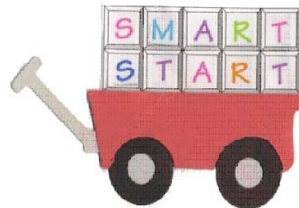


This resource book was compiled especially for your family by the Early Childhood Taskforce of Dickinson County, a collaboration of organizations serving young children and their families. The Early Childhood Taskforce participating organizations and their services are highlighted in the pages of this publication. Many other fine organizations are located in Dickinson County and are listed in the comprehensive resource directory. We look forward to supporting you as your family learns and grows together. Thank you for taking a minute to familiarize yourself with resources that can make a big difference in your child's life.

If you have any questions or need more information please feel free to contact a partner agency or call the Quality of Life Coalition, Inc. office at any time using the information below. Your family is important in Dickinson County and we look forward to serving you.

Quality of Life Coalition, Inc. – Smart Start Dickinson County
300 N Cedar, Suite 210, Abilene, KS 67410
Phone 785-263-1550
Email: director@qlcdkcoks.org or smartstart@qlcdkcoks.org

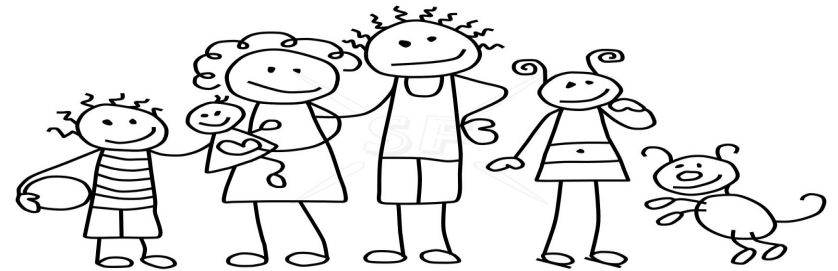


Building Futures

* Funded in part by United Way of Dickinson County.



Resources for Families in Dickinson County



Brought to you by the
Early Childhood Taskforce of Dickinson County

A subcommittee of:
Quality of Life Coalition, Inc
300 N Cedar Suite 210
Abilene KS 67410
785-263-1550

director@qlcdkcoks.org or smartstart@qlcdkcoks.org

Please place in your phone book for future reference

Dickinson County Resource Guide

Abuse/Violence

Domestic Violence Association of Central Kansas (DVACK)

1-800-874-1499, Emergency assistance for victims of domestic violence and sexual assault

Childcare

Abilene Childcare Learning Center 504 S Campbell, 263-1799

Discovery Childcare Learning Center 205 North E St, Herington, 258-2121

Learn and Grow Depot Child Development Center 1003 N Brady, Abilene 263-6645

Child Care Aware Parent Childcare Call Center 1-877-678-2548

Smart Start Dickinson County * 300 N Cedar Ste 210, Abilene, 263-1550, Services for childcare providers

Counseling/Mental Health

Central Kansas Mental Health Center 420 NE 10th St, Abilene; 100 E Helen, Herington, or toll free 1-800-794-8281

Crisis

HOTLINE Crisis Information Referral 1-888-887-9124, Crisis counseling/ Suicide Intervention (24 hours) Information & Referral

Oasis 866-520-2760 317 Houston, Ste A, Manhattan Providing options for runaway and homeless youth

Disability

Infant Toddler Services, Dickinson County OCCK, INC., 300 N Cedar Suite 214, Abilene 263-2208

Kansas Society for Crippled Children 1-800-6-child-0

OCCK, Inc 300 N Cedar, 2nd floor, Ste 215 Abilene, 263-2208

United Cerebral Palsy of Kansas* 316-688-1888

Education

After School Program USD 435 Abilene Kennedy 263-1088, Abilene Middle School 263-1471, structured activities for children during non-school hours

After School Program USD 473 Chapman Kindergarten– 5th grade Chapman Elementary, 922-7171 Activities for children during non–school hours

After School Program USD 393 Solomon* Kindergarten—5th grade Solomon, 556-0579, activities for children during non-school hours

After School Program USD 487 Herington Kindergarten-5th grade Herington Elementary, 258-3234 activities for children during non-school hours

Abilene Virtual School 7-12 grade, 213 N Broadway, Abilene, 263-2630

Central Kansas Co-Op Education 715 N 9th, Salina, 309-5100, Developmental screenings and hearing screenings for 9 school district areas

DCLE (Dickinson County Learning Exchange) 1101 N Mulberry, Abilene, 263-8330, Serving Dickinson County youth and adults in obtaining a high school diploma

Notes

Dickinson County cont.

Register of Deeds 109 E 1st, Abilene 263-3073
Treasurer 109 E 1st, Abilene 263-3231

City Hall

Abilene 419 N Broadway 263-2550
Chapman 402 N Marshall 922-6582
Enterprise 206 S Factory 263-8323
Herington 17 N Broadway 258-2271
Hope 115 N Main 366-7218
Solomon 116 W Main 655-3311
Woodbine 1 S Broadway 257-3359

Notes

Education cont.

Headstart 1499 N Kuney, Abilene 263-3430; 115 North St, Enterprise; 263-8188; 201 E Hawley, Herington, 258-2787

Herington Community Learning Center 5 North Broadway, Herington, 785-258-9028 Skills-Based High School completion and workplace enhancement program.

Infant Toddler Services, Dickinson County OCCK, INC, 300 N Cedar, Suite 214, Abilene, 263-2208

Parents As Teachers Abilene 263-4006; Chapman 479-2062; Herington/Hope 258-2263; Solomon 556-0579

Elderly Services

Dickinson County Taskforce on Aging Dickinson County Courthouse, Abilene, 263-1562

Meals on Wheels* 511 NE 10th St ,Abilene, 263-2100

Meals on Wheels 100 N Elm, Abilene, 263-7059

Emergency Assistance

Abilene Area Food & Clothing Center 409 NW 3rd, Abilene, 263-1221

American Red Cross 145 S Broadway, Salina 785-827-3644, disaster and fire assistance

Family Resource Exchange * 715 S Broadway, Herington, 258-3303

LIEAP 1-800-766-3777 energy assistance

Gift of Warmth Kansas Gas energy assistance 1-877-566-2769, ext 402

Hope Center* 409 NW 3rd, Abilene, 263-HOPE, Emergency financial assistance for Families and HOPE house providing transitional home for a homeless family

Kids In Crisis* PO Box 369, Abilene, 263-3474 Providing low-income Dickinson County youth: school supplies, treatment for physical and mental health needs

Project Deserve helps to pay Westar Energy bills of people with a disability 1-800-383-1183

Salvation Army* 1400 N Cedar, Abilene , 263-3480

SRS 1-800-766-3777

Faith

Ministerial Alliance contact 263-3480 for county information

Finance

Consumer Credit Counseling, Inc. 1201 W Walnut, Salina, 827-6731

Family Resource Exchange* Herington, 258-3303 Wednesday & Friday 1-4 pm or by appointment

Hope Center* 409 NW 3rd, Abilene, 263-HOPE, Emergency financial assistance for families and HOPE house providing transitional home for a homeless family

Food

Abilene Area Food & Clothing Center 409 NW 3rd, Abilene 263-1221

Family Resource Exchange* Herington, 258-3303 Wednesday & Friday 1-4 pm or by appointment

Food cont.

Farmer's Market 109 E 1st, Abilene Wednesday evenings 5:30-8:00pm Saturday mornings 7-11am June-September

Meals on Wheels* 511 NE 10th St, Abilene, 263-2100

Meals On Wheels 100 N Elm, Abilene, 263-7059

Prairie Pantry assist with food and clothing. 10 East Day, Herington, 258-2495

Healthcare

Dickinson County Health Department 1001 N Brady, 263-4179 or 200 E Helen, Herington 258-2741

Home Health/Hospice Abilene 263-2100 ext. 6408; Herington, 258-3611

Kansas Tobacco Quitline 1-800-QUIT-NOW (784-8669)

Poison Control Center 1-800-222-1222

Housing (low-income)

Abilene Center Apartments, 511 NW 14th, Abilene, 263-4051

Brown Memorial Home 1974 Hawk Rd, Abilene, 263-1501 (Elderly)

Chisholm Manor Apartments, 500 NW 2nd, Abilene, 861-7050 (Elderly)

Enterprise Estates, 301 S Factory, Enterprise, 263-8382

Frontier Estates, 601 N Buckeye, Abilene, 263-1080, (Elderly)

Herington Housing Authority, 201 E Helen, Herington, 258-2510

North Pine Apartments, 315 N Pine, Solomon 655-3877

Mulberry Court Apartments, 1500 N Cedar, Abilene, 263-7459

Sunflower Apartments, 409 NW 3rd St, Abilene, 263-4433

Timber Ridge Residences, 940 2400 Ave., Abilene 263-2662

Victoria Garden Apartments, 711 NW 10th, Abilene 263-2095

Information/Community Planning

Health and Wellness Coalition of Dickinson County 300 N Cedar, STE 210 Abilene, 263-4406

Quality of Life Coalition, Inc.* 300 N Cedar STE 210, Abilene, 263-1550

Legal

Kansas Legal Services 1-800-723-6953, Reduced fee legal services

Maternal Health and Mother/Infant

Breast Feeding Classes 1101 N Mulberry, Abilene 263-4006 or 263-4179

Maternal Child Health Program 1001 N Brady, Abilene 263-4179

MOPS (Mothers of Preschoolers) 1300 N Vine, Abilene, 263-3342

Pregnancy Education Program/Lamaze 511 NE 10th St, Abilene 263-2100

Women, Infant & Children (WIC) 1001 N Brady, Abilene 263-4179

Nutrition

K-State Research and Extension, Dickinson County 712 S Buckeye, Abilene, 263-2001

Meals on Wheels,*100 N Elm, Abilene, 263-7059

Meals on Wheels* 511 NE 10th St, Abilene, 263-2100

**Emergency / Fire
In case of emergency dial 911**

Police/Fire (Non-Emergency):

Abilene 419 N Broadway, 263-1212

Chapman 402 N Marshall, 922-6211

Herington 700 S Broadway, 258-2226

Hope 366-7712

Solomon 116 W Main, 655-2900 Police, 208 W Main 655-2414

Dickinson County Sheriff 263-4041 (non emergency)

Ambulance:

263-0716

Local Government Addresses & Numbers

Public Libraries

| | | |
|------------------|-----------------------|----------|
| Abilene | 209 W 4 th | 263-3082 |
| Children's Dept. | 209 W 4 th | 263-1303 |
| Chapman | 402 N Marshall | 922-6548 |
| Enterprise | 123 S Factory | 263-8351 |
| Herington | 102 S Broadway | 258-2011 |
| Hope | 115 N Main | 366-7219 |
| Solomon | 108 N Walnut | 655-3521 |

Swimming Pools

| | | |
|------------|-----------------------|----------|
| Abilene | 400 N Poplar | 263-7866 |
| Chapman | 100 E 2 nd | 922-7381 |
| Enterprise | 305 S Bluff St | 263-8442 |
| Herington | 501 Broadway | 258-2360 |
| Solomon | 100 E 6 th | 655-9418 |

Dickinson County

| | | |
|---------------------|-----------------------------------|----------|
| Assessor office | 109 E 1 st , Abilene | 263-4418 |
| Clerk | 109 E 1 st , Abilene | 263-3774 |
| Health Department | 1001 N Brady | 263-4179 |
| Transfer Station | Rt. 1, Abilene | 263-7432 |
| Motor Vehicle Dept. | 109 E 1 st , Abilene | 263-4179 |
| Recycling Center | 1210 NW 8 th , Abilene | 263-2905 |

Transportation

General Public Transportation 785-263-7266

Herington-the Bus 785-258-2131

Med-A-Van 785-826-1583

The Med-A-Van program, made possible by a demonstration grant from the Kansas Department of Transportation and a grant from the Salina Regional Health Foundation, and provided by OCCK, Inc. is a much needed service to help with medical transportation in rural areas. The service is simple. People who need transportation to and from Salina for their healthcare needs may use this service.

Transportation is provided in a lift-equipped minivan. Hours of availability are between 8am and 5pm but can be scheduled earlier or later, if needed.

United Way of Dickinson County

PO Box 146, Abilene
785-200-6260

Provides funds to local Dickinson County agencies to:

- * Improve Community Health
- * Help Youth Achieve their Potential
- * Promote Individual Financial Stability



Tax deductible donations accepted year round.

Looking for statewide resources? Dial 2-1-1

Hospitals

Geary County Community Hospital 1102 St Mary's Rd, Junction City 238-4131

Herington Municipal Hospital 100 E Helen, Herington 258-2207

Memorial Hospital 511 NE 10th, Abilene 263-2100

Salina Regional Health Center 400 S Santa Fe, Salina 452-7000

Parenting

AARC Adolescent Assessment & Resource Center 805 N Washington, Junction City 785-762-3105 ext. 6. Provides resources, screenings, assessments, referral for families seeking assistance with youth perceived or determined at risk.

Children and Families Coalition, Inc. & SAFE KIDS* 300 N Cedar STE 210, Abilene, 263-4406, Parenting education, child abuse prevention

Healthy Families Dickinson County 710 S Buckeye, Abilene, 263-4011

Heartland Programs 505 NW 3rd, Abilene, 263-0210 ext. 10

Parents As Teachers Abilene 263-4006; Chapman 479-2062; Herington/Hope 258-2263; Solomon 556-0579

Parent Helpline 1-800-332-6378, Parenting help for problems and concerns with children

Smart Start Dickinson County* 300 N Cedar STE 210, Abilene, 263-1550 Parenting classes

Physical Health Services

American Cancer Society 1-800-ACS-2345

Elsie Brooks Cancer Fund Foundation Of Dickinson County 263-3233

Memorial Hospital 511 NE 10th St, Abilene, 263-2100

Herington Municipal Hospital 100 E Helen, Herington, 258-2207

OCCK, Inc 300 N Cedar, 2nd floor, Ste 215 Abilene, 263-2208

United Cerebral Palsy of Kansas* 316-688-1888

Preschools

Emmanuel Church Preschool* 1300 N Vine, Abilene 263-3342

Headstart 1499 N Kuney, Abilene 263-3430; 115 North St, Enterprise, 263-8188; 201 E Hawley, Herington, 258-2787

Little Lions Preschool (USD 481 Hope) 366-7221

Little Railer's Preschool (USD 487 Herington) 258-2787

Our Redeemer Lutheran Preschool 302 E Trapp St, Herington 258-3122

Solomon Community Preschool 117 E 7th, Solomon 556-0579

Sonshine House Christian Preschool 7th & Buckeye, Abilene 263-1204

St. Andrew's Preschool *301 S Buckeye, Abilene 263-2453

Recycling

E-Waste 2363 Jeep Rd, Abilene 263-4780. Disposal of old electronic equipment.

Almost anything with a cord

Recycling Center 1210 W 8th, Abilene 263-2905

Social/Recreation

Abilene Parks and Recreation 1020 NW 8th, Abilene 263-7266

Arts Council of Dickinson County, 203 N Cedar, Abilene 263-1884

Great Plain Theatre Festival 300 N Mulberry, Abilene 263-4574. Live theatre and movies

Herington Recreation Commission Herington, 258-3577

Roadhouse Youth Center*, 715 S Broadway, Herington, 258-3963

Senior Centers Abilene 263-7059; Carlton 949-2233; Chapman 922-6958; Enterprise 479-5886; Hope 366 -7122; Herington 258-2131; Navarre 479-5911; Solomon 655-9435

Social/Recreation cont.

The Place 421 N Cedar, Abilene, 263-9991

Social Services

SRS 1-888-369-4777

CASA, * 801 N Washington, Junction City, 761-4841, court advocates for children

Substance Abuse

Central Kansas Foundation 306 N Cedar, Abilene 263-7388, Alcohol and drug treatment services

Regional Prevention Center 1805 S Ohio, Salina, 825-6224, Alcohol, drug and tobacco prevention and education services

Kansas Tobacco Quit line 1-800-KAN-QUIT, 1800-784-8669

Support Groups

Al-Anon & Alateen Abilene, 823-1646

Alcoholics Anonymous Abilene 263-7096 or 263-1928; Solomon 488-2286; Chapman 922-6333

Bipolar & Unipolar Support Group 121 N E 5th, Abilene 479-1828

Cancer Support Group Abilene, 263-1550

Community Grief Support 511 NE 10th, Abilene, Meets 1st Monday of the month 7-9pm

Diabetes Support Group Abilene, 263-6676 or 263-2001

Transportation

Public Transportation Van* 1020 NW 8th, Abilene, 263-7266, Available to all citizens, fees apply

Herington-the Bus Herington general transportation available to all citizens, fees apply. 785-258-2131

Med-A-Van transportation for medical appointments to and from Salina. 785-826-1583

Youth Development Programs

Abilene Kids Council 263-2550

Big Brothers Big Sisters of Dickinson County* 203 N Cedar, Abilene, 263-2116

Boy Scouts/Coronado Area Council *644 S Ohio, Salina, 1-866-950-7750

Girl Scouts of Central Kansas* 3115 Enterprise Dr. Salina, 827-3679

4H Dickinson County 712 S Buckeye Ave, Abilene 263-2001

Work Force

OCCK INC., 300 N Cedar, Ste 221 Abilene, 263-2208. Help finding jobs and writing resumes

Senior Employment Resource (SER) Corp 300 N Cedar, Abilene, 263-1551

*denotes a United Way funded agency

Smart Start Dickinson County/Early Childhood Taskforce

300 N Cedar STE 210, Abilene, KS 67410

785-263-1550 smartstart@qlcdkcoks.org

This program's mission is to improve children's readiness for Kindergarten through better educated teachers, quality childcare and increased health and mental health services.

T.E.A.C.H., WAGE\$, and CDA Program—financial assistance for education and financial reward for longevity/education for providers.

Enhancement Funding- funds to enhance quality of care for childcare providers in Dickinson County.

Mental Health—partnership with Central Kansas Mental Health Center that is available to providers and families with young children (0-5). A "Hotline" is offered for support and to answer questions about behavior from a clinician.

1-800-794-8281, ask for Pat Kinnard. Four training sessions are given by Central Kansas Mental Health center each year guided by childcare provider need and/or applicable topic and are presented by licensed clinicians in Dickinson County.

Supplemental Trainings— professional trainings for childcare providers, teachers, parents (or anyone who interacts with a child) to obtain valuable information in providing quality care for Dickinson County children.

Infant hearing screenings— are available to Dickinson County families at Memorial Health Systems.

Immunization assistance—in partnership with the Dickinson County Health Department for children county wide, who are beginning Kindergarten so they meet entrance requirements. Funds provide free immunizations to children in need who reside in Dickinson County.

(Parents As Teachers) PAT— is supported to reach additional families in need in Dickinson County.

Parent Programs- Parenting classes are offered annually.

Contact 785-263-1550 for further information

Smart Start Dickinson County is funded by Smart Start Kansas.



Building Futures



Boy Scouts

785-827-4461

coronadoscout.org

Boy Scouting, one of the traditional membership divisions of the BSA, is available to boys who have earned the Arrow of Light Award and are at least 10 years old or have completed the fifth grade and are at least 10, or who are 11, but not yet 18 years

old. The program achieves the BSA's objectives of developing character, citizenship, and personal fitness.

The Coronado Council serves over 290 Cub Scout Packs, Boy Scout Troops, Venturing Crews and Explorer Posts throughout Central and Western Kansas and provides the Scouting Program to youth ages 6 through 20. Registration is a simple process and is determined by age or school grade.

Cub Scouts—boys age 6-10 or grades 1-5

Boy Scouts—boys age 11-18 or grades 6-12

Varsity Scouts—boys ages 14-18

Venturing young men and women ages 14-20

Girl Scouts of the Heartland

888-472-3638

girlscoutskansasheartland.org



Girl Scouts of the USA is the world's preeminent organization dedicated solely to girls—all girls—where, in an accepting and nurturing environment, girls build character and skills for success in the real world. Girls ages 5-17 can join as a troop member or an independent Girl Scout. Even if you missed out on being a Daisy or Brownie Girl Scout, you can still get in on the fun!

Public School District Web Pages

Abilene USD #435 www.abileneschools.org

Chapman USD #473 <http://usd473.net>

Herington USD #481 www.heringtonschools.org

Hope / Rural Vista USD #481 www.usd481.org

Solomon USD #393 www.usd393.net

Abilene Public Library

209 4th, Abilene, KS 263-3082

Children's Department

785-263-1303

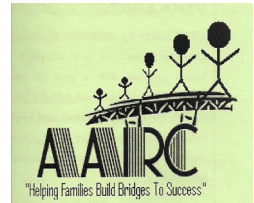
Raise your child to be a reader with help from the Abilene Public Library. The library can show you how to nurture your child's literacy skills even before he or she enrolls in school. The Abilene Public Library offers a wide variety of services, materials and programs that support early literacy and the development of reading skills. Visit us today and discover the Abilene Public Library as a partner in your child's future!

AARC Adolescent Assessment & Resource Center

805 N Washington, Junction City

785-762-3105 ext.6

Provide free screenings, assessments, referral and resources for families seeking assistance and youth perceived or determined to be at-risk. Risk/Strength Assessments, drug screenings, resource referrals, truancy prevention and life skill classes are services that are provided free of charge to youth and their families.



Big Brothers Big Sisters of Dickinson County

203 N Cedar, Abilene, KS 67410

785-263-2116



Responsible and successful. Self confident and outgoing. Loved and loving. These are all things we want children to be and are things we strive to see happen at **Big Brothers Big Sisters**. We specialize in matching carefully screened volunteers with children who could benefit from having a mentor and a friend.

Our mission at Big Brothers Big Sisters is to help children develop healthy relationships with caring adults. Through a wide variety of programs, we match children with mentors, the "Big Brothers" and "Big Sisters", whose time, energy, friendship and love brighten their lives—and futures, too.

Once matched in our program, our "littles" are:

46 percent less likely to start using drugs

27 percent less likely to start drinking

55 percent less likely to skip school

33 percent less likely to get into violent confrontations

Make a "big" difference in the life of your child! We are also always looking for volunteers. If interested, please contact your local agency for more information at: 203 N Cedar, Abilene, 785-263-2116.



**American
Red Cross**

North Central Kansas Chapter

145 South Broadway, Salina 785-827-3644

Disaster Prevention, Preparedness & Response

Your support helps approximately 8 families each year who have lost their homes to fire. Red Cross volunteers work with county and city emergency planners and teach community members how to take care of themselves during a disaster. Red Cross Volunteer Disaster Action Team members respond when you have a fire or when the community is affected by a large disaster. We are here for you 24/7/365 days a year.

Health & Safety & Blood Programs

Trained Red Cross instructors teach safety, health, water classes from babies through adult. Our new Family Caregiver program helps people with a disability or illness remain in their homes with their loved ones for a longer period of time. Be a part of our new First Aid Station Team (FAST) and give aid to people at large community events. We are collecting blood at 25+ sites each year to help save lives every day.

Armed Forces and Emergency Social Services

We have many families living in our area from Ft Riley or serving in the National Guard or Reserves and they have been called into action. Your Red Cross helps families communicate during times of crisis and assist them in their needs.

Volunteer

Daily, our dedicated Red Cross volunteers help with non-medical services in hospitals, but there is so much more you can do. You can work with kids, help families in crisis and be there when someone needs a compassionate hand. If you would like to be a part of something larger – join the American Red Cross. Call today to find out how you can make a difference in your community.



Roadhouse Youth Center

P.O. Box 7 • 715 South Broadway • Herington, KS. 67449
785-258-3963

The Mission of the Roadhouse Youth Center is to provide during after-school hours a FREE, safe, wholesome environment with positive quality activities/entertainment that will attract as many youth as possible from negative peer pressure, discrimination, and exposure to drugs or any other negative activities they might otherwise be engaged in.

HOURS OF OPERATION

FRIDAY & SATURDAY

6 p.m. - 9 p.m. 6th Graders

6 p.m. - 10 p.m. 7th & 8th Graders

6 p.m. - 11 p.m. 9th - 12th Graders

SUNDAY

ALL Students Welcome 6 p.m. - 9 p.m.

FREE ACTIVITIES & TUTORING

SAFE KIDS

785-263-4406 or tompkinsches@gmail.com



The Children & Families Coalition (CFC) is dedicated to being advocates for children and making sure all children of Dickinson County are nurtured in healthy families and supported by a caring community. A key project for CFC is child abuse and neglect prevention. CFC Sponsors Happy Bear, a “good touch, bad touch” program for preschool – grade school children, which is presented annually to students in Dickinson County. CFC is also the Safe Kids chapter for Dickinson County. Safe Kids is dedicated to educating, advocating and implementing safety for children and families. Current projects of Dickinson County Safe Kids include car safety seat education, free child safety seat checks, smoke detector safety and bike helmet use. A limited number of car seats, helmets and smoke detectors are available. Contact CFC director, Atalie Tompkins, for more information.

Quality of Life Coalition Inc.

**Underage Drinking Prevention
DICKINSON COUNTY VALUES OUR YOUTH**

Join an ongoing effort across Dickinson County, using local data, to create awareness and implement strategies that promote the prevention of underage drinking.

DID YOU KNOW?

Community Based Prevention Works!

*26% of students reported drinking in the past 30 days? This has been reduced from 33% since 2008.

*11.8% of students reported having five or more drinks on at least one occasion. This has been reduced from 20% since 2008.

*36% of students reported drinking at their friends' homes. This is down from 48% in 2008.

Source: 2011 CTC Survey

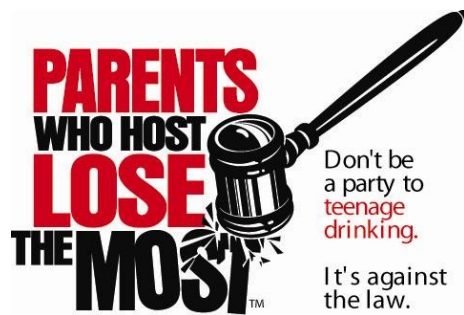
WHAT CAN YOU DO?

*Report Underage Drinking.

*Talk to Youth.

*Support Enforcement.

*Get Involved! Call 263-1550 to join in this effort.



CRIME STOPPERS
OF DICKINSON COUNTY

**DKTIPS TEXT TO: 274637 (CRIMES)
1-888-5DK-TIPS (1-888-535-8477)**



Central Kansas Foundation

Central Kansas Foundation

Substance Abuse Treatment and Prevention Services
Providing Quality, Effective and Innovative Prevention and Treatment services since 1967

**To Inquire About Any CKF Program: 306 N Cedar, Abilene
785-263-7388**

Main office is in Salina with branch offices in Abilene, Colby, Concordia, Junction City and McPherson

Addiction Treatment Programs

The Central Kansas Foundation offers a variety of treatment options for individuals experiencing differing levels of substance abuse problems.

***Assessment & Referral**

***Outpatient Services**

Individual and Family Counseling

Level I: Outpatient Treatment

Level II: Intensive Outpatient Treatment

Continuing Care Programs

***Adolescent Services**

Phase I Intensive Adolescent Outpatient Treatment

Phase II Adolescent Outpatient Treatment

***Residential Services Offered at our Salina Facility**

Social Detoxification

Inpatient Treatment

Partial Day w/Available Room and Board

***Prevention and Education Programs**

***Regional Prevention Center of North Central Kansas**

Provides resources, educational opportunities, and community development activities in a nine-county area of North Central Kansas.

***Alcohol/Drug Safety Action Project-Alcohol and Drug Information School (ADIS)**

An 8-hour program offered to meet the educational requirement for 1st time DUI offenders.

***Youth Education and Safety (YES)**

An 8-hour educational program for adolescents at risk for substance abuse problems and their parents.

Central Kansas Mental Health Center

809 Elmhurst, Salina
1-800-794-8281



"WHERE HOPE AND HELP ARE FOUND"

For most of us, it is hard to know when to seek assistance with life's problems and asking for help is even more difficult. At Central Kansas Mental Health Center, we understand how overwhelming this can be. We help people of all ages – children, teens, adults – find new,

more effective ways to deal with the challenges and problems everyone encounters at some time or another. Adults often seek assistance with depression, anxiety, loss/grief, relationship difficulties, and parenting challenges, to name just a few. Children and teens may need help with depression, school problems, Attention Deficit-Hyperactivity Disorder, action-out behaviors, etc. It is our hope that this resource will help make your decision to call for more information easier.

For more information or to schedule an appointment in Dickinson County or Salina, call 1-800-794-8281 or email www.ckmhc.org. After hours, a qualified mental health professional is on call at a toll-free emergency number 1-866-823-6380.

Child Care Aware Of Northeast and North Central Kansas Resource and Referral

1-800-279-2372
www.ercrefer.org

1512-A East Iron Salina KS 67401
Parent Child Care Center 1-877-678-2548

Need Help Finding Child Care?

Choosing an early care and education program for your child is one of the most important decisions you will make as a parent.

Child Care Resource and Referral helps parents take the guesswork out of choosing child care- giving them FREE referrals to local child care providers, information on state licensing requirements, availability of child care subsidies, and other pertinent information.

A computer search will provide parents with a list of child care providers tailored to each individual family. We offer guidance by phone or on the internet to help families make a smart child care choice.

Quality Of Life Coalition Inc.

300 N Cedar Suite 210, Abilene KS 67410
785-263-1550

director@qlcdkcoks.org
Website: www.qlcdkcoks.org

The Quality of Life Coalition Inc. is...

- A collaborating agency helping with the start-up of grass root organization wishing to serve our community.
- An active board of community volunteers representing the population of our community.

Giving back to our community by providing...

- Monthly Community Forum open to all service organizations and community members.
- Quick Tips a monthly e-newsletter (sign up for e-newsletter at director@qlcdkcoks.org)
- Programs to address identified needs
- Dickinson County Resource Directory
- Back To School Fair

Helping our members and community by...

- Providing technical grant writing assistance
- Sponsoring Grant Writing seminars and other informational seminars
- Serving as a grant manager
- Fostering collaboration
- Providing a platform for agencies to network

Community Forum

A gathering of all persons working in the non-profit sector and those who are interested in making our community a better place to live for everyone.

Join us on the second (2nd) Wednesday of each month at 8:30 a.m. at 300 N Cedar Ste 210, Abilene to work together to improve the health and quality of life in Dickinson County





Parents As Teachers

Abilene USD 435, 785-263-4006, Chapman USD 473, 785-479-2062, Herington USD 487/Rural Vista USD 481, 785-258-2263, Solomon USD 393, 785-556-0579

Kids don't come with directions. Parents As Teachers can help. During the years between birth and kindergarten there are important times when specific kinds of learning must

take place for your child to develop to the fullest. Parents As Teachers can help you to capture those windows of opportunity so your child starts school ready to succeed.

All young children and their families deserve the same opportunities to succeed. The mission of Parents as Teachers is to provide information, support and encouragement parents need to help their children develop optimally during the crucial early years of life.

Parents As Teachers is a voluntary program that offers:

- *Personal home visits
- *Social activities and playgroups
- *Parenting classes
- *Health-related and developmental screenings

The early years of life are critical for optimal development and provide the foundation for success in school and in life and parents are their children's first and most influential teachers.

PAT is provided FREE by your school district, Smart Start Dk. Co, and the Kansas Department of Education to give support to families whose children will one day be students who have had a great start with the PAT program.

The Place

421 N Cedar, Abilene
785-263-9991

Supervised facilities for 5th grade to middle schoolers. Snack bar, pool tables, video & board games. Open Friday evenings & Saturday mornings. Available for private parties.

Dickinson County Health Department



1001 N Brady, Abilene, KS 67410
or
200 E Helen St, Herington
Phone: 785-263-4179 or
785-258-2741,
Fax: 785-263-0335
www.dkcohs.org



Hours of Operation-Abilene:

| | |
|-----------|-----------|
| Monday | 8:00-6:00 |
| Tuesday | 8:00-5:00 |
| Wednesday | 8:00-5:00 |
| Thursday | 8:00-5:00 |
| Friday | 8:00-5:00 |

Hours of Operation-Herington:

1st, and 3rd Tuesday each month,
10 am-12 pm & 1 pm-5 pm

Key health care services include: immunizations for children and adults, well child physicals, pre and post-natal care for infants and mothers, hearing and vision screens. Dental screenings offered through collaboration with Salina Family Healthcare Dental Clinic.

The Dickinson County Health Department is funded by the Kansas Department of Health & Environment and Dickinson County, and is guided by the Dickinson County Board of Commissioners.

Well Child Health Assessments

Physical examinations provided for individuals under the age of 21 years. Includes immunizations, many screening tests, KAN Be Healthy physicals, school and childcare physicals and developmental screening. By appointment only. Sliding scale fee, based on income. Medical cards accepted.

WIC (Women, Infants & Children Program)

A special supplemental nutrition program for pregnant, breastfeeding, and postpartum women and for infants and children up to age 5 years. Provides checks for nutritious foods, and nutrition education to prevent or correct health problems. Eligibility guidelines apply. Certification by appointment.

Dickinson County Health Department Cont.

Maternal Child Health Program

- *Healthy Start hospital or home visits offered to any new parents with developmental information and referrals.
- *Breastfeeding Educator with support groups and breast pump rentals
- *Car seat inspections and installations.
- * A registered nurse offers monthly home or office visits to any pregnant woman, teen or new parent. Program services include: blood pressure checks, fetal heart rate monitoring, new born assessment, height/weight checks, developmental screenings, immunizations and referrals. Educational materials are given on pregnancy, childbirth, breastfeeding, parenting and infant/child development.

Childcare Licensing and Registration

Licenses and registers family childcare homes, preschools and child centers. If you need any information about child care or would have concerns about illegal or poor child care please contact the Dickinson County Health Department at 263-4197. For a list of child providers in Dickinson County contact Child Care Aware of Northeast and North Central Kansas Resource and Referral 1-800-279-2372.

Public Health Emergency Preparedness

Disease Surveillance and Investigation

DVACK Domestic Violence Association of Central Kansas

203 South Santa Fe, Salina
785-827-5862

We offer the following services:

- ~24-hour live answer hotline
- ~Shelter for victims of Domestic/Sexual Violence
- ~Economic Advocacy
- ~Court Advocacy
- ~Crisis Counseling
- ~Domestic Violence/Sexual Assault/Children's/Survivor's with Disabilities Support groups
- ~OARS – assistance to Victims of DV/SA who are receiving cash assistance
- ~Adolescent/Teen Services
- ~Assistance with Protection from Abuse/Stalking Orders
- ~Presentations to Increase Awareness and Prevention



North Central Kansas Workforce Solutions

OCCK

Abilene office 300 N Cedar, Ste 221, Abilene,
(785) 263-2208 (785) 263-3795 Fax

Hours: 8 a.m. to 5 p.m. weekdays or by appointment

Mission: The North Central Kansas Workforce Solutions (NCKWS) gives help to displaced workers and workers with disabilities throughout Central Kansas. The resource center provides employment related services to businesses and individuals at no cost in the nine North Central counties.

Oasis Kansas Children's Service League

317 Houston Suite, A Manhattan
1-866-520-2760

The Oasis Program provides free and voluntary services to families with children 10-18, in Riley, Geary, Dickinson and Saline counties, who are at-risk for running away or who have already run away from home. The goal is to prevent youth homelessness, out of home placement and to safely reunite children with their families through crisis intervention, temporary respite services, intensive family counseling and support services.



OCCK, Inc

300 N Cedar, 2nd floor, Suite 215 Abilene
785- 263-2208

OCCK, Inc. provides services to support people of all ages, with all types of disabilities as they learn to live and work in their communities.

Services include:

- Employment training, job placement, and support
- Residential services in a variety of settings
- Assistive technology (i.e. adapted computers, toys, and independent living devices) for loan or try outs
- Medical transportation
- Independent living counselors and specialists for elderly, physically disabled, brain injured
- Consulting services for accessibility, businesses, and communities are also part of OCCK's services.

Abilene Office at 300 N Cedar, 2nd floor, Abilene, 785-263-2208

Salina Corporate office at 1710 W. Schilling Road, Salina, 785-827-9383

OCCK Inc.



LINKING PEOPLE TO A REGIONAL REHABILITATION NETWORK

K-State Research and Extension, Dickinson County

712 S. Buckeye Ave., Abilene, KS 67410

785-263-2001

www.dickinson.ksu.edu/

Educational programs and services available from our office:



Family and Consumer Sciences

- *Educational programs, workshops and classes in nutrition, food safety, life balance, parenting, financial management and health. Walk Kansas health initiative is held annually starting in March.
- * Extension Family Nutrition Program classes, including Mission Nutrition, Take Steps to a Healthier You, nutrition displays, newsletters and school-based programs.
- *Extension Educational Units (EEU's) – Six groups focus on educational programs and community service projects.

4-H Youth Program, ages 7-19

- * 13 community clubs with approximately 300 members
- * Over 50 project areas including Dog, Foods, Hand Pets, Space Tech and many others.
- * Summer camps, school-based and after-school programs.

Agriculture

- * Organized activities for beef, sheep and swine producers; public meetings on crops and livestock.
- * Fertilizer recommendations, identification of insects, diseases, weed and insect problems in home lawns and gardens.

Leadership Dickinson County

- * An adult leadership development program to help individuals become facilitative, collaborative servant leaders.

Newsletters

- * *Knowledge for Life* – a family and consumer sciences newsletter including current Extension classes and information on living healthily and resourcefully.
- * *Agriculture Advantage* - public meeting notices and educational information on crops, livestock and horticulture.
- *Publications – Pamphlets on gardening, lawn care, nutrition and food preservation and many other topics; also available at www.dickinson.ksu.edu
- *Video tapes, DVD's and other resources – Many educational resources are available for check-out.

Family Resource Exchange

715 S Broadway, Herington

785-258-3303

Family Resource Exchange, Inc. began in October 1997. FREE help to provide or obtain assistance for families who need temporary support in a variety of areas: Career development and job training, education in basic life skills, temporary funds for utilities, supplementary food and supplies, clothing and living necessities and referrals to other agencies

Health and Wellness Coalition of Dickinson County

300 N Cedar STE 210, Abilene

785-263-4406

Vision: Dickinson County residents have the knowledge needed and strive to make healthy lifestyle choices. The mission of the Health and Wellness Coalition of Dickinson County is to promote a well balanced lifestyle for all ages and all stages of DK Co residents.

Goals:

- Increase public education about healthy eating and physical activity
 - Increase accessibility to nutrition and physical activity opportunities for individuals living in Dickinson County
 - Increase knowledge of making healthy choices regarding alcohol, drugs, tobacco, sleep, stress
- Action Plan (based on Community Foundation Design Team)
- Increase Public Education – examples through: Articles for county newsletters, newspapers
 - Increase accessibility to PA & N opportunities

For more information or to join, contact Atalie Tompkins, CHES Certified Health Education Specialist 300 N Cedar STE 210, Abilene Kansas 67410 785-263-4406 tompkinsches@gmail.com and "like" us on Facebook under Health & Wellness Coalition of Dickinson County, Kansas



Healthy Families Dickinson County

710 S Buckeye, Abilene KS, 67410
785-263-4011 www.kcsl.org

Healthy Families Dickinson County is prevention and community service program of Kansas Children's Service League. It is a voluntary program that assists new parents who are overburdened by stress factors. Healthy Families staff meets with the family regularly, usually once each week. This program begins prenatally or shortly after the baby is born. This service has been proven successful in promoting healthy child development, parent/child interaction, preventing child abuse and neglect, and helping families link with necessary community resources



Heartland Programs: Early Head Start and Head Start **(Prenatal through age 5)**

505 NW 3rd Street, Suite 2, Abilene
785-263-0210 ext 10

Heartland Head Start provides Head Start and Early Head Start services to children and families in Dickinson County. Services include free preschool for children ages 3-4, child care assistance for families with children ages 6 weeks to school age

and an home visiting program for parents with a pregnant woman and/or with children birth to age three.

To qualify for the programs, families must meet Federal Income guidelines. Enrolled families receive regularly scheduled home visits and support that includes social services, nutrition, health guidance and monitoring, mental health support and parent/child activities.

Head Start classrooms are available in Abilene, Enterprise and Herington. Partnering child care centers are located in Herington and Abilene.

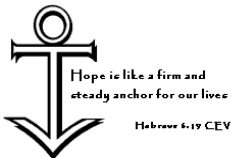
For more information, or check out our website at www.usd305.com/headstart, or email megan.wagoner@usd305.com

The HOPE Center

409 North West 3rd Street, Abilene
(785) 263-4673

The HOPE Center serves as a clearing house to assist residents of Dickinson County. The direct aid program helps with bills such as utilities, rent or deposits, prescriptions, diapers, gasoline, etc. The furniture recycling program offers used furniture. The HOPE house is a transitional house available to a homeless family for up to 90 days with all

expenses paid. HOURS: 8:30 am—12:30 pm, Mon-Fri.



Infant/Toddler Services, Dickinson County

OCCK, Inc.

300 N. Cedar, Suite 221, Abilene, KS 67410
785-263-2208

OCCK, Inc. Infant/Toddler Services in Dickinson County is a family centered early intervention service for children birth to age 3 with disabilities and their families. The first three years are the most important to a child's development. Getting help early can make a difference that lasts a lifetime. Services are designed to meet the needs of a child with a developmental disability or who exhibits a delay in a developmental skill area. Early intervention services are available to eligible children and their families based on needs and may include early childhood special education teachers, speech, occupational and physical therapies. In addition, special instruction, family training, assistive technology, nursing, nutrition and transition services are available. All services are provided in the child's natural setting which could be their home or their day care.



Kansas Kids In Crisis (Kan-KIC)

Contact June DeWeese, k.crisis@yahoo.com
PO Box 369, Abilene, KS 67410
785-263-3474

Helping Children Facing Challenges

Providing low-income youth with school supplies, treatment for physical health needs (vision, dental, hearing) & mental health needs (life skills classes, counseling, support groups).

Kansas Kids In Crisis strives to give children living at or near the poverty level a greater sense of self esteem through attempting to solve problems the children face while in school. We are dedicated to helping needy children be able to find success in classrooms across Dickinson County.

OUR VISION:

For individuals— All children living at or near the poverty level will have the opportunity to succeed in the classroom.

For the community—Children assisted will desire to rise above living on the poverty level during their lifetimes and, when adults, reach out to other children, providing them an opportunity to succeed in the classroom.

For Kansas Kids In Crisis—KAN-KIC will provide the opportunity for donors and volunteers to work together to achieve the Agency's mission.