

4.2 Information and Referral Directory

Family Stressor	Agency/Resource	Contact Information (national level, if applicable)	Contact Information (community level, if applicable)	Description of services
Family Violence	Domestic Sexual Assault Outreach Center Fort Dodge, Iowa	800-537-2238 www.nrcdv.org	515.955.2273 888.356.2006 (Crisis Line)	Offers safety, support and hope to adult and child victims of sexual assault and domestic violence, violent crimes and loved ones of homicide victims.
Child Abuse	<p style="text-align: center;">Department of Human Services or ChildHelp</p> <p>What is Child Abuse Under Iowa Law? http://dhs.iowa.gov/child-abuse/what-is-child-abuse</p>	National Child Abuse Hotline 1-800-4-A-Child	911 first or 1-800-362-2178	ChildHelp: dedicated to the prevention of child abuse. Provides a hotline that is staffed 24 hours a day, 7 days a week with professional crisis counselors who, through interpreters, can provide assistance in over 170 languages. The hotline offers crisis intervention, information, literature, and referrals to thousands of emergency, social service, and support resources.
Substance Abuse	<p style="text-align: center;">Community and Family Resources Fort Dodge</p> <p>Substance Abuse and Mental Health Administration Services – Prevention Strategies, Treatment and Recovery: http://www.samhsa.gov/prevention</p>	National Helpline (provided in English and Spanish) 1-800-662-4357 (HELP)	(866) 801-0085 http://www.cfrhelps.org/	Community and Family Resources is dedicated to proactively assisting individuals, families, and communities achieve healthy behavior and lifestyle through advocacy, prevention, and treatment of substance abuse, problem gambling, and mental illness.
Marital	Parents Without Partners	Parents Without Partners 800.637.7974	N/A	Parents Without Partners Informational Brochure:

<p>Transitions/Single Parenting</p>	<p>Children In The Middle Class: DMACC or ICC</p>			<p>http://c.ymcdn.com/sites/www.parentswithoutpartners.org/resource/resmgr/Homepage_2/PWP_Brochure_2014-12-18.pdf</p> <p>Child In Middle Class: Children in the Middle" is a four-hour class providing education and affirmation for parents, with the primary focus on children's needs at all ages. REQUIRED (court ordered) skills training for divorced or divorcing parents, sharing custody of children. The program is conducted by qualified professionals who have been specifically trained to teach this seminar.</p>
<p>Homeless Families</p>	<p>Salvation Army YWCA Women's Shelter Beacon of Hope – Mens Shelter</p>	<p>Salvation Army Housing and Homeless Assistance http://www.salvationarmyusa.org/usn/housing-and-homeless-services</p>	<p>YWCA - 826 1st Ave N, Fort Dodge, IA 50501 - (515) 573-3931</p> <p>Beacon of Hope Shelter: 1021 1st Ave N, Fort Dodge, IA 50501</p> <p>Phone: (515) 955-3366</p>	<p>YWCA – Center of life empowerment that provides support services for women living in the facility such as parenting programs for young mothers, children's programs, substance abuse treatment and fitness programs</p> <p>Beacon of Hope: Beacon of Hope provides a safe and secure emergency shelter to homeless adult men: offering shelter, clothing and food, for temporary assistance to create opportunities and programs in working towards self-sufficiency.</p>
<p>Foster Families</p>	<p>National Foster Parent Association</p> <p>Iowa Kids Net</p>	<p>NFPA - 1102 Prairie Ridge Trail Pflugerville, TX 78660 Phone: 800-557-5238 Email: Info@NFPAonline.org</p>	<p>Iowa Kids Net: 800.243.0756</p>	<p>National Foster Parent Association: Advocacy agency that believes in the importance of family-based care for foster children and that every child deserves a permanent family.</p>

				Iowa Kids Net: Iowa KidsNet recruits, trains, licenses and supports families to foster and adopt Iowa children.
Grandparents Raising Children	Grandparents Raising Grandchildren Resource Agency American Association For Marriage and Family Therapy	American Association for Marriage and Family Therapy 112 South Alfred Street Alexandria, VA 22314 Phone: (703) 838-9808	N/A	Book: I Love You From the Edges: By Karen Best Wright AAMFT: Identifying the challenges, strategies and supports needed to care for grandchildren in your home full time.
Families & Children w/Disabilities	Support for Families of Children With Disabilities	Family Resource Center on Disabilities: 312-939-3513 or email info@frcd.org	Iowa Children's Disability Services Workgroup: https://dhs.iowa.gov/mhds-redesign/workgroups/childrens-disability	Family Resource Center on Disabilities: Providing Parents of Children with Disabilities with Information, Training, and Assistance
Serious/Chronic Illnesses	Iowa Chronic Illness Support Groups (full list): University of Iowa Healthcare	American Chronic Pain Association	Iowa Medical Society: (800) 747-3070	Iowa Medical Society: One program is to develop support groups for hospitals throughout Iowa
Mental Illness	www.mentalhealth.org	Substance Abuse and Mental Health Services Administration (SAMHSA): http://www.samhsa.gov/about-us/who-we-are/offices-centers/cmhs 5600 Fishers Lane Rockville, MD 20857 240-276-1310	Berryhill Center 720 Kenyon Road Fort Dodge, IA 50501 (515) 955-7171 (800) 482-8305	Berryhill Mental Health Center: an outpatient mental health clinic that offers a complete range of outpatient counseling and therapy services to individuals, families, and couples, for all age groups.
Immigrant Families	American Friends Service Committee - DSM Serving Immigrant Families	Families for Freedom: 35 W. 31st Street #702 New York, NY 10001	American Friends Service Committee - Des Moines Immigrant Rights	Families for Freedom: FFF has evolved into an organizing center against deportation. We are source of support, education, and campaigns for directly

		Phone: 646-290-8720	Project 4211 Grand Ave Des Moines, IA (515) 274-4851, ext. 22	affected families and communities -- locally and nationally.
Migrant Families	Supports for Migrant Families in the Classroom Iowa Primary Care Association	US Department of Education: Office of Migrant Education - 400 Maryland Avenue, SW Washington, DC 20202-6135 (202) 260-1164	Proteus, Inc. 3850 Merle Hay Road, Suite 100 & 500 Des Moines, Iowa 50310 1-800-372-6031 Iowa Primary Care Association	Proteus: provide communities with health, educational and economic opportunities. Proteus serves immigrant, minority, and low-income populations to make their dream of a brighter tomorrow a reality by helping them overcome language and cultural barriers in order to better provide for their families.
Military Families	Resources to help military families transition The "So-Far" Guide	Military One Source: 800-342-9647	N/A	Military One Source: Service provider that leads in providing tools, virtual support, books, resources to assist teachers with transition and experts to walk with families on their path of transition. EXCELLENT RESOURCE and I have used this multiple times.
Incarcerated Parents	Incarceration Tool Kit: Sesame Street	Youth.gov:Children of Incarcerated Parents	N/A	Youth.gov – website that provides guides, tools and resources for parents, children and guardians to support children with incarcerated parents.