



Resources available in Douglas and Sarpy Counties

Thank you for your participation in the Nebraska Families Study! Below you will find a listing of organizations and resources that families have found to be helpful within Douglas and Sarpy Counties. Each has a brief description of what their primary purpose(s) are as well as the web addresses and phone number at which you can find each of them.

1. **Region 6 Behavioral Healthcare Resource Book** (<http://www.regionsix.com/documents/ResourceBook.pdf>)

provides a comprehensive listing of resources available in Eastern Nebraska. Be sure to note whether the organizations are in Douglas and Sarpy counties. Potential resources available to you include:

- After School Programs
- Clothing Assistance
- Employment
- Financial Assistance
- Food Pantries
- Gangs/Gang Violence
- Hospitals/Clinics
- Housing Assistance
- Medical Care
- Medication Assistance
- Mental Health Services
- Mentoring
- Parenting Classes
- Rent Assistance
- Substance Abuse
- Support Groups
- Transportation
- Utility Assistance

2. **State of Nebraska Benefits** (<https://dhhs-access-neb-apply.ne.gov/AccessNebraskaApplication/?tl=en>)

Visit the State of Nebraska Benefits website above to see you qualify for state assistance.

3. **Eastern Nebraska Community Action Partnership (ENCAP)** (<http://www.encapomaha.org>) mission is to eliminate causes of poverty by strengthening individuals, families, and communities through self-sufficient initiative. ENCAP resource information includes:

- Behavioral Health Services
- Youth Programs
- Emergency Financial Assistance
- Commodity Supplemental Food Program
- Community Learning Center

4. **Together, Inc.** (<http://togetheromaha.org>) mission is “to bring Together our community to assist people in need with Hope, Dignity, and Compassion. Their website provides information regarding assistance with:

- Rent, Utilities, & Deposits
- ID & Birth Certificates
- Prescriptions
- Eye Glasses
- Transportation
- Food Pantry
- Clothes
- Housewares
- Furniture

5. **Hill Therapy** (402.614.9947; <http://hillcounselingandconsulting.com/>) is dedicated to connecting individuals and families to services that they need in order to improve their functioning via services such as:

- Outpatient Therapy
- Therapeutic Visitation
- Community Treatment Aide
- Family Support Workers
- Supervised Visitation
- Intense Family Preservation

6. **Open Door Mission** (402.422.1111; <http://opendoormission.org>) provides basic needs and life changing programs for the homeless and needy, including:

- The Lydia House
- The Garland Thompson Men’s Home
- Permanent Supportive Housing
- Timberlake Outreach Center

7. **Catholic Charities of Omaha** (402.554.0520; <http://ccomaha.org>) seeks to serve, empower, and advocate for families in need regarding:
 - Recovery & Mental Health Services
 - Affordable Housing
 - Children’s Programs
 - Family Enrichment & Support
 - Food Assistance
8. **Child Saving Institute** (<http://childsaving.org>) believes in the right of each child to have a *childhood*—a safe, happy time to learn and grow. Search their website for information regarding:
 - Emergency Shelters
 - Childcare
 - Therapy & Support Services
 - Parenting Education
9. **One World Community Health Center** (<http://oneworldomaha.org>) operates with the goal of providing culturally respectful, quality healthcare with special attention paid to the underserved populations via the following services:
 - Medical Services
 - Dental Services
 - Ronald McDonald mobile care
 - Behavioral Health & Social Services
 - Pharmacy
 - Women, Infants, & Children (WIC)
 - Other Partnerships
10. **Salvation Army’s** (<http://www.givesalvationarmy.org>) mission is to meet human needs without discrimination by providing services, such as:
 - Homeless Prevention
 - Families & Children
 - Disaster Relief
 - Adult Rehabilitation
11. **Lutheran Family Services** (402.342.7038; <http://www.lfsneb.org>) provides quality human care services that build and strengthen individual, family, and community life via services such as:
 - Behavioral Health
 - Children’s Services
 - Community Services
12. **Heartland Family Services** (402.553.3000; <http://heartlandfamilyservice.org>) seeks to strengthen individuals and families in the community through education, counseling, and support. Find information on their website regarding:
 - Addictions
 - Child Abuse
 - Domestic Violence
 - Early Childhood Development
 - Juvenile Delinquency
 - Mental Health
 - Neighborhood Enrichment Centers
 - Poverty and Homelessness
13. **Women’s Center for Advancement (WCA)** (24-Hour Hotline: 402.345.7273; <http://wcaomaha.org/>) helps women and their families build lives of strength, growth, and self-sufficiency. Their site contains information about:
 - Educational Programs
 - Family Violence
 - Sexual Assault and Abuse
 - Counseling
 - Legal Services
 - Nonviolence Intervention Programs
 - Careers and Economic Achievement
14. <http://www.parenting.org/> provides valuable resources, articles and tips offering parenting help in today’s world. Browse their website by age or topic, ask an expert a parenting question, or review parenting guides on topics, such as:
 - Media and Parenting
 - Youth Sports
 - Sleep Issues
 - Communicating with Teens
 - Bullying
 - Relationships/Dating
 - Potty Training
 - Harmful Behaviors