

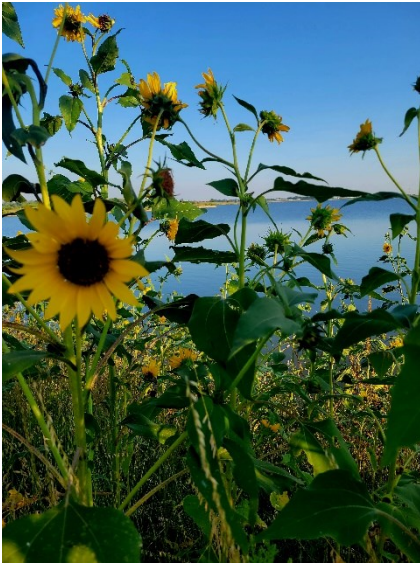


*A Collection of Community
Resources for Providers &
Families in Saunders
County, Ne*

SAUNDERS COUNTY RESOURCE MANUAL

*Please Note: This resource is not meant to advertise or promote any specific organization or business. Its purpose is to act as a helpful tool for providers and families in the community that are seeking free, reduced or Medicaid/Medicare approved services.

**Please send updated information for resources and/or new providers who provide discounted services or aid to apelan@saunderscounty.ne.gov.



This resource manual was developed with the intent to increase family protective factors.

Protective Factors are conditions that when present in a community and in families, will increase health and family wellbeing.

- ♥ Concrete Support
- ♥ Parental Resilience
- ♥ Nurturing and Attachment
- ♥ Social Connections
- ♥ Knowledge of Parenting and Child Development
- ♥ Social and Emotional Competence of Children

ACTIVE COMMUNITY TEAM OF SAUNDERS COUNTY

We engage and empower our community organizations with the information necessary to change people's lives. We hope to improve the well-being for all men, women and children through education, support, and resources.



*Photograph of Lake Wanahoo Dam by Sam Farmer

Created in partnership with ACT, Saunders County Youth Services, & Saunders County Attorney's Office

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FOOD

Food Pantries & Meal Programs

American Lutheran Church

Ashland Food Pantry & Kids Cupboard Food Assistance

1941 Silver Street

Ashland, NE 68003

(402) 944-3535

Destiny Church

1319 N. Sycamore Street

Wahoo, NE 68066

(402) 443-6762

Food Pantry Hours: 5:00 – 6:15pm on Thursdays

Please enter through the back door up the ramp.

No income requirements.

Cancellations or postponements due to weather or low supply are posted on Destiny Church Facebook page, as well as Saunders County or Wahoo FB groups.

LifeHouse

549 N H St. Fremont, NE 68025

Hours: Tuesday 10am-2pm; Wednesday 4pm-6pm; Thursday 5pm-7pm

*Emergency food box can be accessed outside of pantry hours. Please call (402) 721-3125 to schedule pick up

* Provides a 7-day supply of Nutritional food

Bring a photo I.D. and a piece of mail received at their residence within 30 days

Living World Church

1110 N Lincoln Ave. Fremont, NE 68025

(402) 721-2068

(402) 699-1919 (cell)

*Emergency food boxes available-call cell

Every 3rd Thursday 4pm-7pm

Bring a photo I.D.

Salvation Army-Wahoo

(402) 898-5942

Emergency Contact for the Wahoo Community: Pastor White (402) 443-3940

Hours: Monday-Friday: 9am-4pm

Services: Disaster Services, Emergency Financial Assistance, Food & Nutrition Programs, & Seasonal Services

Salem Lutheran Church

401 E Military Ave, Fremont NE 68025
 (402) 721-6158
 Last Saturday of the month: 9am-9:30am
 Free bread and bakery distribution
 Saturdays are at Common Grounds Building-406 E 6th St.

Wahoo Senior Center

235 E. 4th Street, Wahoo, NE
 (402) 443-4463
 Meal program served at 12:00 (noon), Monday-Friday



Nutrition Assistance

SNAP/Emergency Assistance (DHHS)-

Services: EBT Card for Food or Water/ sewer shut off assistance
 Application must be completed via Phone or Online
 Qualification is based on Income.

DHHS Economic Assistance programs promote wellbeing and provide support to achieve self-sufficiency of families, children, individuals, elderly, and persons with disabilities by providing medical, nutritional, and financial services. To apply for any Economic Assistance programs:

Printable paper applications found online at www.ACCESSNebraska.ne.gov
 Electronic applications available at www.ACCESSNebraska.ne.gov

Call to request a paper application via mail or pick one up at any local DHHS office.
 Call Customer Service Center at **1-800-383-4278** to complete an application by phone, update information, report changes, complete reviews and get case status information.

WIC (DHHS)

504 W 8 th St.	212 East 8 th Street, Suite B
Wahoo, Nebraska	Fremont, NE 68025
(402) 727-0608	(402) 727-0608

By Appointment Only

Services: Healthy Food, Breastfeeding Support, Nutrition Education, & Health and Community Resources
 Qualifications: Pregnant Women, Breastfeeding women, New Mothers, Infants, Children up to age 5, Foster Children up to age 5
 Required at Appointment: Proof of identification, address, and income



HOUSING

Emergency Shelter

LifeHouse

723 N Broad St Fremont, NE 68025

(402) 721-3125

Hours: Monday-Friday: 8am- 5pm. Open 24/7 with on call case management 24/7

Services: A place of shelter, support, and stability for homeless individuals and homeless families by empowering them to achieve independence and lifelong enrichment. To accomplish that, LifeHouse is the only agency within the neighboring six-county area offering 24-hour shelter to homeless men, women, and children.

One on one support through your transition. Your family can stay together in one room.

Meals, laundry, and other supportive services provided.

LifeHouse provides the following supports and programming:

- +Emergency Shelter (24-hour access)
 - +Permanent Supportive Housing Project
 - +Behavioral Health Services
 - +Life Skills Education Classes
 - +Case Management Services
 - +Transitional Housing Project
 - +Community Response Program,
 - +Healthcare Assistance
 - +Prevention and Aftercare Services
- Qualifications: Homeless and near homeless individuals and families. Website: www.lifehouse.org @LifeHouseNE



Non-Emergency Housing-Income Based Housing

Concrete Supports

City View Apartments

140 W. 13th Street

Wahoo, NE 68066

(402) 443-4123

Income based housing.

Fremont Housing Agency

2510 N Clarkson Fremont, NE 68025

(402) 727-4848 Ext. 112

Riley O'Neill, Housing Program Manager

fhahpm@fremonthousing.org

www.fremonthousing.org

Section 8 Housing Choice Vouchers (HCV). We can assist in rent payment to qualified individuals and families within our jurisdiction, which is most of Saunders County. Housing is income based. We also serve Dodge County,

Washington County, and Colfax County with our HCV program.. Apply (paper application) and submit required documents (i.e., background check, income verification, criminal etc.)

In Dodge County, we have a blend of programs including public housing (income based) and low-income housing tax credit (income restricted). We complete credit, landlord, and criminal background checks on all adult applicants. Qualifications: Low, very low, and extremely low income, Disabled, Elderly (62+), and families with children.

Westview Apartments

1229 N. Hackberry Street
Wahoo, NE 68066
(402) 443-5082
Income based housing for elderly & disabled



Other Supportive Housing Programs

Concrete Supports

Community Action Partnership of Nebraska

Nebraska Homeless Assistance Program

365 W. 1st Street
Wahoo, NE 68066
(402) 277-7330

LifeHouse

Supportive Housing Programs
Transitional and Permanent Supportive Housing
723 N Broad St Fremont NE 68025
(402) 721-3125

- Intensive, home-based case management, supportive housing for up to 24 months, professional mental health/substance
- abuse counseling, employment skill development training, budgeting and home management classes, healthy parenting and family, relationships education classes

Who is eligible?

- those that meet HUD's homeless criteria
- living in a shelter (homeless or domestic violence)
- must be 19 years or older
- individuals and families
- those who have a qualifying disabling condition (i.e., mental health, substance abuse, chronic mental health)

Oxford Housing – Adult – Sober living

Call for more information

Men and Women

Directory of Nebraska locations and phone numbers: https://www.oxfordhouse.org/directory_listing.php

Proteus, Inc.

3830 VerMaas Place, Ste. A
Lincoln, NE 68502
Kim Parnell, MA
(402) 805-4004
Cell: 531-220-1720

Emergency services for migrant farm workers either passing through or staying. Such as housing, groceries, minor car repairs, anything they need to get home or to their next job.



Furniture

Concrete Supports

Catholic Social Services

St. Louise Gift & Thrift Store
2201 O Street
Lincoln, NE 68510
402-474-1600 Ext.7028
Open: Tuesday-Friday, 10:00 am-5:00 pm
Open: Saturday 10:00 am- 1:00 pm
Closed: Sunday & Monday

Goodwill Industries

3175 E. Elk Lane, Fremont NE 68025
(402) 727-5007
Gently used clothing, clothing accessories, books, videos and home décor
Retail store hours:
Monday-Friday: 9:00 am - 9:00 pm
Saturday: 9:00 am - 7:00 pm
Sunday: 12:00 pm - 6:00 pm

Habitat for Humanity- HOME STORE

701 E. Dodge St Fremont NE 68025
(402) 298-5272

Store Hours:

Every Friday: 8am – 4pm
Every Saturday: 8am – 2pm
Open to the public!

- The Fremont Area Habitat Home Store is a home improvement outlet that sells new and gently used donated merchandise
- All items are sold at a significant discount with proceeds benefiting Habitat for Humanity Generous selection of furniture, appliances, dinnerware, and home décor. (NO Clothing.)

Website/ Facebook: www.fremonthabitat.org



FINANCIAL ASSISTANCE

Rent/Utility Assistance

Concrete Supports

Need help with rent or utilities? You can go to any of the agencies below to receive assistance:

Community Action Partnership of Lancaster and Saunders County

365 W. 1st Street, Wahoo, NE 68066

(402) 277-7330

210 O Street, Lincoln, NE 68508

(402) 471-4515

Community Response

Central Navigator – Amber Pelan

(402) 443-8107

Coordinator – Michelle Libal

(402) 429-8933 cell

Dodge County General Welfare Assistance

Located in the Court House on the 1st floor Room 104

435 N. Park Ave, Fremont NE 68025

(402) 727-2731

Provides services for rent, utilities...etc. Emergency use only.

Lifeshouse (See Housing for more information)

723 N. Broad Street, Fremont, NE 68025

(402) 721-3125

Nebraska Department of Health and Human Services-Economic Assistance Customer

Service Contact:

Call (800) 383-4278

In Lincoln (402) 323-3900

In Omaha (402) 595-1258

Hours: Monday-Friday: 8:00 am - 5:00 pm

Salvation Army

707 N I Street, Fremont, NE

(402) 721-0930

2625 Potter Street, Lincoln, NE

(402) 474-6263

- There are no income guidelines; however, clients must have income or pending income
- Client must be able to show that they can afford this expense in the near future
- Open to Saunders County

Uniquely Yours Stability Support

St. Timothy Lutheran Church

538 W. 16th, Fremont, NE 68025

(402) 727-8977

Some of these agencies have additional support programs. Must be referred to this service. Please call ahead for an appointment.



Benefits Assistance

Concrete Supports

DHHS

DHHS Economic Assistance (SNAP, LIHEAP, Childcare, grandparent assistance,), Medicaid, etc.

www.accessnebraska.ne.gov; ACCESS Nebraska Customer Service Center Economic Assistance

1-800-383-4278; Access Nebraska Customer Service Center Medicaid 1-855-632-7633

Apply and submit required documents, update information and report changes in the HH, complete renewals and reviews and view current benefits.

Good Neighbor Community Health Center- Fremont Clinic

2740 N Clarkson St, Fremont NE, 68025

(402) 721-0951

Good Neighbor Community Health Center is a Federally Qualified Health Center that provides primary care to anyone. We accept insured, Medicaid, Medicare, and uninsured patients. No one will be denied our services based on their ability to pay. Behavioral health services are funded in whole, or in part by federal, state, and/or county funds from Region 4 and Region 6 Behavioral Healthcare.

Certified Application counselor who assists clients with applying for different options for healthcare insurance and other types of Nebraska state programs. This service is Free of charge. Some of the Assistance in Nebraska that the counselor assists with is The Health Insurance Marketplace, Nebraska Medicaid, Children's Health Insurance Program (CHIP), Aid to Dependent Children (ADC), and Supplemental Nutritional Assistance Program (SNAP).

Kim Homes

(402) 443-1311

Linda Maly

(402) 277-6377

Stephanie Swerczek

PO Box 274

Ashland, NE 68003

402-518-5546

Cell: (402) 670-0357

Health insurance options on both Marketplace and short-term medical plans (under 65). Medicare Education and enrollment into supplemental coverage. Medicaid spend down assistance. Ancillary insurance coverage (i.e., dental, vision, cancer, hospital indemnity plans, etc.)



Prescription Assistance

Concrete Supports

Mental Health Prescription Assistance

Lincoln Regional Center
Financial Responsibility Office
801 West Prospector Place
Lincoln, NE 68522
(402) 479-5421

Eligibility:

1. Nebraska Mental Health Board commitment inpatient or outpatient commitment
2. The person must be in active recovery.
3. The person must be able to show a lack of Medicaid/Medicare or other health insurance.

Medications must be on the [list of available medications](#). A maximum of a 30-day supply will be allowed for any medications. Prescriptions are limited to a maximum of 5 refills, with exceptions made for Clozapine.

Prescriptions are valid for six months on controlled substances and one year on all others. **PLEASE NOTE:** Generic Substitution is utilized unless the product is not commercially available as a generic.

Methodist Fremont Health

450 E. 23rd St, Fremont NE 68025
Please call (402) 941-7220, to schedule an appointment
Medication Assistance Program (MAP)

- Helping those qualifying individuals who meet certain financial guidelines, uninsured or underinsured
- Applies to maintenance medications only. These are medications that are taken for long term conditions or on an on-going basis
- Certain medications are not covered under this plan
- Individuals covered under Medicare do not qualify

Nebraska Rx Card

(402) 909-1128
www.nebraskarxcard.com

Nebraska Rx Card is the statewide free prescription assistance program available to all residents of Nebraska. The program was launched June 30, 2009, to help uninsured and underinsured Nebraskans afford prescription medication. Residents with insurance can also use the program to discount non-covered medications.

Nebraska Rx Card provides savings as high as 80% on some medications. The program is completely confidential, and all cards are pre-activated and do not expire. The program is accepted at Hy-Vee, CVS/pharmacy, Kmart, Pamida, Safeway, Shopko, Target, Walmart, and Walgreens along with 68,000 other participating pharmacies nationwide. This Program is not insurance.

Rx Assist

Email: info@rxasssit.org

rxassist.org

Rx Assist is a national resource center to assist patients and caregivers in locating pharmaceutical programs and other resources to reduce medication costs.



Early Childhood Financial Assistance/Resources

Concrete Supports

Saunders County Community Response

387 N Chestnut Street, Suite 1

Wahoo, NE 68066

Community Coordinator: Michelle Libal (402) 429-8933

Central Navigator: Amber Pelan (402) 443-8107

System of support and services that provide assistance for children and families to prevent entry into other systems of care. Services include rental assistance, homelessness, transportation assistance, hygiene supplies, clothing, baby supplies, utilities assistance, service referral, financial management and education, and more.

Nebraska Early Development Network

Department of Health and Human Services

Jessica Anthony, Program Coordinator

(402) 471-8133

Nebraska Department of Education Early Childhood

Amy Bunnell, Special Education Specialist

(402) 580-9730

The Early Development Network (EDN) serves children from birth to age three and their families. A child is eligible for services if he or she is not developing typically or has been diagnosed with a health condition that will affect his or her development.

A referral may be made by anyone concerned about the child's development (i.e., a family member, childcare provider, physician, social worker, or other service provider). The call will go to a Services Coordinator who will contact the family within seven days to determine if they are interested in Early Development Network services.

WIC

212 East 8th Street

Fremont, NE

(402) 727-0608

504 West 8th Street

Wahoo, NE 68006

(402) 727-0608

Services: Provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to five who are found to be at nutritional risk.

Qualifications: Low income pregnant and postpartum women.

<http://dhhs.ne.gov/Pages/WIC.aspx>



Transportation Assistance-General

Concrete Supports

Wahoo Senior Center

235 E 4th St, Wahoo, NE 68066

(402) 443-4463

Busy Wheels

Operated by volunteers Monday-Thursday

Saunders County Public Transportation

426 N Broadway

Wahoo, NE 68066

(402) 443-8168

Website: <https://saunderscounty.ne.gov/webpages/transportation/transportation.html>

Contact: Corrina Boles cboles@saunderscounty.ne.gov

Office Hours: Monday-Friday 8 am- 12 pm

Van Hours: Monday-Friday 8 am – 4:30 pm

****See the Policies and Procedures Handbook on the Website for information on cost, routes, registration, reservations, & cancellations. **Ride Calendar posted on Website**

The Saunders County Public Transportation system provides demand-response service to all residents of Saunders County. See our Policies and Procedures for fare costs, hours, and additional information about using our service. Our Ride Calendar link will take you to our yearly calendar, showing which areas are serviced each day.



Physical Health

Physical Health - Emergency

Concrete Supports

Good Neighbor Community Health Center- Fremont Clinic

2740 N Clarkson St, Fremont NE, 68025

(402) 721-0951

Good Neighbor Community Health Center is a Federally Qualified Health Center that provides primary care to anyone. We accept insured, Medicaid, Medicare, and uninsured patients. No one will be denied our services based on their ability to pay. Behavioral health services are funded in whole, or in part by federal, state, and/or county funds from Region 4 and Region 6 Behavioral Healthcare.

Saunders Medical Center (Emergency & Non-Emergency Services listed)

1760 County Road J

Wahoo, NE 68066

Family Care Clinic (care for all ages): (402) 443-4191

Diabetes Support Group (Free) - meets 4th Thursday of the month at 11am at SMC questions call (402) 443-4191 x538

Healthy Lifestyles Program (Free) (402) 443-4191 x309

Edge Therapy and Community Wellness (Non-emergency): (402) 443-1426

Saunders Medical Center Long Term Care: (402) 443-4685

Saunders Medical Center Nurse Care Line open Monday-Friday 5pm-7pm and 24 hours on Saturday and Sunday call (402) 443-1448

Insurance is needed; income verifications is required if requesting waivers.

Three Rivers Public Health Department

2400 North Lincoln Avenue

Fremont, NE 68025

(402) 727-5396 or 1-866-727-5396

1320 31st Street (west side of building)

Wahoo, NE 68066

1st & 3rd Monday of every month 9am-4:00pm

The Clinic at Three Rivers Public Health Department provides immunization and health screening services as well as confidential, high quality reproductive health care to men and women. Our services are affordable, and we accept most medical insurance. For those without insurance, the cost of service is based on income and family size. Charges range from free to full price. However, no one is turned away due to inability to pay. The Bright Smiles Program provides preventive dental services for children ages 0-5 years old in Head Start/Early Head Start, WIC, and Daycare/Preschool settings. Funding for this program is provided by the Nebraska Department of Health and Human Services Office of Oral Health and Dentistry. The program offers oral health education, screenings, and the application of fluoride varnish from a Public Health Registered Dental Hygienist.

Lane's Auto Service & Tires

Affordable Mechanic Services (partners with Saunders County Community Response)

1660 Co Rd G

Wahoo, Ne 68066

Call or Text Lane: (402) 314-1681



Physical Health – Non-Emergency

Concrete Supports

Brick House Fitness

105 N. 15th Street

Ashland, NE 68003

(402) 944-2827

<https://www.brickhousefitnesscenter.com/>

Member Access Hours: 7-days a week 4am – 11 pm

Office hours: Monday-Friday 8am to 5pm Saturday 9am - Noon

Weight Room, Cardio Room, Group Class Studio

Makovicka Physical Therapy

559 W. 15th Street

Wahoo, NE 68066

(402) 443-4555

Physical therapy, aquatic therapy, dry needling, geriatric, sports, women's health.

Wahoo Parks & Recreation - Civic Center

310 N. Linden Street

Wahoo, NE 68066

(402) 443-4174

Hours of Operation (Memorial Day through Labor Day Weekend the facility is closed on Sundays)

Monday-Thursday: 5:00am-9:00pm; Friday: 5:00am-6:00pm; Saturday: 7:00am-4:00pm; Sunday: 1pm-5pm (Labor Day Weekend thru Memorial Day Weekend)

The Wahoo Civic Center is a membership-based recreation facility. A Civic Center membership includes access to all activity areas of the Civic Center and allows members to take advantage of reduced rates for recreation programs and activities, fitness classes, tanning, group party rentals, and Wahoo Aquatic Center season passes. Various membership packages are offered with differing rates for residents and non-residents of Wahoo.

See Website: www.wahooparksandrec.com

Wahoo Senior Center

235 E 4th St

Wahoo, NE 68066

(402) 443-4463

Hours of Operation

Monday-Friday 8:00-4:30pm

Fitness programs such as Tai Chi & fitness room are available to senior citizens.

YMCA Fremont

810 N. Lincoln Avenue

Fremont, NE 68025

(402) 721-6952

Programs: Aquatics, Youth & Adult Sports, Youth & Teen programs, Health & Wellness, Child Care, Summer Camps

As a non-profit, community centered organization, we are positioned to help everyone succeed by offering our financial assistance to those in need and opening our doors to all. The Y also offers every member a complete package that includes full use of our entire facility with many different programs and activities to choose from. THE Y IS FOR EVERYONE!



Dental Health

Concrete Supports

Creighton University School of Dentistry

2802 Webster, Omaha, NE 68178

(402) 280-5990

Accepts adults & children.

Hours vary. Call ahead.

Peoples Health Center – Lincoln

1021 N 27th Street, Lincoln, Ne 68503

(402) 476-1455

Accepts both children and adults. Sliding scale fee & Medicaid.

Office Hours: Monday-Friday: 8am – 4:30pm

University of Nebraska Medical Center, College of Dentistry

40th & Holdrege, Lincoln, NE 68583

(402) 472-1333 (Adults)

(402) 472-1305 (Children)

Mid-August to Mid-May: Office hours: Monday-Friday 8am to 5pm

Summer hours: Monday-Friday 7:30am-4:30pm

Sliding fee & Medicaid

UNMC, College of Dentistry Omaha office, postgraduate clinics:

42nd & Emilie, Omaha, Ne 68198

(402) 559-6000 (Adult)

(402) 559-6100 (Children)



Adult and Children's Services

Important Mental Health Terms Defined

Knowledge of Child Development and Behaviors, Nurturing and Attachment Social and Emotional Competence of Children, Parental Resilience

Behavioral Health Definitions for Mental Health and Substance Abuse Treatment

Nebraska's Licensed Mental Health Providers

Therapy: A general term that refers to non-medical treatment for psychological issues. In psychotherapy, the patient and therapist discuss the patient's symptoms, thoughts, behaviors, wishes, and emotions with the goal of clarifying and reducing psychological problems. A **Counselor** or **Therapist** is a general term referring to a person who provides therapy. Anyone can call himself or herself a counselor or therapist, so be sure to ask about training, experience, and licensure if a potential therapist is using this title.

When you are searching for a Mental Health Provider, it can be easy to get confused by the many types of Therapists. Here are some of the most common types of Therapists and Mental Health Providers, and a brief description of their training.

Psychiatrist (MD)

A psychiatrist is a medical doctor (MD) with specialty training in the treatment of psychiatric disorders. A psychiatrist has a state license to practice medicine and can conduct assessments and provide treatment (both medications and psychotherapy) for psychological disorders. Due to a high demand for their services, many

psychiatrists now focus on medication management, and provide referrals for therapy or other mental health services (although this is not always the case, so you should ask your psychiatrist how his/her practice works).

Advanced Practice Nurse (APRN) and Physician Assistant (PA)

APRN's and PA's may be found associated with Psychiatrists. They each assist the Psychiatrist in diagnosing, treating, and prescribing for mental health disorders.

- An Advanced Practice Registered Nurse (APRN) is a nurse who has a master's, post-masters, or doctoral degree in a nursing specialty and can generally practice medicine without the supervision of a physician. APRNs help meet the demand for primary and specialty healthcare practitioners, especially in rural and other areas underserved by physicians. They may prescribe medications.
- A Physician's Assistant is a healthcare professional who is licensed to practice medicine as part of a team with physicians and other providers. PAs are concerned with preventing and treating human illness and injury by providing a broad range of health care services under the supervision of physician or surgeon. They conduct physical exams, diagnose, and treat illnesses, order and interpret tests, develop treatment plans, perform procedures, prescribe medications, and counsel on preventive health care.

Psychologist (Ph.D., Psy.D)

A psychologist is any person with a doctoral degree (PhD. Or PsyD.) in psychology. Not all psychologists, however, have been trained or licensed to provide mental health treatment.

- **Clinical and Counseling Psychologists (PhD., PsyD)** have special training in mental health treatment. Psychologists in these specialties have extensive training conducting psychological assessments and providing psychotherapy. A psychologist must have a Nebraska license to provide treatment. *Psychologists cannot prescribe medications in the state of NE.*
- **School Psychologist**
School psychologists actually have somewhat different training backgrounds than other master's degrees and must be licensed or certified to provide services by the state. School psychologists provide a range of services, including consulting with parents, teachers, and the school system about mental health and behavioral issues, providing psychological counseling, developing school-wide programs related to mental health and behavioral issues, and assessing academic skills.

Licensed Mental Health Counselor (PLMHP, LMHP, LIMHP)

Licensed Counselors and Therapists in Nebraska are required to complete a master's degree education, post degree supervised clinical experience, and passage of the National Counselor Examination or an equivalent exam recognized by the State of Nebraska. All licensed Mental Health Counselors and Therapists may conduct assessments and provide therapy.

- A Provisional Licensed Mental Health Professional (PLMHP) is a recent graduate who is licensed to practice under the direct supervision of a Psychiatrist, Psychologist or Licensed Independent Mental Health Practitioner (LIMHP) for their first 3000 practice hours.
- A Licensed Mental Health Professional has completed 3000 supervised hours and is required to practice under the supervision of a Psychiatrist, Psychologist or LIMHP.

- Licensed Independent Mental Health Professionals (LIMHP) have acquired over 6000 hours of supervised experience and may practice without supervision.

All LMHP/LIMHP's can accept insurance for treatment services, including Medicaid. LMHP/LIMHP's cannot prescribe medicine.

The following are the most common credentials you will see in our area.

*Provisionally licensed practitioners (PLMHP) have completed education requirements and must meet supervisory hours as required by the state licensing board.

- **Licensed Professional Counselors (LPC)** can provide a range of services, including assessment, psychotherapy, and case management, but cannot prescribe medications.
- **Licensed Clinical Social Workers (LCSW, LICSW)** Licensed Clinical Social Workers can provide a range of services, including assessment, psychotherapy, and case management. *In the state of NE Licenses Clinical Social Workers can accept payment through Medicare.*
- **Marriage and Family Therapist (LMFT, LIMFT)** A Marriage and Family Therapist is an individual with a master's (MA) or doctoral degree (PhD) in Marriage and Family Therapy. Marriage and Family Therapists must also complete at least two years of supervised clinical experience.
- **Licensed Alcohol and Drug Counselor (LADC)** A Licensed Alcohol and Drug Counselor (LADC) is an individual who holds a NE license issued by the Department of Health and Human Services. A LADC may have various degrees, from the associate level through a doctoral degree.

* LADCs are not licensed to provide mental health therapy.

*Individuals diagnosed or suffering from both addiction and other mental health issues should seek therapy from a therapist licensed with both LADC and LCSW or LMHP.

Other Providers

- **Pastoral Counselor (MDiv., DMin.)**
Pastoral counselors have training in both theology (religion) and psychology and use an integration of the two in their approach to treating mental health problems. Pastoral counselors may have a bachelor's degree from a 4-year college or university, a professional degree from a seminary, or a master's degree (MA) or doctoral degree (D.Min., Ph.D.). Pastoral counselors are certified by the American Association of Pastoral Counselors and can provide psychotherapy.
- **School Counselors**
Professional School Counselors are certified educators with a minimum of a master's degree in school counseling, making them uniquely qualified to address all students' academic, career and personal/social development needs that promote and enhance student success. Professional school counselors are employed in elementary, middle/junior high and high schools.

Source: Mandersheid, RW, & Henderson, MJ (Eds.) *Mental Health, United States*. DHHS Pub. (SMA) 3938. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2004. NE DHH



Aging & Disability Services

Aging Partners

600 S. 70th Street, Lincoln, Ne 68510

(402) 441-7070 or 1-800-247-0938

<https://www.lincoln.ne.gov/City/Departments/Aging-Partners>

Provides information, assistance and education on community service and long-term care; Family Caregiver Support Program; Handyman/Housekeeper Program; Transportation to Senior Centers; Durable medical equipment lending (walkers, wheelchairs, etc.); Lifeline Services; Care management.

Assisted Living & Long-Term Care: There are several options for long-term care in Saunders County. These include, but are not limited to: Liberty House, Saunders House Saunders Medical Center, South Haven, The Meadows (Ashland), etc.

Nebraska Aging & Disability Resource Center

Lincoln, Ne 68509

1-844-843-6364

Email: DHHS.Aging@nebraska.gov

Provides information, assistance, referrals, long-term care options and support for Nebraskans aged 60 years or older, people with disabilities of all ages, family members, caregivers, and advocates.

Salvation Army

235 E 4th Street, Wahoo, Ne 68066

(402) 443-5168 or (402) 898-5942

Emergency assistance for Wahoo community & surrounding area: Pastor White (402) 443-3940

Provides disaster services, emergency financial assistance, food and nutrition programs, and seasonal services.



Therapy/Counseling

Knowledge of Child Development and Behaviors, Nurturing and Attachment Social and Emotional Competence of Children, Parental Resilience

As a service only and without endorsement, the following is a partial list of persons and agencies in Saunders County, NE who are providers of behavioral health services.

Blue Valley Behavioral Health

355 E. 4th Street, Wahoo, NE 68066

(402) 443-4414

Hours: Tuesday-Thursday 9:00 am - 5:00 pm; Friday 9:00-4:00 pm. Call for appointment. Website: bvbh.net

Adult and Youth mental health and substance abuse treatment, medication management, adult community support and school-based services. Accept almost all insurance, including Medicaid and Medicare, a Sliding Fee Scale is available for those who qualify and have no insurance.

Bryan Medical Center-West Campus

Emergency Department

2300 S. 16th Street

Lincoln, NE 68502

(402) 481-1111

Available 24 hours/seven days a week

The Bryan mental health emergency department provides emergency mental health care/crisis assessments to determine if hospitalization is needed.

Bryan Counseling Center

2300 S. 16th Street

Lincoln, NE 68502

(402) 481-5991

Hours: Monday-Friday 9:00 am- 5:00 pm

Non-emergency mental health care is available through the Bryan Counseling Center. Psychological evaluations, individual and family counseling, outpatient program, partial hospitalization, transitional services.

Future Focus Counseling, LLC

Codi L. Camp, LMHP, LPC

136 E 5th Street

Wahoo, NE 68066

(402) 413-0159

Infinite Change Family Therapy Center

245 S. 84th Street

Suite L101

Lincoln, NE 68510

(402) 327-0017

Individual, couple, family, group therapy, mental health, substance use disorders, co-occurring evaluations.

Lotus Behavioral Health, LLC.

Katlynn Osborn, MSW, LIMHP, LADC, CCTP

152 E 6th Street

Fremont, NE 68025

(402) 720-1741

Lutheran Family Services

2301 O Street

Lincoln, NE 68510

402-441-7940

1420 E. Military Avenue #100
Fremont, NE 68025
(402) 721-1774

11807 Q Street
Omaha, NE 68137
(402) 595-1338

Mental Health, Substance Use, Medication Management, Integrated Care, Community support for all ages. Fill out a New Client form online at <https://www.onelfs.org/become-a-client/> or call (402) 342-7007. Sliding Fee scale available.

Multi-Systemic Therapy

Boys Town Nebraska

5074 Ames Avenue
Omaha, NE 68104

*Must be Medicaid eligible to receive services.

MST is an intensive, family-and community-based intervention for serious, at-risk youth offenders. Therapists enter the home multiple times a week for three to five months to focus on preserving the youth safely in the community and in the home. MST focuses on the youth, family, school and community risk factors.

National Alliance on Mental Illness

University of Nebraska Omaha
6001 Dodge St. CEC 219
Omaha, NE 68182-0305
(402) 345-8101

<https://naminebraska.org/about-nami-nebraska/>

Provides Information and Support using Local Resources, Learn more about Mental Illness, Support with Recovery.

Nebraska Mental Health Centers

1320 E. 31st Street
Wahoo, NE 68066
(402) 483-6990

Mental Health care, family assessments/interventions, domestic violence, group intervention, psycho-legal issues, community integration and supports, services for seniors.

Region V Systems

1656 N Street
Lincoln, Nebraska 68508
(402) 441-4343
<https://region5systems.net>

The Family & Youth Investment Program (FYI) provides case management support to youth and young adults ages 5-25 diagnosed with a serious emotional disorder/serious mental illness and their families. The Program utilizes the Wraparound approach, which relies on the natural support systems of the family in its community. The approach begins with the principle of ensuring “voice and choice,” which stipulates that the perspectives of the family—

including the child—must be given primary importance during planning and other activities. Participants are provided with a Professional Partner who coordinates services. Through a family-centered team effort, Professional Partners coordinate and facilitate formal and informal services and support necessary to assist the youth and their families in meeting their established goals. Wraparound further requires that the planning process itself, as well as the services and supports provided, are individualized, family driven, culturally competent, and community based. Families must meet financial and diagnostic program eligibility requirements to receive Professional Partner support at no cost. For families not meeting eligibility criteria, the option of paying a monthly rate for participation is available.

Saunders Medical Center

Edge Therapy and Community Wellness

1760 County Road J

Wahoo, NE 68066

(402) 443-1426

Our mission is to provide the highest level of rehabilitative care possible with the primary goal being to return you to the lifestyle you depend on, the lifestyle you deserve, as quickly and safely as possible. Your quality of life is important to us!

Therapists have continual communication with the referring physician and help with all insurance concerns. We explain to you and your physician the details of your treatment and progress, in a clear and understandable manner. We look forward to assisting you in your recovery.



Substance Use Assistance

Concrete Supports

Blue Valley Behavioral Health

355 E. 4th Street, Wahoo, NE 68066

(402) 443.4414

Hours: Tuesday-Thursday 9:00 am - 5:00 pm; Friday 9:00-4:00 pm. Call for appointment. Website: bvbh.net

Adult and Youth mental health and substance abuse treatment, medication management, adult community support and school-based services. Accept almost all insurance, including Medicaid and Medicare, a Sliding Fee Scale is available for those who qualify and have no insurance.

Lutheran Family Services

1420 E Military Ave #100

Fremont, NE 68025

(402) 721-1774

Hours: Monday 8am – 6pm; Thursday 8am-5:30pm; Friday 8am-12pm. Call for appointment. Website: onelfs.org

Adult and Youth mental health and substance abuse treatment, RSafe sexually abuse treatment for families and children, medication management, adult community support and school-based services. Accept almost all insurance, including Medicaid and Medicare, a Sliding Fee Scale is available for those who qualify and have no insurance.

Wellbeing Initiative Inc.

Peer Support Specialists

5530 O Street

Lincoln, NE 68510

(531) 254-5325

<https://wellbeinginitiatives.org>

The Mission of Wellbeing Initiative, Inc. is to empower individuals living with mental health and substance use challenges to reach their fullest potential. We strive to do this by cultivating communities through training, education, and opportunities for success. Peer support is provided for substance use, mental health, and more. Services are free, contact us today!

Providing high quality training, continuing education, and a virtual platform for relationship building to Peer Support Specialists and individuals with behavioral health challenges.

**Children's Behavior**

Boys Town

Parenting Education, Support, and more!

14100 Crawford Street

Boys Town, NE 68010

24/7 Hotline 1-800-448-3000

<https://www.boystown.org/parenting/guides/Pages/default.aspx>

Families Forever, Nebraska Children's Home Society

Statewide

4939 South 118th Street

Omaha, NE 68137

(402) 451-0787

For families formed through adoption or guardianship, NCHS's Families Forever program is here for support. Our connections to community resources, one-on-one peer support, and educational courses can help you strengthen and deepen connections and relationships within your family. We use the evidence-based "Family Check-Up" and "Everyday Parenting" models.

Nebraska Early Development Network

Toll Free 1-888-806-6287

Provides early intervention services for families with children birth to age three with developmental delays and/or health care needs and connects families to needed services.

Region V

Prevention, Family support programs, services for youth transitioning out of foster care and more! Contact Region V for resources for you and your family.

1645 N Street
 Lincoln, NE 68508
 (402) 441-4343
 Office hours: Monday-Friday 8:00am – 4:30pm

RSafe (See Substance Use Assistance)

Sexual Abuse Treatment for youth
 Lutheran Family Services
 (402) 595-1338



Parent/Child Groups

God-Teens

Southern Nebraska Catholics

Religious Education Office
 3700 Sheridan Blvd. Suite 6
 Lincoln, NE 68506
 Jeff Schinstock, Director
 (402) 473-0631

Nebraska Children's Home Society

4939 S. 118th Street
 Omaha, NE 68137
 (402) 451-0787

Grandparents and skipped generation caregivers often feel alone as they embark on raising children a second time around. If you are caring for young relatives and feel like no one understands your challenges, we are here for you with education, resources, and support. We also provide education and support for teen mothers, young parent programs, pregnancy programs and more! Contact us for local groups in your area.

Nebraska Extension Early Childhood Development

Linda Reddish
Linda.reddish@unl.edu
 (402) 444-4237

Grandparenting. Guardianship Training Class. Co-Parenting class. Military families.

Nebraska Extension provides affordable, research-based, educational programs, and resources. Our goal is to empower all adults who care for young children by providing high-quality professional development that sets the stage for lifelong learning, discovery, and success. Information in each program is based on research from faculty right here in Nebraska. We're here to help you take what you've learned from training and research and put it into practice!

Saunders County Youth Services

Program Director: Amber Pelan
 387 N. Chestnut, Suite 1
 Wahoo, NE 68066
 (402)443-8107

apelan@saunderscounty.ne.gov

Services available include, but are not limited to, service referral for familial issues and youth delinquency, pre-trial juvenile diversion, truancy intervention services, family support services, therapeutic referrals, parenting support, and more!



In-Home Services

Nebraska Early Development Network

Toll Free 1-888-806-6287

Provides early intervention services for families with children birth to age three with developmental delays and/or health care needs and connects families to needed services.

Families Forever, Nebraska Children's Home Society

Statewide

4939 South 118th Street

Omaha, NE 68137

(402) 451-0787

For families formed through adoption or guardianship, NCHS's Families Forever program is here for support. Our connections to community resources, one-on-one peer support, and educational courses can help you strengthen and deepen connections and relationships within your family. We use the evidence-based "Family Check-Up" and "Everyday Parenting" models.

Families Inspiring Families

1645 N Street, Ste A

Lincoln, NE 68503

(402) 441-4369

Our family at Families Inspiring Families is dedicated to helping your family. We strongly believe that all families can come together to offer support, hope, and encouragement through a positive relationship. We help aid in giving every family a chance to truly get to know and understand their children while receiving a chance to network with other families and find solutions to challenges.

Region V

Parent support and education

1645 N Street

Lincoln, NE 68508

(402) 441-4343

Office hours: Monday – Friday 8:00am – 4:30pm

Six Pence

445 E. 1st Street
Fremont, NE 68025
(402) 512-0078

<https://wallerstedtk.wixsite.com/fremont-sixpence>

Lauren Stoklasa, lauren@stoklasa@fpsmail.org

In-Home Visitation, group events, socialization opportunities. To qualify, must be eligible for free or reduced school lunch, eligible for WIC or Medicaid, child born prematurely, English is not the primary language, or if parent is under the age of 18. Need to live in Fremont or surrounding area.



Parenting Services

Boys Town

Parenting
14100 Crawford Street
Boys Town, NE 68010
Hotline 1-800-448-3000
<https://www.boystown.org/parenting/guides/Pages/default.aspx>

Nebraska Early Development Network

Toll Free 1-888-806-6287
Provides early intervention services for families with children birth to age three with developmental delays and/or health care needs and connects families to needed services.

Region V

1645 N Street
Lincoln, NE 68508
(402) 441-4343
Office hours: Monday – Friday 8:00am – 4:30pm



Baby Supplies

Nebraska Diaper Bank

Partner locations in Douglas, Sarpy, Pottawattamie, Lancaster, Madison, Thurstan, Buffalo and Scottsbluff counties. Nebraska Diaper Bank provides diapers through collaborative partnerships to change lives and empower families in need. Partner agencies provide diapers through case-management, clinics and food pantries. Find a location near you! Website: <https://nebraskadiaperbank.org/i-need-diapers/>
Your child is eligible for diapers until their 3rd birthday and if you're experiencing financial need. Parent or guardian must be present to receive diapers, bring your photo ID, WIC card or child's Medicaid Card to verify income level.

Six Pence

445 E. 1st Street
 Fremont, NE 68025
 (402) 512-0078

<https://wallerstedtk.wixsite.com/fremont-sixpence>

Lauren Stoklasa, lauren.stoklasa@fpsmail.org

In-Home Visitation, group events, socialization opportunities. To qualify, must be eligible for free or reduced school lunch, eligible for WIC or Medicaid, child born prematurely, English is not the primary language, or if parent is under the age of 18. Need to live in Fremont or surrounding area.

WIC (Women, Infants & Children)

Wahoo Office:

504 West 8th Street
 Wahoo, NE 68066
 (402) 727-0608

Fremont Office:

210 East 8th Street
 Fremont, NE 68025
 (402) 727-0608

A nutrition program for pregnant, breastfeeding women and families with children younger than 5 years of age. Pregnant women, breastfeeding women, new mothers, and mothers with children up to age 5 can apply. Must contact a clinic to apply.

**Child Abuse/Neglect Services**

Nebraska Child Abuse Hotline

800-652-1999

Saunders County Community Response

387 N. Chestnut, Ste 1
 Wahoo, NE 68066
 Michelle Libal
 (402) 443-8151
 Amber Pelan
 (402) 443-8107

Resources for financial planning, emergency assistance, and other needs that impact the safety and well-being of single adults, children, and families.



Domestic Violence/Sexual Assault

Saunders County Victim Witness Coordinator

Michelle Libal
 (402) 443-8163
 Cell (402) 429-8933
 387 North Chestnut, Ste 1
 Wahoo, NE 68066

The Bridge

141 S. Union Street
 Fremont, NE 68025
 (402) 721-4340

Domestic Violence & Sexual Assault Coalition - for women and children and men (all ages); 24hr crisis line, crisis intervention, safety planning, emergency shelter, criminal justice advocacy, youth prevention, community education and training. All services are free and confidential.



Childcare Services

After School/Summer Programming

Wahoo Parks & Recreation-After School

310 N. Linden Street
 Wahoo, NE 68066
 Bob Schmidt at (402) 443-4174

The Parks and Recreation Department offers an After School Program as a convenient service to parents with elementary-age children. The program provides children in kindergarten through fifth grade with a structured, supervised setting after the school day is complete. The After School Program is available for both Civic Center members and non-members.

Children in grades K-5 at Wahoo Elementary, St. Wenceslaus, St. John's, and Mead are eligible to register for the program. In addition to the registration form, parents need to complete the Parental Consent/Medical Authorization Form and an ACH Authorization Form for the automatic payments each month. Member and Non-Member rates apply. See website: wahooparksandrec.com

Wahoo Parks & Recreation – Summer Camp

310 N. Linden Street
 Wahoo, NE 68066
 Bob Schmidt at (402) 443-4174

Wahoo Parks and Recreation offers a Summer Camp program that is centered on learning, succeeding, making friends, and building skills that will last a lifetime. The children and their counselors participate in a large variety of activities with the ultimate goal of having a summer of fun! There will be 11 weeks of summer camp

offered...beginning May 30th and continuing through August 11th. Parents may enroll their child(ren) for one-week, multiple weeks, or every week! Camp hours are 7:30am to 6:00pm, Monday through Friday. Campers will begin and end their day at the Civic Center. Typical daily activities may include swimming, basketball, kickball, soccer, group games, and other physical activities. Creative time includes arts, crafts, library, and special theme days. Any child in kindergarten through 5th grade during the current school year. Registrations are only accepted in person at the Civic Center front desk. Registration will continue until the program is full. Don't delay, as space is limited. To enroll, download and complete forms online. wahooparksandrec.com Member and Non-Member rates apply.



Child Care/Preschool

Find a State licensed childcare provider at:

<https://dhhs.ne.gov/licensure/Documents/ChildCareRoster.pdf>

*Only Pre-school and Head start programs are listed below. Utilize the link above to locate licensed childcare providers.

DHHS Economic Assistance (SNAP, LIHEAP, Childcare, grandparent assistance, Medicaid, etc.

DHHS Economic Assistance programs promote wellbeing and provide support to achieve self-sufficiency of families, children, individuals, elderly, and persons with disabilities by providing medical, nutritional, and financial services. To apply for any Economic Assistance programs:

Printable paper applications found online at www.ACCESSNebraska.ne.gov

Electronic applications available at www.ACCESSNebraska.ne.gov

Call to request a paper application via mail or pick one up at any local DHHS office.

Call Customer Service Center at **1-800-383-4278** to complete an application by phone, update information, report changes, complete reviews and get case status information.

Saunders County Head Start

Wahoo Public School

Wahoo, Ne 68066

Coordinator Alison Klein (402) 443-4250 ext. 1019

Children must turn 3 by July 31. * Income eligible children are given first priority. Families currently receiving ADC/TANF, SSI, or SNAP benefits automatically qualify for our Program. * All Children are welcome, including children with disabilities or English language learners.

Wahoo Parks & Recreation Preschool Program

310 N. Linden Street

Wahoo, NE 68066

Coordinator Lori Reeves (402) 443-4174 or (402) 875-3393

The "Tiny Tots" program is for 3- and 4-year-olds and meets twice/week from 9:00am to 11:00am on Tuesdays and Thursdays. Registration must be done in person at the Civic Center. A non-refundable deposit representing the first week's fee must be paid at the time of enrollment. The deposit will be applied towards your first week's payment. Parents should download and complete the registration form and ACH form as part of the registration process.



Clothing

American Lutheran Church

The Closet
1941 Silver Street
Ashland, NE 68003
(402) 944-3535

The Closet is a clothing exchange available to those who, for whatever reason, need clothing. Clothing items will be given away for free to all who come.

Community Thrift Store

235 E. 4th Street
Wahoo, NE 68066
Hours: Monday-Friday 9:00-4:00 pm
Clothing and household items. All ages.

Goodwill Industries

3175 E. Elk Lane, Fremont NE 68025
(402) 727-5007
Gently used clothing, clothing accessories, books, videos and home décor
Retail store hours:
Monday –Friday 9:00 AM - 9:00 PM
Saturday: 9:00 AM - 7:00 PM
Sunday: 12:00 PM - 6:00 PM



Support Groups

Alcoholics Anonymous

<https://alcoholicsanonymous.com/aa-meetings/nebraska/>

Please note that AA meeting locations and times tend to change often and quickly, so always check before assuming these times are accurate.

Al-Anon (Families & Friends of Alcoholics)

Basement of the Wahoo Library
 637 N. Maple, Wahoo, NE 68066
 Al-Anon Meeting (Open Meeting)
 Wednesday 6:45 pm

Open to friends and family of those struggling with alcohol abuse and/or addiction / substance use.

Ashland Sunday Night AA

American Lutheran Church
 1941 Silver Street, Ashland, NE 68003
 Alcoholics Anonymous (Open Meeting)
 Sunday, 7:00 pm
 (402) 944-3535

Open meetings are available to anyone interested in Alcoholics Anonymous' program of recovery from alcoholism.
 Non-alcoholics may attend open meetings as observers.

Ashland Tuesday Night Step Meeting

First Christian Church
 1702 Boyd Street, Ashland, NE 68003
 Alcoholics Anonymous (Open Meeting)
 Tuesday, 7:00 pm to 8:00 pm
 (402) 944-7070

Open meetings are available to anyone interested in Alcoholics Anonymous' program of recovery from alcoholism.
 Non-alcoholics may attend open meetings as observers.

Friday Night Group

First United Methodist Church
 714 N. Beech St., Wahoo, NE 68066
 Alcoholics Anonymous (Open Meeting)
 Friday 7:00 pm
 (402) 443-4219

Anyone interested in program of recovery from alcoholism. Non-alcoholics may attend open meetings as observers

Mead AA

Alcoholics Anonymous
 Open Meeting
 Saturday, 8:00 pm – 9:00 pm
 213 8th Street
 Mead, NE 68041

Tuesday Morning Group

Alcoholics Anonymous
 Open Meeting
 Tuesday, 8:30am First United Methodist Church, 714 N. Beech St., Wahoo, NE 68066 (402) 443-4219

Anyone interested in program of recovery from alcoholism. Non-alcoholics may attend open meetings as observers

South Haven AA

Alcoholics Anonymous

Open Meeting

Thursday 7:00 pm South Haven Living Center, 1400 Mark Dr. Wahoo, NE 68066 (402) 443-3737

Open meetings are available to anyone interested in Alcoholics Anonymous' program of recovery from alcoholism.

Non-alcoholics may attend open meetings as observers.

Grandparents Raising Grandchildren Support Group

Family Service of Lincoln

Offered via ZOOM & In-Person

*Zoom: 1st & 3rd Wednesdays 12pm-1pm -OR-

*In-Person: 2nd & 4th Wednesdays

Wednesdays at 5:30pm

Contact f

(402)



Job Readiness/Career Assistance

American Job Center

1330 N Street, Suite A, Lincoln, NE 68508

(402) 441-1640

ajc@lincoln.ne.gov

Open 7am - 6pm Monday & Tuesday, 8am - 5pm Wednesday, Thursday & Friday.

Available ages 14 and up. No cost to job seekers and employers.



Education Assistance

EducationQuest Foundation

Non-profit organization that provides free college planning services, need-based scholarship programs, college access grants for high schools, college access resources for middle schools, and outreach services.

Lincoln Office: 1300 O Street, Lincoln, Ne 68508

(402) 475-5222

Omaha Office: 11031 Elm St., Omaha, Ne 68114

(402) 391-4033

Southeast Community College Learning Center at Wahoo

536 N. Broadway Street, Wahoo, NE 68066

(402) 323-5580

Hours: Monday-Thursday, 9 a.m.-5 p.m. and Friday 9 a.m.-4 p.m. | Additional times are available by request
Beyond credit and leisure learning courses, we also offer GED/English Language Learner classes, Nursing Assistant courses and continuing education hours for Registered Nurses (RNs) and Licensed Practical Nurses (LPNs). Our Learning Center offers students online learning options to our campuses, dual credit classes, student support with registration, advising, testing and much more. Apply for Admissions.

<https://www.southeast.edu/admissions/steps-for-admission.php>



Youth/Teen Programs (Not-School Affiliated)

Encounter Life Ministries

1540 Co Rd 10

Mead, NE 68041

Wednesday night youth groups (open to all youth, regardless of home church):

- 6:30pm Kids in Action (Grades 1st-6th);
- 7pm Encounter Life Youth (Grades 7th-12th)

The last Wednesday of the month is a FREE Community Meal 6pm-6:45pm

Riverview Community Church

324 N 32nd Street

Ashland, NE 68003

(905) 951-1153

eric@rccashland.org

ROCYouthAshland2@gmail.com

Wednesday Night Youth Group (open to all youth, regardless of home church):

- 4th & 5th Grade Students: 3:15pm-4:30pm – QUEST @ Ashland-Greenwood Elementary Gym
- Middle School Students: 5:30pm-7:10pm – SQUAD @ RCC (food provided)
- High School Students: 7:30pm-9:00pm – ANOMALY @ RCC

@RCCHighSchool (Twitter)

<https://www.rccashland.org/events>

ROC- Ashland Youth Center

123 N 14th Street

Ashland, NE 68003

ROCYouthAshland2@gmail.com

Open to youth who are in grades 6th-12th (ages 11 & up)

Open on Tuesday & Thursdays (if there are enough volunteers) from 5pm – 7pm; a meal is provided

<https://www.rockyouth.net/>

Wahoo Youth Sports Association324 N 32nd Street

Wahoo, NE 68066

(402) 616-7760

wahoofootball@gmail.com

Youth sports programs outside of the school setting. Scholarships and financial assistance are available.

<https://www.wahooyouthsports.org/home>**Wahoo Parks & Recreation****Wahoo Civic Center**

310 N Linden Street

Wahoo, NE 68066

(402) 443-4174

Youth Sports & Development, Daycare, After school programming, recreational facilities, and more! Financial assistance available to those that qualify.

<https://www.wahooparksandrec.com/>**Veteran Services****Veteran Programs**

VFW Post 854

649 N. Main

Fremont, NE 68025

(719) 393-5133

Meeting: 6:00pm 3rd Monday**VFW Post 4502**112 E. 7th Street

Wahoo, NE 68066

(402) 443-3334

Meeting: 8:00pm 2nd Tuesday**VFW Post 9844**

1581 Yutan Rd

Yutan, NE 68073

(402) 625-2643

Meeting: 7:00pm 3rd Monday**VFW Post 10491**420 West 2nd Street

Valparaiso, NE 68065

Meeting: 7:00pm 3rd Tuesday

Saunders County Veterans Service Officer

426 N Broadway
Wahoo, Ne 68066
(402) 443-8137
Office Hours: Monday-Friday 8AM – 4:30PM

Veterans Dental Clinics for Saunders County Residents:

Lincoln Office: 600 South 70th Street, Lincoln, Ne 68510
(402) 486-7841

Omaha Office: 4101 Woolworth Avenue, Omaha, Ne 68105
(402)995-3306



Legal Services

Saunders County Attorney

387 N. Chestnut, Suite 1
Wahoo, NE 68066
(402) 443-8151

Saunders County Public Defender

433 N. Chestnut, Suite 100
Wahoo, NE 68066
(402) 443-5613

Legal Aid of Nebraska

Lincoln
947 “O” Street Suite 301
Lincoln, NE 68508
800-742-7555
Monday through Wednesday from 1-4pm

Omaha
209 S. 19th Street, Suite 200
Omaha, NE 68102
888-991-9921
Monday through Wednesday from 1-4pm



Hotlines

National Suicide Prevention Lifeline	988 or 800-273-8255
National Domestic Violence	800-799-7233
Nebraska Family Helpline	888-866-8660
Nebraska Department of Health & Human Services	800-254-4202
Nebraska Child Abuse	800-652-1999
Nebraska Adult Protective Services	800-799-7233
Nebraska Regional Poison Center	800-222-1222
Nebraska Legal Aid - Accessline	877-250-2016
Nebraska Legal Aid – Elderaccessline (Age 60+)	800-527-7249
Nebraska Al-Anon Meetings - Lincoln	402-477-9662
Nebraska Al-Anon Meetings – Omaha	402-553-5033
Veterans Crisis Line	800-273-8255
Boys Town	800-448-3000
Bryan Counseling Center	402-481-5991
Blue Valley Mental Health	402-443-4414
The Kim Foundation - Connecting Resources	402-891-6911