

# Montgomery County Community Resource Guide



**Winter 2024** | Compiled in partnership with Live Well Montgomery County and Montgomery County Memorial Hospital

*\*In case of medical emergency please dial 9-1-1\**

## Montgomery County Memorial Hospital

For questions related to COVID-19, call: (712) 623-7185

Address: 2301 Eastern Ave, Red Oak, IA 51566

Website: [www.mcmh.org](http://www.mcmh.org)

## Montgomery County Public Health

Phone: (712) 623-4893 or 1 (877) 254-6104

Email: [publichealth@montgomerycountiia.gov](mailto:publichealth@montgomerycountiia.gov)

Address: 1109 Highland Ave, Red Oak, IA 51566

## Iowa Department of Public Health

Phone: (515) 281-7689

Website: <https://coronavirus.iowa.gov/>

## Red Oak Police Department

Phone: (712) 623-6500

## Your Life Iowa

24/7 Confidential help for suicide prevention, problem gambling, and substance abuse issues (drugs and alcohol).

Phone: (855) 581-8111

## Suicide Helpline

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources, and best practices for professionals.

Phone: (800) 273-8255

Website: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

## Runaway Hotline

If you are thinking of running from home, if you have a friend who has run away, or if you are a runaway ready to go home.

Phone: 1 (800) RUNAWAY or text 66008 Website:

[www.1800RUNAWAY.org](http://www.1800RUNAWAY.org)

## Iowa Red Cross

Provides disaster relief and helps people with immediate needs during disasters.

Phone: (515) 243-7681

## 211

Information on resources and services ranging from help paying bills to finding food.

Phone: 211

Website: [www.211.org](http://www.211.org)

## Harbor Point

Crisis Stabilization Residential Services

Phone: (712) 850-1389

## Hope 4 Iowa Crisis Call Line

Phone: (844) 673-4469

## **GENERAL ASSISTANCE**

Montgomery County General Assistance:

Emergency rent and utility assistance, emergency food assistance, burial assistance for indigent clients, SIRHA applications and Rent Reimbursement Claims.

Phone: (712) 623-3848

Website: <https://montgomerycountiia.gov/general-assistance/>

Address: 1109 Highland Ave, Red Oak, IA 51566

## **MCMH CLINIC INFORMATION**

*Our clinics are here to help you!*

For information please call:

- Internal Medicine (712) 623-7280
- Family Medicine (712) 623-7250
- Malvern Medical Clinic (712) 624-6010
- Specialty Outpatient Clinic (712) 623-7270
- Surgical Services (712) 623-7240
- Villisca Medical Clinic (712) 826-4422
- Women's Health Services (712) 623-6335
- Virtual Clinic Visits (712) 623-7280

## **CRISIS**

### Montgomery County Sheriff

Phone: (712) 623-5107

Email: [sheriff@montgomerycountiia.gov](mailto:sheriff@montgomerycountiia.gov)

Address: 106 W Coolbaugh Street, Red Oak, IA 51566

West Central Community Action – Montgomery County Outreach Center

Assists low-income families with services including WIC, heat assistance, childcare referral, and more.

Phone: (712) 623-2339  
Address: 1201 Highland Ave, Red Oak, IA 51566

Montgomery County ISU Extension

Provides unbiased research-based information for family, home business, community or farm.

Phone: (712) 623-2592  
Address: 1901 Broadway St, Red Oak IA 51566

Website:  
<https://www.extension.iastate.edu/montgomery/>

Iowa Department of Human Services

24/7 Report child/dependent adult abuse; find food assistance, Medicaid, childcare assistance, and more.

Phone: 1 (800) 972-2017  
Website: [www.dhs.iowa.gov](http://www.dhs.iowa.gov)  
Apply for food, cash assistance, childcare assistance, and more (online only):  
<https://dhs.iowa.gov/how-to-apply>

Montgomery County Department of Human Services

Phone: (712) 623-4838  
Address: 1109 Highland Ave, Ste A, Red Oak, IA 51566

**FOOD RESOURCES:**

**Food Pantries:**

Bi-Monthly Mobile Food Pantry MCMH:

Phone: (712) 623-6725  
No registration required. Pick up at the ROCSD football field parking lot. Line up starts at 2pm and distribution is at 3:30pm.

Christ's Cupboard

Food, clothing and home goods.  
Phone: (712) 623-2195  
Address: 206 East Coolbaugh, Red Oak IA 51566  
Hours: Wed 1:30-5pm

Elliott Food Pantry

Address: 305 1st Street Elliot, IA 51532  
Email: [elliottfoodpantry@gmail.com](mailto:elliottfoodpantry@gmail.com)  
Hours: 1st & 3rd Thursday 5-7:30pm

West Central Community Action

Pantry phone: (712) 623-2339  
Address: 1201 Highland Ave, Red Oak, IA 51566  
Hours: Mon & Thurs 9am-12pm & 1pm-3pm  
By appointment only.

Mamrelund Lutheran Church (for residents of Stanton)

Phone: (712) 370-3727  
Address: 410 Eastern Ave, Stanton, IA 51573  
Hours: By appointment only.  
Delivery options available.

Evangelical Covenant Church Pantry

Phone: (712) 829-2543 or (712) 592-3488  
Address: 308 Eastern Ave, Stanton, IA 51573  
Hours: Give Rev. Matt King a call to coordinate pick up.

Villisca Community Food Pantry (for residents of Villisca)

Phone: (712) 826-3372  
Address: 203 S 3<sup>rd</sup> Ave., Villisca, IA 50864  
Hours: Wed 11:30am-1pm, Thurs 4-5:30pm, or call for appointment.

Life 5b - Emerson

Phone: (712) 789-9417  
(402) 619-8109  
Email: [Life5b712@gmail.com](mailto:Life5b712@gmail.com)

**For information on FREE & REDUCED SCHOOL LUNCH or the weekend backpack food program contact your local district:**

Red Oak Community School District

Address: 604 S. Broadway, Red Oak IA 51566  
Phone: (712) 623-6600  
Website: [www.redoakschooldistrict.com](http://www.redoakschooldistrict.com)

Stanton Community Schools

Address: 605 Elliott St. Stanton, IA 51573  
Phone: (712) 829-2162 or (712) 829-2171  
Website: [www.stantonschools.com](http://www.stantonschools.com)

Southwest Valley School District (Villisca Location Information)

Address: Southwest Valley Middle School, 406 E 3<sup>rd</sup> Street, Villisca, IA 50864  
Phone: (712) 826-2552  
Email: [lunch@southwestvalley.org](mailto:lunch@southwestvalley.org)  
Website: [www.southwestvalley.org](http://www.southwestvalley.org)

## Food Delivery Services

### MCMH Mobile Meals

Meals delivered M, T, W, Th, F within Red Oak city limits. \$5.25 per meal (lunch and dinner options)  
Phone: (712) 623-7183  
Address: 2301 Eastern Ave, Red Oak, IA 51566

### Villisca Meals on Wheels – Good Samaritan Society

Delivery of lunch inside Villisca city limits  
M, T, W, Th, F  
Phone: (712) 826-9592  
Address: 202 Central Ave, Villisca, IA 50864

Hy-Vee, Red Oak: (712) 623-4992

## ABUSE

### GENERAL

#### IOWA DHS Child and Dependent Adult Abuse Hotline

Confidential reporting and assessment of suspected abuse against children and dependent adults in Iowa  
Phone: (800) 362-2178 or text VOICE to 20121  
Website: [www.dhs.iowa.gov/report-abuse-and-fraud](http://www.dhs.iowa.gov/report-abuse-and-fraud)

#### Boys and Girls Town Hotline

Helping children, family and communities suffering from abuse, addiction, abandonment or violence.  
Phone: (800) 448-3000  
Website: [www.boystown.org/hotline](http://www.boystown.org/hotline)

### DOMESTIC VIOLENCE / SEXUAL ASSAULT / TRAFFICKING

#### Catholic Charities Phoenix House

Domestic violence/sexual assault 24/7 help, shelter.  
Phone: (712) 328-0266 or 1 (888) 612-0266

#### Iowa Victims Service Call Center

24/7 Domestic violence, sexual violence, human trafficking.  
Phone: 1(800)770-1650 or text IOWAHELP to 20121  
Website: [www.survivorshelpline.org](http://www.survivorshelpline.org)

#### National Human Trafficking Hotline

If you or someone you know is a victim, call now to access support and services to get help and stay safe.  
Phone: 1(888) 373-7888 or text 233733  
Website: [www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)

## SUBSTANCE ABUSE

### Zion Recovery Services

24/7 Substance abuse intervention and recovery services.  
Phone: (712) 623-4801  
Location: 403 E Coolbaugh, Red Oak, IA 51566  
Website: [www.zionrecovery.org](http://www.zionrecovery.org)

### Alcoholics Anonymous

Meetings are available by Zoom during COVID-19.  
24/7 crisis line: (402) 556-1880  
Website: [www.omahaaa.org/](http://www.omahaaa.org/)  
Area Meetings: [www.aa-swiowa.org](http://www.aa-swiowa.org)

### Narcotics Anonymous

Meetings every Monday at 6pm; everyone welcome.  
Location: Presbyterian Church, Villisca IA  
Address: 109 S. 3<sup>rd</sup> Ave, Villisca, IA 50864  
Phone: (712) 826-3372  
Area Meetings: [www.swina.org](http://www.swina.org)

### QuitLine Iowa

A free program that provides helpful tools, information and support throughout your quit tobacco/nicotine process.  
Phone: 1 (800) QUIT-NOW (784-8669)  
Website: <https://quitlineiowa.org/>

## AGING

### Connections Area Agency on Aging

Serves aging Iowans and those 18 and older with disabilities and caregivers through information, assistance, services coordination and resources for independence.  
Phone: 1 (800) 432-9209  
Address: 231 S. Main, Council Bluffs, IA 51503

### Red Oak Senior Center

Phone: (712) 623-3497

### Life Long Links

Iowa's aging and disability resource center.  
Website: <https://iowa.myresourcedirectory.com/>

## CHILDCARE, RESPITE & OTHER FAMILY SUPPORT

### Child Care Resource & Referral Agency (CCR&R)

Resource for any parent looking for childcare.  
Phone/email: (855) 244-5301  
Email: [childcare@caeiowa.org](mailto:childcare@caeiowa.org)

Website: <https://iowaccrr.org/>  
Provider search:  
<http://ccmis.dhs.state.ia.us/ClientPortal/ProviderSearch.aspx>

#### Nishna Productions Inc.

Local Non-profit organization that provides supported community living, adult day services, and employment opportunities for adults with disabilities and mental illness.  
Phone: (712) 623-4362  
Website: [www.nishna.org](http://www.nishna.org)

#### Lutheran Services of Iowa

Respite and other programming for children and adults with waivers; Refugee and Immigrant services; and more.  
Phone: (712) 323-1558  
Website: <https://lsiowa.org/>

#### Iowa FOCUS

Provides supported community and home-based living that helps with daily living needs for individuals with disabilities, chronic mental illness or brain injury.  
Phone: (712) 323-4024  
Website: [www.iowafocus.com](http://www.iowafocus.com)

#### Transitional Services of Iowa

Offer behavioral health services for ages 3-18, therapy for all ages and domestic violence avoidance classes for adults. Medicare and Medicaid accepted.  
Phone: (712) 249-2904  
Website: [www.transitionalservicesofiowa.org](http://www.transitionalservicesofiowa.org)

### **FINANCIAL/LEGAL/EMPLOYMENT/HOUSING**

#### Montgomery County Attorney

Phone: (712) 623-3011  
Address: 209 E. Coolbaugh St, Red Oak, IA 51566  
Website: <https://montgomerycountyia.gov/attorneys-office/>

#### Iowa Concern Hotline

24/7 free, confidential resource to lowans who need financial, legal, stress or crisis assistance.  
Phone: (800) 447-1985  
Website: [www.extension.iastate.edu/iowaconcern](http://www.extension.iastate.edu/iowaconcern)

#### Iowa Legal Aid

Legal Aid: (800) 432-9229  
60+ Elder Law (800) 992-8161  
Website: <https://www.iowalegalaid.org/>

#### Iowa Workforce Development

To file for unemployment and find employment services.  
Phone: (866) 239-0843  
Website: [www.iowaworkforcedevelopment.gov](http://www.iowaworkforcedevelopment.gov)

#### Iowa Vocational Rehabilitation Services

Employment and support services for lowans with limitations.  
Phone: (712) 542-5414  
Address: 219 N. 16<sup>th</sup> St, Clarinda, IA 51632  
Website: <https://ivrs.iowa.gov/>

#### SIRHA (Southern Iowa Regional Housing Authority)

Provides rent assistance or rent subsidy to low income individuals, families, elderly or disabled who meet qualifying program guidelines.  
Phone: (641) 782-8585  
Address: 219 N. Pine Street, Creston, IA 50801  
Website: <http://www.sirha-ia.org/>

#### Iowa Balance of State continuum of Care

Services for people experiencing homelessness or at risk of experiencing homelessness.  
Phone: (833) 739-0065  
Website: <https://iaboscoc.org/balance-of-counties>

#### Iowa Mortgage Help Hotline

Statewide referral hotline, foreclosure intervention, negotiation/mediation services with loan servicers/lenders.  
Phone: (877) 622-4866  
Website: [www.iowamortgagehelp.com](http://www.iowamortgagehelp.com)

#### Social Security Administration Office

Address: 906 E Taylor Street, Creston, IA 50801  
Phone: (866) 613-2827  
Website: [www.ssa.gov](http://www.ssa.gov)

## HEALTH

### GENERAL

#### Montgomery County Memorial Hospital

Provides complete, comprehensive and compassionate local healthcare for all in need.

Phone: (712) 623-7000

Address: 2301 Eastern Ave, Red Oak IA 51566

Website: [www.mcmh.org](http://www.mcmh.org)

#### Montgomery County Public Health

Phone: (712) 623-4893 or (877) 254-6104

Email: [publichealth@montgomerycountyia.gov](mailto:publichealth@montgomerycountyia.gov)

Address: 1109 Highland Ave, Red Oak, IA 51566

#### Iowa Department of Public Health

24/7 hotline for COVID-19 questions

Phone: 211

Website: <https://coronavirus.iowa.gov/>

### PHYSICAL HEALTH

#### Montgomery County YMCA

The YMCA works collaboratively with community partners to improve the lives of children, adults, families, and the entire community.

Phone: (712) 623-2161

Address: 101 E Cherry Street, Red Oak, IA 51566

Website: [www.mcyymca.com](http://www.mcyymca.com)

### SEXUAL HEALTH

#### Montgomery County Public Health

Education on sexual health and protection available. Free and Confidential testing, treatment, or referral is available for HIV and common sexually transmitted infections.

Phone: (712) 623-4893 or (877) 254-6104

Email: [publichealth@montgomerycountyia.gov](mailto:publichealth@montgomerycountyia.gov)

Address: 1109 Highland Ave, Red Oak, IA 51566

#### Family Planning Council of Iowa

Reproductive healthcare and family planning services, including services for low-income families.

Phone: (515) 288-9028

Website: [www.fpcouncil.org](http://www.fpcouncil.org)

#### Family Planning Program

Helps low-income Iowans with cost of family planning services.

Website: <https://dhs.iowa.gov/ime/members/medicaid-a-to-z/FPP>

#### HIV/STD Testing

Free, confidential HIV/STD testing.

Phone (call or text): (712) 545-0107

Website: [www.nap.org](http://www.nap.org)

### THERAPY AND MENTAL HEALTH

#### AJ Counseling Services

Mental Health Services \*Accepting New Clients \*Accepts Major Insurance Including Medicaid\*Appointments Via-Telehealth\*

Phone: (712) 520-0237 or (402) 670-0717

Website: <https://ajcounseling.com/>

#### Healthy Homes Family Services

Mental Health Services \*Accepts Major Insurance Including Medicare and Medicaid\*Appointments Via-Telehealth\*

Phone: (712) 357-1182

Website: [www.healthyhomesfs.com](http://www.healthyhomesfs.com)

#### Waubonsie Mental Health Center

Mental Health Services \*Accepting New Clients \*Accepts Major Insurance Including Medicare and Medicaid\*Appointments Via Telehealth\*

Phone: (712) 581-7900

Location: 1000 N Broadway St, Suite A East  
Red Oak, IA 51566

Website: [www.waubonsiemhc.com](http://www.waubonsiemhc.com)

## TEENS/YOUNG PEOPLE

#### Teen Line Iowa

24/7 Confidential counseling and support for teens about their health, relationships, body and sexuality.

Phone: (800) 443-8336

Website: [www.extension.iastate.edu/teenline](http://www.extension.iastate.edu/teenline)

#### The Trevor Project

24/7 Crisis intervention and suicide prevention services for LGBTQ+ young people under 25.

Phone: (866) 488-7386 or text START to 678-678

Website: <https://www.thetrevorproject.org/>

#### My Life, My Quit

Confidential resource on vaping nicotine and other tobacco products for teens.

Phone or Text: (855) 891-9989

## TRANSPORTATION

### Southwest Iowa Transit Agency

Safe, affordable, reliable transportation for transit needs.

Phone: 1 (800) 842-8065 or (712)243-2518

Website: <https://www.swipco.org/transit-swita/>

### Non-Emergency Medical Transportation

Amerigroup (844) 544-1389

Iowa Total Care (833) 404-1061

Iowa Medicaid (866) 572-7662

## VETERANS

### Montgomery County Veterans Affairs

Phone: (712) 623-3180

Email: [va@montgomerycountyia.gov](mailto:va@montgomerycountyia.gov)

Address: 105 E. Coolbaugh St, Red Oak, IA 51566

Call Center for homeless Veterans: (877) 424-3838

Women Veterans Call Center: (855) 829-6636

Veterans' Healthcare: (877) 222-8387

Veterans' Crisis Line: (800) 273-8255

Press 1

Readjustment Counseling: (877) 927-8387

Omaha VA Medical Center: (402) 346-8800

## POISON, FOOD, & HOME SAFETY

### Food Poisoning Reports

Investigations into causes and sources of foodborne illness.

Phone: (844) 469-2742

### Poison Control Center

Guidance for poison questions and emergencies

Phone: (800) 222-1222

### ISU Extension and Outreach AnswerLine

Information and resources for consumers with home and family questions such as food safety, preparation, cleaning and more.

Phone: (800) 262-3804