Headstart**Wexford and Missaukee Counties**

**2021-2022 Resource Directory**

**United Way Help Line “211” 1-877-211-5253**

Connects people with community resources from housing to health care and much more. Volunteer opportunities are available. Available 24 hours a day. Or visit <http://www.michigan.gov/helpinghand/>

**Northwest Community Action Agency/NMCAA 1-800-443-2297**

1640 Marty Paul Rd Cadillac, MI 49601 Wexford/Missaukee/Roscommon

To locate people in need and help them through special programs or help them find the appropriate **resource service** in the community. The focus is to support self-sufficiency. A 10 county service area including Wexford and Missaukee Counties. Provides assistance/resources in areas of:

* **Heating assistance**
* **Housing**
* **Budgeting**
* **Utilities**
* **Senior nutrition/Meals on Wheels**
* **Food distributions**
* **Head Start/Child Development preschool programs (3-5 yr olds)**
* **Early Head Start home visiting program (pregnant moms and 0-3 year olds)**

<http://www.nmcaa.net>

**Friends Ministries 231-839-8816**

3728 S. Morey Rd. Lake City, MI 49651 Hours: Mon--Fri. 10:00 a.m. – 5:00 p.m. Sat. 10:00 a.m. – 2:00 p.m.

Services that we provide:

* **Budget & relationship mentoring**
* **Car repair/car needs**
* **Home heating needs**
* **Electricity /shut-offs**
* **Christian conversation and prayer**
* **Celebrate recovery – 12 step program**
* **Clothing, basic furniture needs and household items.**
* **More services available. Please call for more information.**
* **Currently we serve Missaukee County with limited services for Wexford County.**

**Foster Closet of Michigan 231-429-7098**

1125 East Division Street

Cadillac, MI

[WexfordMissaukee@fosterclosetofmichigan.org](mailto:WexfordMissaukee@fosterclosetofmichigan.org)

**Salvation Army 231-775-7131**

725 Wright Street – Cadillac, MI 49601

Financial Assistance. Services by appoint only. Call to talk with an intake worker.

**Staircase Youth Services 231-843-3200**

124 ½ North Mitchell Suite 105, Cadillac Mi, 49601

Delivers supportive, preventive, and homeless services for youth and families at-risk or in crisis.

**Love, INC 231-779-1888**

**Serving Wexford and Osceola County**. We strive to mobilize church members to meet the needs of people who have been screened and referred by Love, INC. It is our intention to reduce unnecessary duplication of agency services, identify and teach self-help skills to individuals and families and fashion a cooperative relationship between churches and agencies. Various pantries at local churches:

* **Socks, underwear and layettes – Zion Lutheran**
* **Clothe a First Grader and linens – First Christian**
* **School supplies and children’s books – Cadillac United Methodist**
* **Paper pantry – Cadillac Christian Reformed Church**
* **Furniture, bibles and bible story books, winter coats – Temple Hill Baptist Church**
* **Community Service Center – Seventh Day Adventist**
* **Firewood – Dighton Wesleyan Church**
* **Eye Glasses-Lion’s Club**
* **Food, clothing, furniture, mentoring, minor home repairs All referrals must be made through Love, INC**

**DHHS- Department of Health and Human Services 1-844-4MI-DHHS**

**1-844-464-3447**

The State of Michigan, through DHHS, provides in every county financial and selected services to persons determined to be in need. Need is established within the policies and the laws of the State Department of Human Services and the Department of Human Services Board. Many programs exist to assist persons with low monthly income and limited financial resources. Each program has specific criteria for eligibility of services.

* **Adoption and Adoption Subsidy Adult Services**
* **Adult Community Placement Program**
* **Independent Living Service**
* **Cash Assistance – Family Independence Program (FIP)**
* **State Disability Assistance (SDA) Program**
* **Child Development and Care Child Support**
* **Children’s Foster Care**
* **Emergency Service-State Emergency Relief Program**
* **Low Income Home Energy Assistance Program**
* **Food Assistance Program (FAP)**
* **Foster Care Licensing**
* **Juvenile Justice Program**
* **Medical Coverage Medicaid (MA) State Health Program Preventative Services for Families**
* **Protective Services Children’s Protective Services**
* **Adult Protective Services**
* **Volunteer Services**

**Oasis/Family Resource Center Office: 231-775-7299**

**Crisis: 231-775-7233**

oasis@charterinternet.com

Oasis/FRC is a private, non-profit agency serving victims of domestic violence, sexual abuse, and homelessness. The Family Resource Center provides parenting assistance through home visiting programs and classes.

* **Domestic Violence and Homeless Shelter**
* **24-hour crisis hotline**
* **Parenting education and support groups.**
* **Legal advocacy for victims of violence and sexual assault**
* **Non-residential counseling for victims of crime**
* **Adoption/kinship program**
* **Women’s Empowerment groups**

**Education**

Act (adult career training) Adult education and training program. **231-876-2266**

Assists with high school diploma, GED and job skills.

Baker College of Cadillac                                                      **855-487-7888**

Buckley Community Schools                                                  **231-269-3325**

Cadillac Area Public Schools

Forest View Elementary: **231-876-5100**

Franklin Elementary: **231-876-5200**

Lincoln Elementary: **231-876-5400**

Mackinaw Trail Middle School: **231-876-5600**

Cadillac High School: **231-876-5800**

Cadillac Innovation Alternative High School: **231-876-5900**

Central Office: **231-876-5000**

Transportation: **231-876-5050**

Cadillac Heritage Christian School                                       **231-775-4275**   
Lake City Area Schools All School Directory: **231-839-6600**

Lower Elementary: **231-839-7162**

Upper Elementary: **231-839-2665**

Middle School: **231-839-7163**

High School: **231-839-4331**

McBain Public Schools                                                           **231-825-2165**  
Manton Consolidated Schools

Manton Elementary School: **231-824-6413**

Manton Middle School: **231-824-6401**

Manton High School: **231-824-6411**

Marion Public Schools All School Directory: **231-743-2486**

Elementary School: **231-743-6251**

Middle School/High School: **231-734-2836**

Mesick Consolidated Schools All School Directory: **231-885-2727**

Mesick Elementary School: **231-885-2727**

Mesick High School: **231-885-2727**

Michigan School for the Deaf                                     **810-257-1400**

Northern Michigan Christian School                                       **231-825-2492**  
Northwestern Michigan College                                              **231-995-1000**  
Pine River Area Schools All School Directory: **231-829-3141**

LeRoy Elementary School: **231-829-3141**

Luther Elementary School: **231-829-3141**

Tustin Elementary School: **231-829-3141**

Pine River Middle School: **231-829-4064**

Pine River High School: **231-829-3881**  
Wexford-Missaukee Intermediate School District                  **231-876-2260**  
 Career Technical Center                                              **231-876-2200**

Special Education                                                          **231-876-2275**

**Early Childhood Services**

**Child and Family Services of Northwestern Michigan**   **231-946-8975**

**Youth Services Crisis Line: 1-800-442-7315**

* **Behavioral Health Services - counseling and assessment for all of life’s challenges – all ages.**
* **Family Group Decision Making – an intensive family preservation program.**
* **Foster Care – Regular, Intensive, and Treatment Foster Care and the Independent Living Program**
* **Infant Adoption**
* **Pregnancy and Birth Counseling**
* **Safe Haven – supervised visitation and exchange for children and family.**
* **Special Needs Adoption Program – children over 3 years old and sibling groups.**
* **Victims of Crime Act (VOCA) – treatment and support**

**Pine Rest 231-947-2255**

* A free statewide consultation program that helps families and child care providers support infant and toddler social, emotional, and behavioral health. Consultants are available to answer questions about infant and toddler behavior. Free on-site consultation to develop and implement strategies to help infants and toddlers with challenging behavior. Free regular get-togethers for DHS-enrolled relative care providers and day care aides to share ideas about child behavior and development

**Early Head Start Home Based**

**Missaukee, Wexford and Roscommon County 231-884-0776**

EHS gives parents the skills and support to make the most of the first 3 years in their child’s life. Enrolled families receive weekly home visits from a child & family specialist certified in P.A.T. (Parents as Teachers). Serving Missaukee and Wexford County families, pregnant moms, and children up to age 3.

**Provide weekly home visits. Certified in the P.A.T. (Parents As Teachers).**

* **Help transition children into the Head Start program.**
* **Monthly socialization groups**
* **Resource connections.**

**Early Head Start Center Based**

**Wexford County 231-884-2545**

**Roscommon County 989-202-4623**

EHS Center Based partners with families as their child’s first and most important teacher using research-based curriculum. Additionally, EHS supports families in meeting their child’s health requirements and strengthens families by supporting goals and accessing resources. Serving children 0-3 years old and their families.

* **Infant/Toddler Classrooms**
* **46 Weeks per year**
* **Monday through Friday**
* **6 hours a day**
* **Family Workshops**

**Early Head Start Child Care Partners, Wexford County 231-313-4770**

* **Infant/Toddler Classrooms**
* **48 weeks a year**
* **Monday through Friday**
* **Up to 10 hours a day**

**Early On 231-876-2300**

A network of services for families of children birth to three who have developmental delays, disabilities, or medical conditions. We are based on a partnership between parents and service providers, developed to help families find the support they need for their child. The program is established by Part C of the Individuals with Disabilities Education Act (IDEA), a federal law mandating services to children found eligible for special education. What do we offer?

* **Developmental assessments**
* **Home visits,**
* **Speech therapy**
* **Occupational therapy**
* **Physical therapy**
* **Playgroups at various locations within the ISD**
* **Connections with other community resources.**

**Great Start Collaborative 231-775-9776**

The Great Start Early Childhood Parent Coalition includes parents, grandparents, caregivers, and professionals who are involved with young children in Wexford, Missaukee, and Northern Osceola counties. The purpose of the Coalition is to increase parent participation in early childhood planning and decision-making for the counties. Serve as a “voice” for parents in their community. Assist in building public support for early childhood as an investment. Support and participate in the strategic planning work of the Great Start Collaborative. Strengthen the commitment of parents in the community, on behalf of young children.

**Life Resources of Northern Michigan 231-775-1545**

**909 Carmel St., Cadillac**

* **Parenting Support** - Parenting education programs for both mothers and fathers. Clients meet one-on-one with a client assistant to learn about parenting topics that span from early stages of pregnancy through the toddler years. While attending these sessions, clients earn the ability to shop in our store for the materials they might need - diapers, wipes, formula, baby food, baby clothes, maternity clothes, toiletries, gas cards, etc.  We also have a crib program and a car seat program.

**Michigan Alliance for Families 1-800-552-4821**

**Local -**Nicole Miller **231-715-1503**

Michigan Alliance for Families and Michigan Alliance - PTI provide information, support and education to families of children and adults with disabilities from birth to age 26 who are in the educational system. The purpose of the projects are to increase the involvement of families in their children's education and the educational system in general.

**MSU Extension**

**6180 W Sanborn, Lake City**                            **231-839-4667**

**401 North Lake St, Cadillac**  **231-779-9480**

Home and Gardening Questions **1-888-678-3464**

**C**ontact: Jessica Ackerson, Office Manager ackers23@msu.edu

Services Provided:Michigan State University Extension offers a range of services and resources. Focus areas for MSU Extensions include Agriculture, Business & Community, Family, Food & Health, Lawn & Garden, Natural Resources, 4- H and Youth. Home lawn and garden soil test-self mailers for purchase and free pressure canner gages testing available daily.

**United Way of Wexford and Missaukee Counties 231-775-3753**

**Local Libraries**

Cadillac Wexford Public Library **231-775-6541**

Falmouth Area Library **231-826-3738**

Lake City Missaukee District Library **231-839-2166**

LeRoy Community Library **231-768-4493**

Luther Area Public Library **231-797-8006**

Manton Public Library **231-824-3584**

Marion Public Library **231-743-2421**

McBain Community Library **231-825-2197**

Mesick Public Library **231-885-1120**

Tustin Community Library **231-829-3012**

Adult Literacy Council **231-775-6541**

**Friends of the Cadillac-Wexford Public Library**

**411 S. Lake St. Cadillac, MI 49601**

Purpose: The Adult Literacy Council offers tutoring for adults who would like to learn to read or improve their reading. Tutoring is Confidential and Free. One Tutor works with one Adult. Adults are matched with a tutor in their community and meet in a nearby location. Tutors are available in Wexford, Missaukee, and Osceola Counties.

**Child Care Services**

**www.greatstarttoquality.org –** This site will give you information on local Child Care referrals. Here are the steps you need to follow to get to the Child Care List:

1. From the homepage click on the green box that says “read more” at the Connect link.

2. On the next page click the “Early Learning” box.

3. Then click on the county in Michigan where you are hoping to find a Licensed Child Care Provider to see the list of possible choices.

If you do not have access to the internet you can contact the Child Care Connections office at your local Regional Resource Center. 1-800-968-4228

**Employment**

Corner Stone Staffing Solutions                                            **231-779-8888**  
Manpower, Inc.                                                                       **231-775-1226**  
Michigan Rehabilitation Services/ Cadillac                                **231-779-1467**  
Michigan Works!                                                                   **231-775-3408**  
401 N Lake Street #700 Cadillac, MI 49601

Services Provided: Employment information, placement and referral. Unemployment benefits.

Northern Staffing Services **231-775-8590**

Gill Staffing **231-842-3000**

**Housing**

Homeless– NMCAA Housing Assistance **844-900-0500**Cadillac Housing Commission **231-775-9491**

111 South Simons Street Cadillac, MI 49601

Services Provided: Low and moderate income housing.

Cadillac Shores Apartments (Subsidized Housing)                **231-775-8509**

Cornerstone Apartments Lake City (Subsidized Housing) **231-775-9491**

Land Lord Rental Hotline **231-779-8090**

Maple Hill Apartments **231-779-2992**

Manton Hillcrest Terrace **231-824-6831**

McBain West Creek Terrace **231-825-2652**

N. Michigan Alliance for Independent Living (Disabilities)      **866-869-8600**

New Hope Intake Line **884-900-0500**  
New Hope Shelter (Women) **231-468-2022**  
New Hope Shelter (Men)                                                        **231-775-3702**

North Park Apartments **231-775-0402**

Oasis Shelter (Women & Children)                                        **231-775-7233**

Salvation Army                                                                       **231-775-7131**  
Tip of Mitt Rental Assistance (Wexford-Missaukee) **989-275-7265**

**Community Activities**

**Cadillac Area Visitors Bureau 231-775-0657**

**Chamber of Commerce**

Provides Information on community events and resources

**Cadillac 231-775-9776**

**Lake City 231-839-4969**

**Manton 231-824-4158**

**Mesick** **231-885-2679**

**Food Pantries-Meals-Household Items**

**Assembly of God Church** **231-775-7858**

1120 West Division Cadillac, MI 49601

Hours: 3:30-5:00pm Every 2nd and 4th Monday of the Month Purpose: Basic food supply.

**Life Resources of Northern Michigan 231-775-1545**

419 N. Lake St. Cadillac, MI 49601

24 Hour Hotline: 800-395-4357

Hours: Monday – Thursday 10:00am-5:00pm Purpose: Baby food Formula Cereal

**Community Food Pantry 231-775-2662**

Cadillac Revival Center 984 Platt Rd. Cadillac, MI 49601

Hours: Wednesday 8:00am to 11am. Contact: Pastors Will & Pat Markham, Senior Pastors

Purpose: To fill the gap between the costs of necessities for those in need

\*Feeding America on site once a month

**DHHS-Department of Health and Human Services                    231-779-4500**

See front page

**Family Life Center 231-839-2244**

Living Light Christian Church 7700 W. Blue Rd. Lake City, MI 49651

Call for an appointment. Hours: Tuesday 11:30-2:30pm Wednesday 11:30-2:45pm

Purpose: Basic food supply.

**King’s Storehouse Food Pantry 231-775-5629**

First Baptist Church 125 Stimson St. Cadillac, MI 49601 **Hours are varying. Please call before you go**

Hours: 10-11:00am Monday, Wednesday, Friday. Contact: Carol Bogart Purpose: To give temporary help to those in need of food. Give food and some paper products at no cost to the families. Lend a listening ear and comfort to people in times of crisis, through the love of Jesus. Refer people to Love, INC. for further help. Our food orders usually last the family 3 days. We will help 3 times per year, unless Love, INC. asks us for more assistance. Because of the three times per year limit we now ask for picture I.D.

**Living Word Ministry Family Care Network 231-824-6502**

800 S. Michigan Old Erb Lumber Building Manton, MI 79663

Call for an appointment one time a month. Hours: Monday 9:00am-10:30am Purpose: Basic food supply.

**Manton Free Methodist Church 231-878-2206**

201 N. Michigan Ave. US 131 Manton, MI 49663

Call for an appointment. Purpose: Emergency food supply.

\*only for Manton and surrounding area residents

**Mesick Community Food Pantry 231-885-1179**

Mesick United Methodist Church

121 S. Alvin St. Mesick, MI 49688

Hours: Thursday 2:00-3:30pm Purpose: Emergency needs.

**Missaukee Cooperative Ministries 231-839-4485**

6180 W Sanborn Lake City, MI 49651

Hours: Monday & Thursday 9-12 Purpose food assistance and household toiletries also utilities shut off assistance.

**Salvation Army                                                      231-775-7131**  
725 Wright St. Cadillac, MI 49601

Hours: Monday through Friday 10:00m-2:30pm Purpose: To provide basic food needs. A meat and non-perishable food items are available. Limited formula, Toiletries, Diapers. May receive donations every 3 months. Must work with a caseworker. Any other services by appointment only

**Seventh Day Adventist County Service Center 231-775-9545**

815 E. Division St. Cadillac, MI 49601

Hours: Most Tuesdays 9:00am-1:45pm Contact: Penny Sluiter (if possible, call before to set up appointment)

Purpose: To supply basic food needs, free clothes, odds and ends.

**Foster Closet of Michigan 231-884-2363**

New and gently used basic items for children in care  **231-429-7098**

**Manton United Methodist- Christ Community Table 231-824-3593**

102 N. Michigan Ave Manton, MI 49663

Free meals for pick up on Wednesdays 5:30 to 6pm. Call ahead to place orders **616-405-6921**

**Health Care- Medical**

**AIDS Hotline**  **800-872-2437**

**Alcoholics Anonymous** **844-776-9651**

**Munson Urgent Care**  **231-876-2644**

302 Hobart Street Cadillac, Mi 49601

Monday-Friday 12pm-7pm

**Sound Choices of Northern Michigan 231-775-8000**

909 Carmel St. Cadillac

Free pregnancy testing, limited obstetrical ultrasounds. All services are free and confidential.

**My Community Dental Centers**  **231-775-7662**  
Provide free dental services to people through District Health Department #10.

**District Health Department #10**

**Serves 10 Counties including Missaukee and Wexford.**

**-Missaukee                       231-839-7167**

6180 Sanborn Rd. #1, Lake City, 49651

**-Wexford 231-775-9942**

521 Cobb St., Cadillac, 49601

**Maternal and Infant Health Program** – A home visiting program for women and infants on Medicaid. Team approach of nurse, social worker and dietician are assigned to the family based on what their needs are. Education, support through pregnancy and up to 1 year old (or older in some cases).

* **Immunizations**: Needed vaccines offered for birth through adulthood, including flu vaccine. It is recommended this year that all children 6 months-18 years old get the flu vaccine (and caregivers caring for that age group).
* **Healthy Futures** available to all pregnant women and infants, regardless of income, who deliver at Munson of Traverse City or Munson Health Care of Cadillac. Phone calls and a postpartum home visit by an RN.
* **Children’s Special Health Care Services**- health insurance and nursing support to children with certain health needs.
* **Public Health Services**- Disease surveillance and follow-up etc.
* **W.I.C**. women, infant, children nutrition. Family planning services. Outreach agency to get all children insured.
* **Healthy Families Northern Michigan**- is a volunteer program that offers guidance, information, and support to families through home visits that may continue until your child is four years of age.
* **STD testing** sexually transmitted infection testing
* **Medicaid Information**

**Hospice of Michigan 888-247-5701**

**Munson Health Care of Cadillac (formally Mercy Hospital)** **231-876-7200**

Since we opened our doors in 1908, Munson Healthcare Cadillac Hospital has been working to improve the health of people in the Cadillac community. Today, we provide quality health care to more than 80,000 residents across seven counties. Our hospital staffs 49 acute-care beds and has 96 active physicians along with allied health professionals that have expertise in more than 30 specialties. On-staff specialists offer care in cardiology, general and orthopedic surgery, obstetrics and gynecology, pediatrics, podiatry, and urology. We invest heavily in attracting the top medical specialists and acquiring the newest technology. Our ultimate goal: to offer you every possible advantage, so you can achieve the best possible health.

**Michigan Enrolls 800-975-7630**

**Northern Lakes Community Mental Health 231-775-3463**

527 Cobb Street Cadillac, MI 49601

Services provided to promote the behavioral health of our individuals, families, and communities. Case Management Advocacy with families and the schools, medication (Psychiatric) primarily work with Developmentally Disabled Children and Adults. Sit on Family Support Team

* **Crisis intervention, emergency services**
* **Home-based infant mental health services birth-age 5**
* **Respite Family Support Subsidy**
* **Counseling**
* **Case Management Advocacy**

**Pine Rest**   **231-947-2255**

Sixth and Madison Traverse City, MI 49684

Services Provided: Counseling with children (behavioral, emotional and medical)

**Parent Help-Line** **1-855-427-2736**

Services Provided: For families who need immediate assistance with parenting concerns - 24 hours a day - confidential, trained counselors available.

**Stehouwer Free Clinic**  **231-876-6150**

201 N Mitchell St, Suite L-1, Cadillac Office hours: Monday - Thursday 9 a.m-4:30pm

We help patients obtain free and reduced-cost medication. As well as serves as a referral source for many other health-related programs in the community.

* **Non-emergency medical help**
* **Free and reduced-cost Medication Access Program (MAP)**
* **Referrals**

**Wexford-Missaukee I.S.D. General Education Prevention Services 231-876-2265**

Purpose: Prevention Services provides support/resources for those who are dealing with substance abuse, violence, and homeless issues. Services fall into any of the following categories: ID and referral Education / Training Community School

* **Finding help with substance abuse education and support**
* **Support with finding help with homelessness**
* **Referrals in support with present or past violence**

**Wexford Adolescent Wellness Center** (run by District Health Department #10) located inside

Cadillac High School Annex Building,

400 Linden St., Cadillac **231-306-4900**

Medical and Mental health services are provided to 10-21 year olds who reside in or go to school in Wexford County.

Healthcare services include treatment for acute and chronic illness and injuries, physical exams/well child visits, immunizations, STI testing and treatment, pregnancy testing and counseling, and health education.  All insurances accepted.  Individuals with no insurance welcome.  Assistance in Medicaid Enrollment for the uninsured.

**Manton Adolescent Wellness Center** (run by District Health Department #10) located inside

Manton High School

105 5th St., Manton **231-306-3010**

Nursing and Mental health services are provided to 7-12th grade Manton Schools students.  Nursing services include:

Acute care for illness and injuries, Immunizations, STI testing and treatment, Pregnancy testing and treatment, health education, and referral for care. No out of pocket cost for services.  Assistance in Medicaid enrollment for the uninsured.

**Mesick Adolescent Wellness Center** (run by District Health Department #10) located inside Mesick High School,

581 Clark St., Mesick **231-876-3805**

Nursing and Mental health services are provided to 6-12th grade Mesick Schools students.  Nursing services include:

Acute care for illness and injuries, Immunizations, STI testing and treatment, Pregnancy testing and treatment, health education, and referral for care.  Assistance in Medicaid enrollment for the uninsured.

**Health Care-Mental Health**

**Al-Anon/Ala-teen   231-779-2006**

**Bridges of Northern Michigan**  **231-468-2550**

107 North Mitchell Street, Cadillac MI 49601

The therapists have a combined experience of over 80 years providing psychological and counseling services to children, at risk youth and families.

**Cadillac Area Family Resource Center (Oasis)** **231-775-7299**

**Catholic Human Services, Inc.** **231-775-6581**  
140 W. River, Suite #7 Cadillac, MI 49601

Services Provided:Counseling on alcohol and drug-related problems. Problem pregnancy & adoption services. Child & family services for any reason, individualized or group.

* **Counseling on alcohol and drug-related problems**
* **Problem pregnancy and adoption services**

**Child & Family Services (Foster/Adoption)**  **231-946-8975**

**Sound Choices of Northern Michigan**   **231-775-8000**

Post Abortion Support - We recognize that many individuals in our region may have experienced an abortion in

the past - whether recent or several years ago. We have a faith-based program to address their concerns, provide a listening ear, and help them along the way to a point of healing.

We do also have an educational program for schools regarding making healthy choices regarding students' sexual health (abstinence education). All services are free and confidential.

* **Past abortion support**
* **Educational programs on sexual health**

**Crisis Intervention Services (After hours mental health crisis) 833-295-0616**

**Local service numbers**

Northern Lakes Community Mental Health, Cadillac **231-775-3463**

Northern Lakes Community Mental Health, Houghton Lake **989-366-8550**

Northern Lakes Community Mental Health, Grayling **989-348-8522**

Northern Lakes Community Mental Health, Traverse City **231-922-4850**

**National services numbers**

National Suicide Hotline **Call 1-800-273-8255 or Text 741741**

**or 1-800-SUICIDE or 1-800-784-2433**

NLCMHA Crisis Line **1-800-422-7315**

If you are experiencing a medical Emergency call **911**. If you are having a mental health crisis you can call Northern Lakes CMH FAST Crisis Response at **1-833-295-0616**

**Skills Psychological Services, PC 231-775-6517**

Psychological services have been provided by this office since 1977. A broad range of psychological interventions are utilized to provide problem-specific services to the full age span from small children to older adults. Initial visits usually will consist of an assessment of you situation, an interview with a psychologist, and perhaps some psychological testing to provide an understanding of how we can best assist you. The results of this assessment are shared with you in subsequent sessions and an individual treatment plan is designed to assist you in resolving your concerns. As part of an overall assessment we may recommend that you have a physical examination by your physician. A variety of clinical methods and services are available to assist you and may be included in your treatment plan.

* **Psychological services**
* **Assessments and testing**
* **Individual treatment plans**
* **Individual, Marital, Family, and Group Psychotherapy**

**Wexford Adolescent Wellness Center** (run by District Health Department #10) located inside High School Annex Building,

400 Linden St., Cadillac

231-306-4900

Mental health services are provided to 10-21 year olds who reside in or go to school in Wexford County.

Services include mental health assessment and diagnosing,   risk assessment, individual and family counseling, grief and loss counseling, trauma assessment and treatment, and groups.  All insurances accepted.  Individuals with no insurance welcome.  Assistance in Medicaid Enrollment for the uninsured.

**Manton Adolescent Wellness Center** (run by District Health Department #10) located inside Manton High School

105 5th St., Manton

231-306-3010

Mental health services are provided to 7-12th grade Manton Schools students.

Services include mental health assessment and diagnosing,   risk assessment, individual and family counseling, grief and loss counseling, trauma assessment and treatment, and groups.  All insurances accepted.  Individuals with no insurance welcome.  Assistance in Medicaid Enrollment for the uninsured.

**Mesick Adolescent Wellness Center** (run by District Health Department #10) located inside Mesick High School, 581 Clark St., Mesick

231-876-3805

Mental health services are provided to 6-12th grade Mesick Schools students.  Services include mental health assessment and diagnosing,   risk assessment, individual and family counseling, grief and loss counseling, trauma assessment and treatment, and groups.  All insurances accepted.  Individuals with no insurance welcome.  Assistance in Medicaid Enrollment for the uninsured.

**Michael’s Place**

1212 Veterans Dr, Traverse City

231-947-6453

Greif Support center, servicing grieving children, teens, adults, and families throughout northern Michigan. Innovative and compassionate support programs designed to ease the impact of loss.

\*Closed due to Covid 19. Greif Services available remotely

**Northern Lakes Community Mental Health 231-775-3463**

527 Cobb Street Cadillac, MI 49601

Services provided to promote the behavioral health of our individuals, families, and communities. Case Management Advocacy with families and the schools, medication (Psychiatric) primarily work with Developmentally Disabled Children and Adults. Sit on Family Support Team. At this time due to COVID-19 phone services are preferred.

* **Crisis intervention, emergency services**
* **Home-based infant mental health services birth-age 5**
* **Respite Family Support Subsidy**
* **Counseling**
* **Case Management Advocacy**

If you are experiencing a medical Emergency call **911**. If you are having a mental health crisis you can call Northern Lakes CMH FAST Crisis Response at **1-833-295-0616**

**Other Wellness Related Links**

**Alcoholism or Alcohol Abuse**

National Interactive Screening Project. Call for a free anonymous Alcohol Screening

Toll free 1-800-887-5676, or go online at www.mentalhealthscreening.org/screening. Keyword is ”**espmi**”.

State of Michigan, Employee Service Program, toll free 1-800-521-1377

**Depression Screening**

National Interactive Screening Project. Call for a free anonymous Depression Screening

toll free 1-800-887-5676, or go online at www.mentalhealthscreening.org/screening. Keyword is ”**espmi**”.

State of Michigan, Employee Service Program, toll free 1-800-521-1377

**Anxiety Screening**

For a free anonymous Anxiety Screening go online at: www.mentalhealthscreening.org/screening. Keyword is ”**espmi**”.

State of Michigan, Employee Service Program, toll free 1-800-521-1377

**Eating Disorders Screening**

For a free anonymous Screening go online at: www.mentalhealthscreening.org/screening. Keyword is ”**espmi**”.

State of Michigan, Employee Service Program, toll free 1-800-521-1377

**No screenings are being done in person at this time due to COVID-19**

**Michigan Coalition against Domestic & Sexual Violence**

3893 Okemos Road, Ste B2 Okemos MI 48864

Ph: 517 347-7000 fax: 517 347-1377

National Hotline: 1 800 799-SAFE

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

**Wexford-Missaukee Child Protection Council**

The Wexford-Missaukee Child Protection Council is the local council of the State of Michigan’s Children’s Trust Fund and national Prevent Child Abuse America that serves as a voice for the primary prevention of child abuse and neglect.  We seek to educate parents, caregivers and community members on various issues surrounding the growing epidemic child abuse.  Our focus is on the importance of preventing child abuse and neglect before it happens, which then strengthens our families and our community.

If you would like to learn more about primary prevention of child abuse and how you can get involved, contact our council through our website at [www.wexfordmissaukeecpc.com](https://mail.nmcaa.net/owa/redir.aspx?C=DiYWiUmaFSeILH3pOMKoyjP8WC-ue5cKcWvbvCBZMrBfW5d6ZdrUCA..&URL=http%3a%2f%2fwww.wexfordmissaukeecpc.com)

* **Prevention of child abuse and neglect**
* **Education service for** **parents, caregivers, and community members**
* **Strengthening the community**

**Legal-Law Enforcement**

**Emergency                                                                911**

**Legal Services of Northern Michigan, Inc.                              231-941-0771**  
221 Garland Street, Suite H Traverse City, MI 49684

Services Provided:Legal services and representation, legal information. Representation for divorce, some landlord-tenant, SSI, and some collection cases. Fees vary depending on income.

**Missaukee County District Court                                        231-839-4590**  
 **Probate & Juvenile Court**                         **231-839-2266  
 Family Court                                          231-839-2480  
Missaukee County Sheriff Department                                  231-839-4338  
Michigan State Police – Cadillac Post                                   231-779-6040  
Wexford County District Court                                           231-779-9515  
 Probate & Juvenile Court                             231-779-9510  
Wexford County Sheriff Department                                    231-779-9211**

**Transportation**  
**Secretary Of State / Driver License Bureau**   **888-767-6424**

**Cadillac/Wexford Transit Authority (CWTA)                           231-779-0123**

**TOLL FREE 1-866-647-5465**  
951 Casa Rd. Cadillac, MI 49601 Hours: Monday- Friday, 5:00am-6:00pm Saturday, 9:00am-4:00pm (dispatch available 9:00am- 12:00pm but bus runs until 4:00pm) Door to Door (Demand-Response) – Works in time ranges by grouping rides within the same area utilizing one vehicle. Please request a ride at least one hour in advance if possible. Time Calls – Customers can make advance reservations for community appointments. Subscription Service – Customers can make advance reservations on a long term basis when their travel requests remain consistent. **All passengers must wear a mask prior to getting on the bus and entire ride at this time due to COVID-19**

* **Subscription Services**
* **Group rides**
* **Demand-Response (door to door)**
* **Wheelchair accessible**
* **Healthway Express for non-emergency, medical related services for residents of Wexford**

**Youth Services  
Cadillac Area YMCA                                                             231-775-3369**  
Families programs Health and fitness programs NOTE: This is not a free service. There is an admission/membership charge upon entrance. Financial assistance is available. **(Current hours due to COVID-19 are 5:30am- 7:00pm mon-fri and 8:00am-12pm Sat)**

* **Aquatics programs**
* **Arts and humanities programs**
* **Parenting classes**
* **Preschool programs**
* **Teen & school age programs**
* **Senior programs**
* **Volunteer and leadership development programs**

IF YOU HAVE ANY QUESTIONS OR WOULD LIKE FURTHER

INFORMATION, PLEASE CONTACT

Any Head Start Family Engagement Specialist or Early Head Start Staff

**Wexford County Early Head Start Staff**

716 Lincoln St 105 5th St

Cadillac Mi 49601 Manton Mi 49663

Fax # (231)-876-9840 Fax # (231)-824-9888

**Wexford/Missaukee/Roscommon**

**EHS Program Service Coordinator**

**Rebecca Schichtel** (231) 920-4016 [rschichtel@nmcaa.net](mailto:rschichtel@nmcaa.net)

**EHS Program Recruitment/Health Specialists:**

**Mary Heady** (231) 884-0776 [mheady@nmcaa.net](mailto:mheady@nmcaa.net)

**Wexford EHS Home Base Child and Family Specialists:**

Alexis Dewitt (231) 632-7551 [adewitt@nmcaa.net](mailto:adewitt@nmcaa.net)

Geena Girard (248) 497-1516 [ggirard@nmcaa.net](mailto:ggirard@nmcaa.net)

Jill Gines (231) 429-2028 ggines@nmcaa.net

Evie Hirdning (231) 878-6046 [eviehirdning@nmcaa.net](mailto:eviehirdning@nmcaa.net)

**Missaukee County Early Head Start Staff**

1751 S Morey Rd

Lake City MI, 49651

Fax # (231)-839-5700

**EHS Child and Family Specialists:**

Kim Reitz (231) 920-3999 kreiz@nmcaa.net

Amy Pitz (231) 878-7062 [apitz@nmcaa.net](mailto:apitz@nmcaa.net)

Christina Pree (231) 632-7696 [cpree@nmcaa.net](mailto:cpree@nmcaa.net)

**NMCAA Early Head Start Learning Center, Houghton Lake Staff**

3225 W Houghton Lake Drive, Suite 3&4

Houghton Lake, MI 48629

Office# (989) 202-4623 Fax # (231) 346-2176

**EHS Center Base Site Coordinator:**

**Houghton Lake and Cadillac**

**Kim Stackpoole** (231) 920-0204 [kstackpoole@nmcaa.net](mailto:rschichte@nmcaa.net)

**Teachers:**

Michelle Maxwell (231) 920-3442 [mmaxwell@nmcaa.net](mailto:mmaxwell@nmcaa.net)

Bridgett Sanford (989) 600-3755 [bsanford@nmcaa.net](mailto:bsanford@nmcaa.net)

Nicole Pollard (989) 387-7957 [npollard@nmcaa.net](mailto:npollard@nmcaa.net)

**Family Service Specialist:**

Keri VanSteenis: office (989) 889-5619 cell (231) 920-2731 [kvansteenis@nmcaa.net](mailto:kvansteenis@nmcaa.net)

**NMCAA Early Head Start Learning Center, Cadillac Staff**

1640 Marty Paul

Cadillac, MI 49601

Office# (231) 775-9781 Fax # (231) 346-2191

**EHS Site Coordinator**

Kim Stackpoole (231) 920-0204 [kstackpoole@nmcaa.net](mailto:rschichte@nmcaa.net)

**Teachers:**

Chelsea Knoph (231) 884-9921 cknoph@nmcaa.net

Liz Dykgraaf (231) 920-4326 edykgraaf@nmcaa.net

Nicole Gonzalez (231) 878-7719 [ngonzalez@nmcaa.net](mailto:ngonzalez@nmcaa.net)

Keagan Derror (231) 735-6204 [kderror@nmcaa.net](mailto:kderror@nmcaa.net)

**Family Service Specialist:**

Kimberly Steinacker (231) 884-2545 [ksteinacker@nmcaa.net](mailto:ksteinacker@nmcaa.net)

**Collaborative Center Services Coordinator**

Bethany Dugan Phone (231) 620-1011 Fax (231) 922-9895 [bdugan@nmcaa.net](mailto:bdugan@nmcaa.net)

**Childcare Partner Family Service Specialist:**

Brittany Tysick Phone (231) 313-4770 Fax (231) 306-5960 [btysick@nmcaa.net](mailto:btysick@nmcaa.net)

**Wexford/ Missaukee County Head Start Staff**

**Wexford County**

**Lincoln Street Head Start Staff**

**716 Lincoln St**

**Cadillac, MI 49601**

**Family Engagement Specialist:**

**Teachers:**

**Cathy Hubbard:** 231-876-9336 [chubbard@nmcaa.net](mailto:chubbard@nmcaa.net)

**Ashley Curtis:**231-775-1628 [acurtis@nmcaa.net](mailto:acurtis@nmcaa.net)

**Marty Paul Head Start Staff**

1640 Marty Paul

Cadillac, Mi 49601

Office (231) 775-9781 Fax # (231) 775-1448

**Family Engagement Specialist:**

**Michelle Jacobs: 231-493-8642** [mjacobs@nmcaa.net](mailto:mjacobs@nmcaa.net)

**Teachers:**

**Schonnie Markham: 231-775-7871** [smarkham@nmcaa.net](mailto:smarkham@nmcaa.net)

**2nd Marty Paul Classroom: 231-775-7531**

**Kenwood Head Start Staff**

1700 Chestnut St

Cadillac, Mi 49601

Office (231)876-5300

**Family Engagement Specialist:**

**Shellie Woods: 231-409-6652** [swoods@nmcaa.net](mailto:swoods@nmcaa.net)

**Teachers:**

**Alex Gatica: 231-876-5300** [agatica@nmcaa.net](mailto:agatica@nmcaa.net)

**Grace Kuzmin: 231-876-5300** [gkuzmin@nmcaa.net](mailto:gkuzmin@nmcaa.net)

***Manton Head Start***

110 5th Street

Manton, Mi 49663

Office (231) 824-9109

**Family Engagement Specialist:**

**Amy King:** 231 360-3861 [aking@nmcaa.net](mailto:aking@nmcaa.net)

**Teachers:**

**Felicia Wilds:** 231-824-9109 [fwilds@nmcaa.net](mailto:fwilds@nmcaa.net)

**Kelly Adams:** 231-824-9004 [kadams@nmcaa.net](mailto:kadams@nmcaa.net)

**Mesick Head Start**

210 E Mesick Ave

Mesick, Mi 49668

Office (231) 885-2655

**Family Engagement Specialist:**

**Kelsey Hyde: 231-493-5286** [**khyde@nmcaa.net**](mailto:khyde@nmcaa.net)

**Teachers:**

**Laura Muste: 231-885-2655** [lporter@nmcaa.net](mailto:lporter@nmcaa.net)

**Recruitment and Health (Cadillac, Manton, and Mesick):**

**Jason Paca: 231-775-9781**

**Missaukee County**

**Missaukee Child Development Center**

1751 S Morey Rd

Lake City MI, 49651

**Family Engagement Specialist:**

**Laura Bachman: (231) 878-2526** [lbachman@nmcaa.net](mailto:lbachman@nmcaa.net)

**Teachers:**

**Kris Daniel:** 231-839-7606 [kdaniel@nmcaa.net](mailto:kdaniel@nmcaa.net)

**Karly Stoll:** 231-839-7595 [kstoll@nmcaa.net](mailto:kstoll@nmcaa.net)

**Falmouth Head Start Center**

219 E Prosper rd.

Falmouth, MI 49632

(231) 826-0135

**Family Engagement Specialist:**

**Shellie Woods: 231-409-6652** [swoods@nmcaa.net](mailto:swoods@nmcaa.net)

**Teachers:**

**Brenda Dezeeuw: 231-826-0134** [bdezeeuw@nmcaa.net](mailto:bdezeeuw@nmcaa.net)

**Recruitment and Health (Lake City, Falmouth, and Roscommon):**

**Robyn Varney: 231-775-9781** [rvarney@nmcaa.net](mailto:rvarney@nmcaa.net)

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