-Guide Rock**

Address: 420 University Ave.
 Guide Rock, NE
 Phone: (402) 257-2061

- **Webster County Community Hospital**

- 24 Hour Emergency Room
- Rural Clinics

Address: 6th Ave and Franklin St.
 Red Cloud, NE 68970
 Phone: (402) 746-5600

- **Community Health Center**

- Sliding Scale Fee Program
- Physicals
- General Health Care

Address: 606 N. Minnesota Ave. #1
 Hastings, NE 68901

Phone: (402) 461-5265

Website: <http://www.marylanning.org/medical-clinics/community-health-center>

PREGNANCY & SEXUAL HEALTH

- **Hastings Family Planning** (Adams, Nuckolls, Clay, Franklin, Harlan, & Webster)

- Accept: Medicaid, Payment Plans, Every Woman Matters
- Testing and Education for both Males and Females
- Contraceptives
- Cancer Screenings
- Adoption Counseling Referrals

Address: 606 N. Minnesota Ave. #1
 Hastings, NE 68901

Phone: (402) 463-5687

Website: <http://www.marylanning.org/medical-clinics/hastings-family-planning/about->

- **Wellspring Pregnancy & Health Center**

- Free Pregnancy and STI Testing

- Prenatal and Parenting Classes
- Resource Referral

Address: 223 E. 14th St.
 Hastings, NE 68901
 Phone: (402) 463-7785
 Afterhours: (800) 712-4357
 Website: <http://wellspringhastings.com/>

- **Nebraska Children's Home Society**
 - Adoption Counseling and Education
 - Legal Counseling and Education Regarding Parental Rights
 - Support Groups
 - Post-Adoption support for adoptees throughout the lifespan
 - Information regarding open and closed adoption

Address: 908 N. Howard Suite #107
 Hastings, NE 68901
 Phone: (308) 381-0568
 Website: <http://www.nchs.org/programs/>

Substance Abuse

- **Horizon Recovery and Counseling (Revive Ministries)**
 There are two distinct 12-Step drug and alcohol addiction treatment programs offered by Horizon Recovery and Counseling Center: Christian and Traditional. Christian based rehab programs present a Christ-centered, biblical approach to recovery. Traditional rehab programs are for individuals who are at a variety of different stages in his or her journey of faith and are based on God as the individual may currently understand Him (as presented in the program of Alcoholics Anonymous). This approach allows Horizon Recovery and Counseling Center to relate to those looking for a drug and alcohol rehab program to grow in their recovery from addiction as well as their own spirituality.

Address: 835 S. Burlington Ave. #115
 Hastings, NE 68901
 Phone: (402) 462-2066
 Website: <http://reviveinc.org/>

- **Area Substance & Alcohol Abuse Prevention (ASAAP)**
 - 7th Grade-College
 - Community Substance Abuse Education

- School-Based Education
- Alcohol and Drug Court-Ordered Education Classes

Address: 825 S. Burlington Ave. #114
Hastings, NE 68901

Phone: (402) 463-0524

Website: <http://asaap-ne.org/>

- **Alcoholics Anonymous – Hastings**

Phone: (402) 463-9024

Narcotics Anonymous- Hastings

Phone: 800-407-7195

- **South Central Behavioral Services and Admin.-Offer Sliding Scale Fee**

Mental Health and Substance Abuse Therapy

Address: 616 West 5th Street

Hastings NE 68901

Phone: (402) 463-5684

Website: <http://www.scsne.com/counseling-services/>

Safety Resources

- **SASA Crisis Center** (Adams, Clay, Nuckolls, & Webster)

- Teen Dating Violence Resources

- Support Groups

- LGBTQ Friendly Atmosphere

- Post-Sexual Assault Support and Response

- Shelter, Clothing, and Toiletries

Address: 220 S. Burlington Ave. #4

Hastings, NE 68901

Phone: (402) 463-5810

24/7 Hotline: (877) 322-7272

- **Nebraska Domestic Violence Sexual Assault Coalition Helplines**

Hotlines: Espanol: 1-877-215-0167- *Línea de Crisis*

Hotline: 800-656-7233

Teen Helpline: 1866-331-9474

Website: <http://ndvsac.org/get-help/>

- **Webster County Sheriff's Department**
-Report Domestic Violence, School Violence Threat, Suicide Threat

Address: 641 N. Cedar St.
Red Cloud, NE
Phone: (402) 746-2722

- **Red Cloud Fire Department**
 - Smoke Alarm Education
 - Emergency Response

Address: 137 E. 5th Ave.
Phone: (402) 746-2215

NEEDS ASSISTANCE

- **Webster County Food Pantry**
Address: 347 West 7th St.
Red Cloud, NE
Phone: (402) 746-2949
- **YWCA Adams County-** Adams, Clay, Nuckolls, & Webster
 - Family Freezer Meal Program- provides for 6-8
 - Discounted Work Clothing for Men and Women
 - Assistance with Resumes and Job Interview Skills

Address: 604 N. St. Joseph St.
Hastings, NE 68901
Phone: (402) 462-8821

- **Catholic Social Services**
 - Thrift Shop
 - Discounted Clothing & Furniture

- Rent Assistance
- Mental Health Care

Address: 333 W. 2nd St.
Hastings, NE 68901
Phone: (402) 463-2112

- **Lutheran Family Services “At Ease” Veterans Program**

- Social gatherings for active military, veterans, and their loved ones
- Support groups
- Resource Referral

Phone: (402) 382-4255 for a Peer Support Specialist

- **United Way of South Central Nebraska**

- Resource Referral
- FamilyWize Prescription Discount Program
- Dolly Parton Imagination Library

Address: 301 S. Burlington Ave.
Hastings, NE 68901
Phone: (402) 461-8412

- **Maryland Living Center**

Transitional living facility for homeless youth ages 16-21 that aims to transition youth into independent living within 12-18 months.

Address: 724 W. 7th St.
Hastings, NE
Phone: (402) 834-3180

- **Hastings Literacy Program**

- GED Program
- ESL classes, Reading, Math, EL/Civics, Citizenship and Computer Literacy programs for registered GED or ESL students.

Address: 123 North Marian Road
Hastings, NE 68901
Phone: (402) 463-7323
Website: <http://hastingsliteracy.com/GED.html>

State & National Resources

- **NEBRASKA 2-1-1 HELPLINE**

Dial 2-1-1 When You Need:

Basic Needs: Food, Clothing, Shelter, Rental & Utility Assistance

Health Services: Medicare Assistance, Crisis Intervention, Drug & Alcohol Treatment
Maternal Care, Appointment Transportation, Insurance Assistance

Employment Services: Job Training & Education Programs, Job Fairs,

Family Services: Afterschool Programs, Youth Treatment Centers, Respite Care,
Daycare Providers, Transportation, Meal Delivery

SUICIDE HOTLINES

- **National Suicide Prevention Hotline 24/7:** 1-800-273-8255
- **Boys Town Hotline 24/7:** 1-800-448-3000
- **The Trevor Project 24/7:** 1-866-488-7386
 - LGBTQ Youth

Domestic Violence & Sexual Assault Crisis

- **Nebraska Spanish Hotline** (*Linea de Crisis*): 1-877-215-0167
- **National Domestic Violence Hotline**: 1-800-799-7233

Child Abuse & Vulnerable Adult Abuse Reporting

- **Nebraska Child Abuse & Elder Abuse Hotline**: 1-800-652-1999