

Wexford and Missaukee Counties 2022-2023 Resource Directory

United Way Helpline "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 center based/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 49601

WexfordMissaukee@fosterclosetofmichigan.org

Salvation Army 231-775-7131

725 Wright Street - Cadillac, MI 49601

Financial Assistance. Services by appointment 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**

Oasis/Family Resource Center**Office: 231-775-7299****Crisis: 231-775-7233****Mary Campbell****Supervisor of Departments: 231-878-1146**

<https://www.cadillacoasis-frc.org/>

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**

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**

Education

Act (adult career training) Adult education and training program.		231-876-2266
Assists with high school diploma, GED and job skills. Contact: Ryan Bruntjens		
Baker College of Cadillac		855-487-7888
Boon Christian Academy		231-775-7775
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		231-775-4272
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

Oasis FRC-Family Links - Parenting Department 231-775-729

A free home based parent education and support service which utilizes the Parents as Teachers model and curriculum. Any family with a child age five or younger in the home will qualify.

Early Head Start Home Based

Missaukee, Wexford and Roscommon County - Mary Heady: 231-884-0776

Fax: 231-306-5939

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 Kimberly Steinacker 231-884-2545

Roscommon County Michelle Maxwell 989-202-4623

EHS Center Based partners with families as their child's first and most important teacher using a 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 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

Office:

231-775-9776

Niki Schultz:

231-878-6544

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

Contact: 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
 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 844-900-0500
 New Hope Shelter (Women) 231-468-2022
 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 Lions Club of 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
 Parenting Earned Program - Free classes to earn points toward supplies.
 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 9:00am 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: Wednesday 9:00-1:00 231-878-2889
 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 - Jan Geers 231-775-8518
 Hours: 1st and 3rd Thursday of the month 2:00 - 4:00 PM 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
 Hours: 1st Thursday of the month - 9:00 - 12:00
- Mesick Community Food Pantry** 231-885-1699
 Mesick United Methodist Church
 121 S. Alvin St. Mesick, MI 49688
 Hours: Thursday 3:30-5:00 pm 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-3:30pm 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 (Utilities, Rent, Propane) by appointment only. Late appointments available on Monday, Tuesday and Friday.

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 5:00 to 5:30 pm.

Call ahead to place orders

Pastor Jeff 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

Saturday-Sunday 10ap-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.

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.

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**

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

1050 Silver Drive Traverse City, MI 49684

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

Hours: Monday - Thursday 8am-7pm - Friday 8am-4pm

After Hours:

833-295-0616

Family Supportive Services of Northern Michigan LLC

231-577-9180

Counseling services for individuals and families.

- End of life
- Grief/loss
- Child welfare
- Marriage/relationship dynamics

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,

532 Haynes 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

231-306-3010

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.

Lake City Wellness Center (run by District Health Department #10) located inside Lake City Middle School

251 E. Russell St, Lake City, MI 49651

231-282-9039

Medical and Mental health services are provided to 5-21 year olds who reside in or go to school in Missaukee 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 are welcome. Assistance in Medical Enrollment for the uninsured.

Health Care-Mental Health

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

118 S Mitchell St. Cadillac, MI 49601 - Entrance in the back of building

Catholic Human Services, Inc.

231-775-6581

421 S. Mitchell St, Suite #2 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**
- **Senior Companion Program**

Child & Family Services (Foster/Adoption)

231-946-8975

Healing Private Wounds

231-846-4495

856 N. Mitchell St. Cadillac MI 49601

www.healingprivatewounds.org

Child and family mental health and sexual abuse recovery services.

Sexual abuse prevention education for students k-12

Lending Library and educational studies.

Mentor program for teens and adults.

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.

Parenting classes

Free pregnancy tests and ultrasounds

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	833-295-0616

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**

Life 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 Cadillac High School Annex Building,

532 Haynes 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

231-306-3010

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.

Lake City Wellness Center (run by District Health Department #10) located inside Lake City Middle School

251 E. Russell St, Lake City, MI 49651

231-282-9039

Medical and Mental health services are provided to 5-21 year olds who reside in or go to school in Missaukee 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 are welcome. Assistance in Medical Enrollment for the uninsured.

Michael's Place

1212 Veterans Dr, Traverse City

231-947-6453

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

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

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

Depression

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

Anxiety

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

Eating Disorders

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

Michigan Coalition against Domestic & Sexual Violence

3893 Okemos Road, Ste B2 Okemos MI 48864

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

www.mcedsv.org

National Coalition against Domestic Violence

600 Grant, Suite 750

Denver, Colorado 80203

National Hotline: 1 800 799-SAFE

www.ncadv.org

Other

Domestic & Sexual Violence, MI. www.michigan.gov/mdhhs

Crime Victim Services Commission 877.251.7373

Veterans Affairs <https://www.ptsd.va.gov/index.asp>

Adult Survivors of Child Abuse www.ascasupport.org

PTSD <https://www.uofmhealth.org/health-library/list-all-p#PT>

<https://suicidepreventionlifeline.org/> 1800.273.8255

National Human Trafficking Hotline 1.888-373.7888 text 233733 (type "help" or "info")

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

- **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

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

231-779-9216

Transportation

Secretary Of State / Driver License Bureau

888-767-6424

Cadillac/Wexford Transit Authority (CWTA)

231-779-0123

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.

- **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.

Hours: Monday - Friday 5:30am - 9:00pm Saturday 8:00am-6:00pm

- **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

Early Head Start Home Based Contact List

Missaukee County:

1751 S Morey Rd Lake City, MI 49651

fax# 231-839-5700

Rebecca Schichtel, PSC,

rschichtel@nmcaa.net

231-920-4016

Mary Heady, R&H,

mheady@nmcaa.net

231-884-0776

231-839-0400

fax# 231-306-5939

Kim Reitz, CFS

kreitz@nmcaa.net

231-632-7917

Amy Pitz, CFS

apitz@nmcaa.net

231-632-3233

Christine Pree, CFS

cpree@nmcaa.net

231-632-7696

Roscommon County:

1881 W Houghton Lake Dr. #2 Prudenville, MI 48651 fax# 989-366-3435
 Judy Evans, CFS jevans@nmcaa.net 989-889-5626
 Debbie Moore, CFS dmoore@nmcaa.net 231-632-7910

Wexford County:

Cadillac- 716 Lincoln St. Cadillac MI 49601 fax# 231-876-9840
 Jill Gines, CFS ggines@nmcaa.net 231-632-8023
 Geena Girard, CFS ggirard@nmcaa.net 231-632-7902

Manton- 110 5th ST. PO Box 366 Manton, MI 49663
 Amy McConnell, CFS amconnell@nmcaa.net 231-632-7551
 Evie Hirdning, CFS eviehirdning@nmcaa.net 231-878-6046

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

3225 W Houghton Lake Drive, Suite 3&4
 Houghton Lake, MI 48629

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

Center Site Coordinator	Kim Hagan	231-920-0204
Family & Center Specialist	Michele Maxwell	989-202-4623
EHS Teacher - classroom 2	Jessica Dowland	989-202-4624
EHS Teacher - classroom 2	Nicole Pollard	989-202-4624
EHS Teacher - classroom 1		989-202-4625
EHS Teacher - classroom 1		989-202-4625
Center Assistant -		

**NMCAA Early Head Start Center Based, Cadillac Staff
 North Street Child Development Center**

403 North Street
 Cadillac, MI 49601

Center Site Coordinator	Kim Hagan	231-920-0204
Family & Center Specialist -	Kimberly Steinacker	231-884-2545
EHS Teacher -	Keagan Derror	231-735-6204
EHS Teacher -	Rachel Buchner	231-429-4381
Center Assistant -		

Wexford/ Missaukee County Head Start Staff

Wexford County

Lincoln Street Head Start Staff
 716 Lincoln St
 Cadillac, MI 49601

Mandy Currie-Young myyoung@nmcaa.net 231- 383-3064
Recruitment and Health:
 Jason Paca: jpaca@nmcaa.net 231-775-9781
 North Street Head Start
 403 North Street
 Cadillac, MI 49601

Family Engagement Specialist:
 Nicole Gonzalez ngonzalez@nmcaa.net 231-409-7427
Teacher:

Recruitment and Health:
 Jason Paca: jpaca@nmcaa.net 231-775-9781
YMCA as a Head Start Collaborative Center
 Debbie Blake debbieb@cadillacareaymca.org 231-775-3369
Missaukee County
 Missaukee Child Development Center
 1751 S Morey Rd
 Lake City MI, 49651

Family Engagement Specialist:
 Laura Bachman: lbachman@nmcaa.net 231- 878-2526
Teachers:
 Kris Daniel: kdaniel@nmcaa.net 231-839-7606
 Karly Stoll: kstoll@nmcaa.net 231-839-7595

Recruitment and Health:
 Robyn Varney: rvarney@nmcaa.net 231-775-9781
 Falmouth Head Start Center
 219 E Prosper rd.
 Falmouth, MI 49632
 (231) 826-0135

Family Engagement Specialist:
 Laura Bachman: lbachman@nmcaa.net 231- 878-2526
Teachers:
 Brenda Dezeeuw: bdezeeuw@nmcaa.net 231-826-0134

Recruitment and Health:
 Robyn Varney: rvarney@nmcaa.net 231-775-9781

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