

#### COURTESY OF:

JUNEAU COUNTY HEALTH DEPARTMENT 220 EAST STATE STREET ROOM 104 MAUSTON WI 53948 www.juneau.wi.gov

PHONE: 608-847-9373



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Every effort was made to verify the accuracy of the information contained in this booklet.

# JUNEAU COUNTY COMMUNITY RESOURCE GUIDE FOR FAMILIES



FOR ANY NEW OR UPDATED RESOURCES
DIAL 2-1-1
www.getconnected211.org

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# Public Libraries

Elroy Public Library	608-462-2407
501 2nd Main Street	
Elroy, WI 53929	
Hatch Public Library	608-847-4454
111 W. State Street	-
Mauston, WI 53948	
Necedah Memorial Library	608-565-2253
217 Oak Grove Drive	
Necedah, WI 54646	
New Lisbon Memorial Library	608-562-3213
115 W. Park Street	-
New Lisbon, WI 53950	
Wonewoc Public Library	608-464-7625
305 Center Street	<del>-</del>
Wonewoc, WI 53968	



# Thrift/Resale Shops

# Hess Memorial Hospital Auxiliary Thrift Shop 222 Elm Street, Mauston, WI 53948 Open Monday through Wednesday 12:30 p.m. to 4:00 p.m. Thursday and Friday 9:00 a.m. to 4:00 p.m. Saturdays from 9 a.m. to 12 p.m.

#### **Queen of Holy Rosary School Thrift Shop**

W5606 Shrine Road Necedah, WI 54646 **608-565-2191** 

#### Goodwill

1616 N. Superior Avenue Tomah, WI 54660 **608-372-7464** 

#### St. Vincent's De Paul

217 Washington Avenue Wisconsin Dells, WI 53965

608-254-4011

16 W. Main Street

Reedsburg, WI 53959

608-524-7714

620 McEvoy Street

Mauston, WI 53948

608-847-6235

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# Abuse/Assault/Suicide

#### **DOMESTIC ABUSE**

#### Family Center, Inc.

A domestic abuse program providing safe shelter, legal advocacy, counseling, support groups, and treatment services. Works with men, women, and children. Located at 531 10th Avenue North, Wisconsin Rapids.

Call: 715-421-1511

#### **Hope House**

A shelter program available to victims of domestic abuse and their children. Services include 24-hour crisis line, emergency shelter, support group with childcare, legal advocacy, transportation, option counseling information, and referrals. Serves Sauk, Columbia, Adams, Marquette, and Juneau Counties Call: 800-584-6790

#### **Passages**

A program for victims of domestic violence. Serves Juneau County but is located in Richland Center. Provides 24-hour emergency shelter and crisis line plus support groups with childcare, information, and referrals. There is no charge for these services. Call: Business Line: 608-647-6317 or 24 hours Crisis line: 800-236-HEAL (800-236-4325); Domestic violence hotline (24 hours)

#### Juneau County Department of Human Services

Provides 24-hour emergency services for emotional and family crises, including problems with alcohol, drugs, and child abuse. No charge for telephone call and crisis intervention.

Call: 608-847-2400 or (emergency) 608-847-6161

#### Miscellaneous

<u>ACCESS</u>: An internet tool that can help you see if you might be able to get health, nutrition, and other benefits-such as, Drug Assistance Programs, Emergency Food Assistance Program, Tax Credits, etc. Check the internet at access.wisconsin.gov

**Family Preservation and Support Program:** Parenting support, inhome visits, and family goal setting. Family counseling, anger management, and stress management.

Call: 608-847-4991.

**Family Planning Health Services:** Provides physical examinations, PAP tests, breast exams, and birth control devices for teenage and adult women. Cost is based on a sliding scale according to income level. **Call:** 608-847-6568.

Circle of Hope: A group dedicated to helping those experiencing economic hardships. Call: 608-847-2068.

**Juneau County Housing Authority:** Housing for the elderly. **Call: 608-847-7309** 

Mauston Housing Authority: Provides housing information and rental assistance. Call: 608-847-4379.

**Mauston City Cab - Call 608-847-3008** 

Medical Assistance Transportation Program: Assists in providing transportation for medical care for those on Medical Assistance. Call: MTM 866-907-1493.

Red Cross—608-227-1292

Salvation Army: 608-462-5398 (Wes Dunbar, Grace Lutheran -Elroy)

Social Security—800-772-1213 or 715-423-3749

Work Force Connections: Job Center, child support, child-care, job access loans, transportation assistance, and education training. Call: 608-847-4899.

# Dental Health

Karas, Chris(Elroy)	608-462-8282
Karas, Chris(Necedah)	608-565-7173
Dental Associates of Baraboo	800-362-1224
McCormick, P. Michael	608-847-5614
Mauston Dental Center	608-847-6700
Myhre, Wayne E.	608-489-2727
Newman, Dirk A.	608-847-5572
Rubash, Charles M.	608-562-5180
Scenic Bluffs Community Health Center	608-654-5157
Wolfenden, Jay	608-489-3499

# Eye Health

Schaefer, John W	608-847-6264
Gundersen Lutheran Vision Ctr-	608-489-2451
Vision Care Associates - Tomah	608-372-4664

# Abuse/Assault/Suicide

#### **DOMESTIC ABUSE CONTINUED**

**Emergencies** on weekends, nights, or holidays, call Juneau County Sheriff's Department. **Call: 847-5649 or 911** 

#### **SEXUAL ASSAULT**

Rape Crisis Line	608-251-7273
Passages	800-236-4325
Juneau County Dept. of Human Services	608-847-2400
or (Emergency)	608-847-6161
Juneau County Sheriff's Department	608-847-5649
or (Emergency)	911

#### **SUICIDE**

Suicide Prevention	Hotline 24 hrs/7 da	ys 800-SUICIDE
	or	800-784-2243
	or <u>www.s</u>	uicidehotlines.com
	La Crosse	800-362-8255
	Madison	608-280-2600
	Wisconsin Rapids	s 715-421-2345
Catholic Charities of	of La Crosse	888-212-4357

# Counseling and Support

St. Clare Center 800-433-2688 Provides 24-hour confidential free assessment and intervention services regarding alcohol and drug abuse. Out-patient group, individual, and family services.
Juneau County Dept. of Human Services608-847-2400 Provides counseling sessions for individuals, couples, and families; also group counseling. Cost is based on sliding scale according to family income.
Mile Bluff Medical Center 608-847-6161  Provides counseling for individuals, couples, and families.  Counseling for domestic abuse, depression, anxiety, and stress.  Medicare, Medicaid, insurance, or private pay is accepted.
Juneau County Health Department608-847-9373
Franciscan Skemp Health Care, La Crosse608-785-0940 or 800-362-5454
Aging (60+) Benefit Specialist608-847-9367 or 608-847-9371
Catholic Charities-Madison 800-236-4673
Innervisions Counseling & Consulting Ctr S.C. 608-477-9858 Afterhours 608-477-2708
Lutheran Social Services-Baraboo 608-355-7986
Lutheran Social Services-Portage608-742-4244
Safe Place for Newborns 877-440-BABY (877-440-2229) or www.safeplacefornewborns.org
www.sarepracetor newborns.org

#### TO MAKE AN APPOINTMENT

CL	INI	<b>CS</b>

Delton Family Medical Center	608-254-5888
Elroy Family Medical Center	608-462-8466
Mile Bluff Clinic	608-847-5000
Necedah Family Medical Center	608-565-2000
New Lisbon Family Medical Center	608-562-3111
Wonewoc Gunderson Clinic	608-464-3111
St. Joseph's Clinic Elroy	608-462-4116

# Other Numbers for Health Care

Mile Bluff Medical Center	608-847-6161
	800-252-4377
TTY (Hearing Impaired)	608-847-6910
Emergency Room - Open 24 hours a day, se	even days a week
<u>Urgent Care</u> - Open evenings, weekends and	d holidays for
non-emergency medical care.	
Mile Bluff - Hess Home Health	608-847-1480
Family Planning	608-847-6568

ACCESS: ACCESS is an internet tool that can help you see if you might be able to get health, nutrition, and other benefits-such as FoodShare, BadgerCare, SeniorCare or other Drug Assistance Programs, Emergency Food Assistance Program, Free/Reduced price school meals, Summer Food Service Program, Tax Credits. Check the internet at www.access.wisconsin.gov

#### Health Care

#### Wisconsin Well Woman Program

You may be eligible if:

- **X** You are a woman, age 35 to 64.
- **X** You do not have health insurance, or your insurance does not cover basic checkups, or you are unable to pay deductibles or co-payments.
- **X** Your income meets guidelines.

You may be eligible for health checkups at no cost to you. These include screenings for breast and cervical cancer.

Call the Juneau County Health Department at 608-847-9373 0r 866-735-9616 for more information and income guidelines.

# **BadgerCare Plus**

Health insurance for children and families in Wisconsin. Covers all kids, regardless of income, pregnant women and other adults within certain guidelines.

The Juneau County Health Department can help by:

- 1. Checking eligibility
- 2. Assisting with completing an application
- 3. Providing temporary insurance cards (if applicable) Call 608-847-9373

#### Federal Health Insurance Marketplace Assistance

The Federal Health Insurance Marketplace is the application and enrollment system for applying for affordable health insurance. Individuals can apply online at <a href="www.healthcare.gov">www.healthcare.gov</a> by phone at 800-318-2596, or by mailing in a paper application.

Certified Application Counselors at the Juneau County Health Department can provide assistance with the application process.

By appointment only. Call 608-847-9373.

#### TEEN COUNSELING

#### If you are in High School, your school nurse can help

Mauston	608-847-4410
Elroy	608-462-2602
Necedah	608-565-2256
New Lisbon	608-562-5755
Wonewoc	608-464-3165

#### LEGAL COUNSELING

Legal Action of Western Wisconsin	800-873-0927
or	608-785-2809
Eligibility determined by income. Call to chor write to P.O. Box 2617, LaCrosse, WI 5	
Lawyer Referral/Information	800-362-9082
State Bar of Wisconsin	608-257-4666
Aging (60+) Benefit Specialist	608-847-9367

#### **EDUCATIONAL COUNSELING**

WTC	608-847-7364
Workforce Connections	608-847-4899
Community Action Council	
Mauston	608-847-1124
Wisconsin Dells	608-254-8353

# Miscellaneous Support Groups

#### **Autism Support Group**

This group offers support services to families of children with autism. Meetings are held quarterly at Mile Bluff Medical Center. For more information call **608-847-1285.** 

#### **Alzheimer Support Group**

For more information call Heidi Randall at 608-847-9366.

#### **Depression Support Group**

This group provides education and support to those who are experiencing depression. Meetings are held in the spring. This service is provided by Mile Bluff Medical Center. For more information, call **608-847-1285.** 

#### **Family and Friends Support Group**

This support network meets quarterly and is open to the family of nursing home residents. Meetings are held at Mile Bluff Medical Center. For more information, call **608-847-1838.** 

#### **Grief Support Group**

This group offers support services to families and individuals who are coping with the death of a loved one. Meetings are held in the spring and fall at Mile Bluff Medical Center. For more information, call **608-847-1285**.

#### **Low Vision Support Group**

For more information call Heidi Randall at 608-847-9366.

# Short of Money

Healthy Start Mauston 608-847-2400

Healthy Start is a medical plan for pregnant women and children. Healthy Start will pay for all doctor visits and hospital costs; prescription drugs; delivery of your baby; health care (medical, dental, and vision) for pregnant women for 60 days after delivery; and health care (medical, dental, and vision) for children. Call the Healthy Start phone number today and give your children a Healthy Start!!

Badger Care	Mauston	608-847-2400
Medical Assistance	Mauston	608-847-2400
Income Assistance	Mauston	608-847-2400
Energy Assistance	Mauston	608-847-5988
Rental Assistance	Mauston	608-847-1124
Housing Authority	Mauston	608-847-7309
Renewal Unlimited	Portage	608-742-5329
St. Vincent De Paul	Wis. Dells Mauston Baraboo	608-254-4011 608-847-6235 608-356-4649
Community Action Main #	Mauston	608-847-1124

Emergency Food pantry, fuel assistance and weatherization. **Central Wisconsin Community Action,** 1 Kennedy St., Suite 4 Mauston. Monday through Friday from 8:00 a.m. to 4:30 p.m.

Mauston 608-847-5988 OR Wis. Dells 608-254-8353

Help for Hard Times Guide Dial 2-1-1

#### Food

#### S.H.A.R.E.

A low cost, self-help food program which enables people to purchase food packages every month at a savings of up to 50%. Accepts cash or food stamps (no checks). Participants are required to do two hours of volunteer community work each month. For information of dates and times for your area, call 800 -548-2124 or check the internet at www.sharewi.org

<u>WIC</u> - A supplemental food program and nutrition education for pregnant women, new mothers, infants, and children. For more information, call the Juneau/Adams County WIC Project at 608-847-9375.

<u>Mauston Community Sharing Supper</u> - Provides and opportunity for sharing a community dining experience for all persons in Mauston area. Held the **last Thursday of the month** at the Mauston High School, 510 Grayside Ave, Mauston from 5:00 p.m. - 6:30 p.m. For more information contact: Margie Strouse 608-751-7515, Tammy Boyd 608-847-7050, Cathy Thrasher 608-847-6543 or Lauri Balfanz 608-847-4035.

Elroy United Methodist Church Community Sharing Supper, 204 Royall Drive, Elroy, WI 4:30—6:00 p.m. Held the last Wednesday of each month. 608-462-5953.

New Lisbon Community Supper-Last Tuesday of each month. 4:30-6. New Lisbon American Legion Hall, 110 Welch Prairie Rd, New Lisbon. No charge. **608-847-3005** 

#### Nutrition

#### **Nutrition Counseling**

Meet with registered dietitians to discuss your health and nutrition needs. Services provided by Mile Bluff Medical Center. For more information, call **608-847-6161** 

#### **Diabetes Self-Management Education:**

Participants in Mile Bluff Medical Center's Diabetes Self-Management Education program are taught self-care skills that promote optimal diabetes management. This program is provided on an individual basis and through group sessions. For more information, call **608-847-1846.** 

<u>ACCESS</u>: ACCESS is an internet tool that can help you see if you might be able to get health, nutrition, and other benefits-such as FoodShare, Drug Assistance Programs, Emergency Food Assistance Program, Tax Credits, etc. Check the internet at www.access.wisconsin.gov

# Drug and Alcohol Abuse Support Groups

St. Clare Center Clinic	800-433-2688
Juneau County Human Services	608-847-2400
Narcotics Anonymous	800-240-0276
Al-Anon/Alateen	800-344-2666
Al-Anon/AlateenHOTLINE	800-356-9996
Alcoholics Anonymous	608-222-8989
Alcohol (24 hours) Help Line	800-252-6465
Informational Website <u>www.alcoholics-a</u>	nonymous.org

**Al-Anon/Alateen -** A support group for loved ones of alcoholics. There are no dues and attendance is confidential.

**Alcoholics Anonymous (AA)** - A support group for anyone who has the desire to stop drinking. There are no dues and attendance is confidential. **Call: 800-362-8255** 

# Smoking Cessation

#### **Self-Help Information:**

American Cancer Society	800-227-2345
Tobacco Free Coalition	608-847-9373
<b>Smoking Cessation Classes</b>	
Mile Bluff Medical Center	608-847-1845



Wisconsin Tobacco Quit Line	800-784-8669
Spanish	877-286-3863
Hearing Impaired	877-777-6534

Hours: 7:00 a.m. to 11:00 p.m. daily

#### Food

**Community Sharing Food Pantries:** For people and families who need emergency food for 1, 2, or 3 days. There is no charge. Operated by community ecumenical groups.

#### **Camp Douglas**:

St. James Catholic Church

100 Bartell Street

Last Thursday - 9:00-11:00 a.m.

**Elroy** Grace Lutheran Church

226 Erickson Street

Thursday - 1:00-2:00 p.m.

**Mauston** Community Sharing Food Pantry

1 Kennedy Street Suite 7

Tuesday, Wednesday, and Thursdays

9:30-11:00 a.m.

Message Phone: 608-847-6690 (Bethany

Lutheran Church)

**Necedah** 1000 Farnam Drive (Head Start Building)

Necedah, WI 54646

Thursday - 9:30-11:30 a.m.

**New Lisbon** Bethany Lutheran Church

618 W. River Street

Thursday - 8:30—10:45 a.m.

(not open if the 5th Thursday of month)

Third Tuesday 4:00—5:00 p.m.

(for working families only)

**Wonewoc-Union Center**:

Town of Wonewoc Building-Union Center

1st Saturday of each month

9:00-10:00 a.m.

# **Immunizations**

Low cost immunizations are available at Juneau County Health Department for children and adults. Call 608-847-9373 to schedule an appointment.

Parents <u>must</u> accompany minor children to the clinic or contact our office prior to the clinic date.

Please bring your child's immunization record with you.

Permission forms may be accessed on our website: www.juneau.wi.gov

A \$3.00 donation is requested for each vaccine given. No one will be refused vaccinations due to the inability to pay.

MA/BadgerCare accepted.

# Sexually Transmitted Infections

#### **CONFIDENTIAL TESTING**

Natl HIV & STD Testing Resourceshttp://hivtest.cdc.gov
Family Planning-Mauston (HIV,STD) 800-246-5743
Friendship(HIV,STD)800-246-5743
Planned Parenthood-Portage (HIV,STD)608-742-1551
Madison(HIV,STD) 608-241-3767
Health Dept, Sauk County (HIV)608-355-3290
Adams County (HIV)608-339-4505
AIDS Network-Madison (HIV)800-486-6276
Your Family Doctor (HIV,STD)see page 23

#### **INFORMATION & RESOURCES**

National HIV & STD Testing Resources	.http://hivtest.cdc.gov
Juneau County Health Dept	608-847-9373
HIV/AIDS Informational Line	800-232-4636
Hearing Impaired	800-232-6348
Center for Disease Control	www.cdc.gov

# Pregnancy

Family Planning	608-847-6568
Your Family Doctor	See page 23
Prenatal Care Coordination Juneau County Health Department	608-847-9373
W.I.C. (Women, Infants, Children)	608-847-9375
Safe Place for Newborns	877-440-BABY
or www.safeplacefornewborns.org	

<u>Prenatal Care Coordination</u>: Provides assistance in locating and coordinating services during pregnancy. Call: 608-847-9373.

<u>Presumptive Eligibility</u>: Counsel and referral to programs assisting with pregnancy needs and help establishing good health care. Provide a presumptive eligibility card to eligible women to cover ambulatory prenatal services. Provide information and technical assistance. **Call: 608-847-9373.** 

Childbirth Education Classes: This course is offered by Mile Bluff Medical Center for expecting parents. It covers the topics of preparing for childbirth, feeding your baby, and knowing what to expect after delivery. Three-session courses are available at various locations throughout the year. Saturday courses are also available in Mauston, covering all three topics in one session. Expecting parents must pay a small fee to complete the course. For more information and to register, call 608-847-1013.

# Child Development and Care

If you are worried about your baby's development, call:

#### **Ages 0-3**

Juneau County Health Department	608-847-9373
Birth-to-Three Program	608-847-2400
Early Head Start	888-565-6100
Mauston	608-847-4991

#### **Ages 3-5**

Local Head Start Information	n	608-847-4991
or Portage (Main Office)		608-742-5329
	or	800-344-7543

#### Ages Birth-21:

HealthCheck (for children on MA) 608-847-9373

#### Day Care:

For information on Juneau County licensed and certified day care centers:

Family Resource Center:	608-847-4991
Parenting Place	000 072 1760
Juneau County Health Department	608-847-9373
Juneau County Human Services	
U.W. Extension Parenting Classes Mauston	608-847-9329
First STEP (Information and referral	
for disabled children-24 hours)_	800-642-7837

# Adoption

Juneau County Human Services Mauston	608-847-2400
Catholic Charities	
Madison-Main number	608-256-2358
Adoptions	608-833-4800
or	800-236-4673
Lutheran Social Services	608-277-0610
Adoption Choice, Inc. Milwaukee	414-276-3262
or	800-255-6305
State of Wisconsin Adoption Info. Center	800-571-1105
Children's Service Society	
Madison	608-221-3511
Baraboo	608-356-3019
Community Adoption Center, Inc.	
Statewide	800-236-7863
Madison	608-833-5881
Manitowoc	920-682-9211
Special Needs Adoption Network	800-762-8063
Adoption Resources of Wisconsin	414-475-1246

# Pregnancy

#### WIC

A supplemental food program and nutrition education for pregnant women, new mothers, infants, and children. For more information, call the Juneau/Adams County WIC Project at 608-847-9375.

# Programs for Parents and Children

<u>Hand-In-Hand Parenting Program</u>: Education and support for parents during the first year of a child's life. Topics range from breastfeeding to safety and play. This group meets monthly at Mile Bluff Medical Center. For more information, call 608-847-1013.



# Programs for Parents and Children

<u>Birth-to-Three Program</u>: For parents of children with developmental delays. Services may include: special instruction in the home, therapies for children, parent education, and other support services. For information, contact the Juneau County Department of Human Services. Call: 608-847-2400.

<u>Fluoride Varnish Application</u>: Available at no cost for children ages 9 months to 6 years old that are Medicaid eligible. To make an appointment, call the Juneau County Health Department at **608-847-9373**.

<u>Head Start</u>: Educational program available free of charge for children 3-5 years of age and their families who meet income guidelines. Operated by Head Start of Wisconsin. For local Head Start, call 608-847-4991 or Statewide Network: 608-742-5329 or 800-344-7543.

<u>Healthy Start</u>: Provides payment for medical care for pregnant women, babies, and young children. For more information, call: 608-847-2400.

<u>HealthCheck</u>: A preventive health checkup program for ages birth to 21 on Medical Assistance. Call: 608-847-9373 for more information.

# Programs for Parents and Children

<u>Car Seat Inspections</u>: Educates parents on how to install car seats correctly; if the car seat is compatible with the vehicle safety belt; if a locking clip is needed; which car seat is appropriate for the child's size; registering the seat for recalls with the manufacturer or Wisconsin's registration system. **Call 608-847-9373 for an appointment.** 

#### WIC

A supplemental food program and nutrition education for pregnant women, new mothers, infants, and children. For more information, call the Juneau/Adams County WIC Project at 608-847-9375.

<u>Family Resource Center</u>: Play group, workshops, check-out system for toys, videos, literature, and learning activities. Call: 608-847-4991.

## Hotlines

Maternal and Child Health Hotline	800-722-2295
Safe Place for Newborns	877-440-2229
Poison Control Center	800-222-1222
Services Hotline for Women, Children, and Families	800-855-7296
Wisconsin First Step	800-642-7837