



**202 East Villard
Dickinson, ND 58601
Phone: 701-227-0131
1-800-359-2243**

2010 PARENT & TEEN RESOURCE GUIDE

**Distributed by :
Southwest Coalition of
Safe Communities a
program of Community
Action Partnership**



**For additional copies go to
www.projectacend.com**

BASIC NEEDS

SALVATION ARMY

225-0373

Temporary emergency services

AMEN FOOD PANTRY

483-4344

ELDER CARE MEALS

Nutrition 456-1818

Transportation 483-6564

RSVP+

227-8421

T-Rex plaza

1173 3rd Ave W, #16

All age volunteers for non-profit organizations and government agencies.

HANDS ACROSS NORTH DAKOTA

1-800-950-2901

Personal, family & financial counseling for people in rural North Dakota.

COMMUNITY ACTION PARTNERSHIP

227-0131

Emergency services - rental assistance, heating assistance, medication, security deposits.

ADAMS COUNTY SOCIAL SERVICES

1-701-567-2967

BILLINGS/GOLDEN VALLEY

COUNTY SOCIAL SERVICES

1-701-872-4121

BOWMAN/SLOPE COUNTY SOCIAL SERVICES

1-701-523-3285

DUNN COUNTY SOCIAL SERVICES

1-701-764-5385

HETTINGER COUNTY SOCIAL SERVICES

1-701-824-3276

STARK COUNTY SOCIAL SERVICES

1-701-456-7675

FINANCIAL AND LEGAL SERVICES

Southwest Juvenile Court

51 3rd St East, Suite 201

Dickinson, ND 58601

701-227-3170

COMMUNITY ACTION PARTNERSHIP

227-0131

Consumer Budget Counseling and Volunteer Income Tax Assistance (VITA) - Aids low-income, elderly, non-English speaking, and handicapped persons complete their federal and state income tax returns.

Representative Payee Program – Helping clients manage their money, checking and savings accounts are set up through Community Action. Staff works with each client to establish a monthly budget, pay monthly bills, and provide the client with spending money. It is the agency's responsibility to ensure that the basic needs of the clients are met.

DIVISION OF JUVENILE SERVICES

227-7590

Legal custodian care and probation services for adjudicated youth.

LEGAL SERVICES OF NORTH DAKOTA

1-800-634-5263

Legal Services for North Dakotans who cannot afford an attorney.

BASIC JUVENILE COURT PROCEDURES

Juvenile Court receives referrals from law enforcement, schools, social services and parents regarding deprived, unruly and delinquent children. The Juvenile Court Supervisor reviews the referrals and determines the appropriate process needed for each case. This process may include diversion to another agency.

Deprivation cases involving abuse and neglect of children are processed in formal court proceedings presided over by a referee or district court judge.

A large majority of minor offenses are handled at an informal hearing with a Court Officer. Upon admission of the offense, a Court Officer may warn the child, refer the child for counseling, evaluation or programs, and may place the child on probation. These options are intended to deter the child from future law violations.

If the child denies the offense or the offense is of a more serious nature, the case is referred to the state's attorney. This can result in a formal petition and hearing before a district court judge. The dispositions in a formal hearing can include formal probation, custody to Social Services or Division of Juvenile Services with foster care placement or other placement as allowed by ND law. A secure placement such as the Youth Correction Center may be used when a juvenile is under the custody of Division of Juvenile Services.

Child and parents have the right to be represented by legal counsel at all juvenile proceedings.

COMMUNITY SERVICE

WESTWIND CONSULTING CENTER

225-1050

Adolescent intensive outpatient addiction program.

SOUTHWESTERN DISTRICT HEALTH UNIT

483-0171 or 1-800-697-3145

TOBACCO PREVENTION & CONTROL PROGRAM

483-3760

Activities include: advocacy, policy, community involvement, tobacco use issues, and marketing. Cessation resources & services for youth and adults.

BADLANDS HUMAN SERVICE CENTER

227-7500 or 1-888-227-7525

Developmental disabilities services to persons with serious mental illness. Partnership Project - Working with families who have a severe emotionally disturbed child to help them access services in their own community.

Vocational rehabilitation 227-7600

BEST FRIENDS MENTORING PROGRAM

483-8615; 1-877-877-8685 toll free

The program offers friendship and role modeling between an adult volunteer and an at-risk youth between the ages of 6-16. Two mentoring programs are offered: school-based mentoring and community-based mentoring. This program serves the 8-county area.

HOUSE OF MANNA

483-5733 (Open MWF 1-4pm)

Provides clothes, shoes, coats, household goods & furniture free of charge to individuals in need. Funded by donation only.

COMMUNITY ACTION PARTNERSHIP

227-0131

Family Planning Program – available to all regardless of race, age, sexual orientation, religion or ability to pay. Includes: contraceptives, pregnancy testing, STD diagnosis & treatment, and free HIV testing.

Self-Reliance/Case Management Program – Individuals & families receive assistance, support and encouragement by a trained case manager as they reach their goal of self-sufficiency.

Emergency Services – rental assistance, heating assistance, security deposits, and other.

Commodities – food service program for qualified persons.

JOB SERVICE of NORTH DAKOTA

227-3100, 1-800-247-0983

Job Corps – vocational training for youth in a residential setting. Joe Sullivan, Bismarck 227-5857

Workforce Investment Act – youth employment and training, includes internships, OIT (on-the-job training), classroom or work experience.

NDSU EXTENSION SERVICE, Stark/Billings Counties

456-7665

4-H Group Ages 6-19

Participants learn how to develop skills: decision making, communication, conflict management, teamwork, and leadership skills. Contact your local county extension office for more information.

CHILD CARE RESOURCE & REFERRAL of LUTHERAN SOCIAL SERVICES

1-888-223-1510

Assist parents in finding childcare & offering support resources & training to childcare providers.

SOUTHWEST COALITION of SAFE COMMUNITIES

227-0131

Resources, presentations and community referrals for all areas of traffic safety and alcohol, tobacco and other drug programs or projects in southwest North Dakota. Programs: Driving under the influence, underage alcohol consumption, occupant protection, child passenger safety, server training, victim impact panels, impaired driving. Statistics on traffic crashes, Regional Youth and Adult data, State and regional data. Projects: Back to School Bash, Project ACE Conference, Safety City, May Mobilization, 3D month, and the Parent, Be Amazed Teen Maze, & many more.

VOLUNTEER OPPORTUNITIES

Amen Food Pantry.....	483-4344
Badlands Human Service Center.....	227-7500
Community Action Partnership.....	227-0131
Domestic Violence and Rape Crisis Center.....	225-4506 or 1-888-225-4506
NDSU Extension Service	456-7665
Heartland Hospice.....	456-4378
Peace Corps.....	1-800-424-8580
Best Friends Mentoring Program.....	483-8615
St. Joseph's Hospital.....	456-4000
Special Olympics.....	483-2079, 290-8840
RSVP.....	227-8421
United Way.....	483-1233

YOUTH SERVICES

Southwest Juvenile Court
51 3rd St East, Suite 201
Dickinson, ND 58601
227-3170

SUNRISE YOUTH BUREAU (SYB)

Dickinson office: 483-9498

An agency working with youth & their families to provide early intervention, diversion, and prevention education through assessment and accountability in order to change attitudes and divert from further legal and social difficulties.

BEST FRIENDS MENTORING PROGRAM

483-8615; 1-877-877-8685 toll free

The program offers friendship and role modeling between an adult volunteer and an at-risk youth between the ages of 6-16. Two mentoring programs are offered: school-based mentoring and community-based mentoring. This program serves the 8-county area.

WARNING SIGNS of ALCOHOL or OTHER DRUG ABUSE

1. Change in school grades or school behavior.
2. Blaming others - not accepting responsibility of their actions.
3. Increase in physical aggression and verbal confrontation.
4. Associating with high-risk peer group (smoking, drinking, drugging, and sexually acting out.)
5. Change in sleeping/eating habits.
6. Lack of respect for adult authority - i.e. - teachers, parents, law enforcement.
7. Too secretive or boastful of their activities.
8. Unable to set goals and follow through toward success.
9. Dishonest when confronted about activities.
10. Self-mutilation in any form - i.e. - cutting on self, burning self, tattooing, threatening suicide.
11. Lack of remorse.
12. Change of long time friends.

SCHOOL RESOURCES

DICKINSON PUBLIC SCHOOLS
456-0002

ADULT LEARNING CENTER**456-0008**

Provide services to help increase knowledge and improve skills essential in Basic Skills. High School, equivalency preparation (GED) and, career planning -- Human Relations.

HEART RIVER ALCOHOL & DRUG ABUSE SERVICES**483-0795**

Alcohol and drug evaluation referrals.

DAY TREATMENT**Hagen Junior High 456-0020**

A school-based behavior program for 7-8th grade students who are experiencing difficulties in all three environments (home, school, or community).

STARK COUNTY SOCIAL SERVICE**456-7675**

Crossroads; assistance with childcare and transportation costs to enable single, unwed mothers, 18 or under to obtain high school diploma or GED.

DICKINSON HIGH SCHOOL**456-0030**

Counseling.

HAGEN JUNIOR HIGH SCHOOL**456-0020**

Counseling.

TRINITY JUNIOR HIGH AND SENIOR HIGH SCHOOL**483-6081**

In-school Mentoring Program, Community Service, Counseling, Cursillo-retreat experience for adults Search – retreat experience for students 16 & up, Scholarship program, Work study program.

DRUG FREE SCHOOLS COORDINATOR (GRADES K-12). Melanie Kathrein**456-0002****REGIONAL AFTERSCHOOL PROGRAM (RASP)****456-0014**

Afterschool program for students to attend while parents are still at work. 65% educational. Open 3:15 to 6:15. Available at Lincoln elementary, Roosevelt elementary, Heart River elementary, Jefferson elementary in Dickinson and Hebron and Beach schools.

SOUTHWEST COMMUNITY SCHOOL**Shawn Leiss 456-0042**

Alternative high school serving students 16-21. An opportunity for students to earn their high school diplomas.

CRISIS HOTLINE**BADLANDS HUMAN SERVICE CENTER****290-5719 OR 1-866-491-2472**

Emergency telephone counseling service.

1-800-755-2719 – Division of mental health and substance abuse, Bismarck. Confidential information and referral line that directs callers to substance abuse treatment centers.

1-800-472-2911 – When in doubt call the North Dakota Help Hot-line - 24 hours, 7 days a week, Crisis Intervention.

1-800-222-1222 – North Dakota Poison Control Center

1-800-472-2121 – Law Enforcement, Fire, Medical, Highway, Domestic Emergency, TDD (Hearing Impaired) Medical Emergency Services for North Dakota

1-800-342-4535 – American Cancer Society

1-800-445-2322 – Crime Victims Compensation

1-800-472-2180 – Disease control

1-800-706-3448 – AIDs Hotline

1-800-RUNAWAY – Runaway Hotline, Home Free program – reunites runaway youth with family members, resources for parents in several areas.

1-800-273-8255 – Suicide Hotline

DOMESTIC VIOLENCE AND RAPE CRISIS CENTER

Crisis line: 1-888-225-4506

EMOTIONAL / PHYSICAL ABUSE SERVICES

BADLANDS HUMAN SERVICE CENTER

227-7500

Individual, family therapy; domestic violence program, anger management.

DOMESTIC VIOLENCE & RAPE CRISIS CENTER

225-4506 or 1-888-225-4506

24-hour shelter and crisis line for adults and adolescents.

Counseling – Consultation for Individuals, couples, and families. Women and children support groups.

STARK COUNTY SOCIAL SERVICE

456-7675

Prime Time Day Care – A program to provide a break and relieve some stress for parents. It is a one day per week after-school care for at-risk, emotionally or mentally ill children.

WESTWIND CONSULTING CENTER

225-1050

Psychotherapy – Professional guidance and problem solving.

DICKINSON FAMILY COUNSELING CENTER

483-9720

Individual, couples, and family therapy; psychological evaluations; play interventions for children.

RAPE & SEXUAL ABUSE

BADLANDS HUMAN SERVICE CENTER 227-7500

Individual therapy; intensive sex offenders group.

DOMESTIC VIOLENCE & RAPE CRISIS CENTER 225-4506 OR 1-888-225-4506

24-hour shelter and crisis line.

WESTWIND CONSULTING CENTER 225-1050

Consultation for Individuals

SUBSTANCE ABUSE

AA-ALCOHOLICS ANONYMOUS 264-7552

A fellowship of people working to recover from alcoholism.

Badlands Human Service Center 227-7500 or 1-888-227-7525

Individual, family therapy; Co-dependency; High Intensive Day Treatment; DUI Evaluations; Outreach; Evaluations & Assessments; Intensive Evening Program.

Residential Care Center / Regional Intervention Program – 4 residential outpatient program beds, must attend day treatment at Badlands Human Service Center.

HEART RIVER ALCOHOL & DRUG ABUSE SERVICE 483-0795

North Dakota DUI 16 hr. classes, MIC/MIP classes, alcohol and drug evaluations, low and high intensity outpatient treatment. Consulting.

MEDICAL & MENTAL HEALTH

BADLANDS HUMAN SERVICE CENTER 227-7500

Individual, family therapy; clinical assessment, psychological & psychiatric services; outreach.

Residential Care Center – 12 transitional beds for individuals with emotional and/or mental health issues that need assistance with basic skills training, medication, and stability before returning to the community, 1 crisis bed – 72 hr bed to deflect hospitalizations, call crisis line 290-5719, 1-866-491-2472

CATHOLIC CHARITIES NORTH DAKOTA 1-701-255-1793 (Bismarck)

Adoption; Unplanned Pregnancy Services; Guardian Services; Marriage Preparation.

PRAIRIE ROSE ACTIVITY CENTER 227-0131 or 227-0135

A facility where persons with a history of mental illnesses are welcomed into a supportive, accepting, and caring atmosphere. Located in the lower level of the Community Action Partnership building, 202 East Villard, Dickinson.

HEART RIVER ALCOHOL and DRUG ABUSE SERVICES**483-0795**

Counseling for family members in an alcoholic family, codependency.

SOUTHWESTERN DISTRICT HEALTH UNIT**483-0171, 1-800-697-3145**

Maternal & Child nutrition evaluation, education and consultation.

Puberty and Abstinence Education- Changing I & II program; body awareness and changes during puberty, AIDS education, adolescent decision making tips.**STARK COUNTY SOCIAL SERVICES****456-7675**

Children's Special Health – diagnosis & arrangement for treatment of children or those with conditions leading to crippling.

ND HEALTHY STEPS**1-877-KIDS NOW**

Free and low cost health care coverage. An insurance program for children who are not protected by private or federal health programs. Applications are available from most local service agencies or by calling 1-877-543-7669.

Health Tracks: Early Periodic Screening, Diagnosis, and Treatment-comprehensive health screening and follow up services for persons under age 18 who are eligible for Medicaid to detect, facilitate and insure treatment of physical and emotional problems. Call 1-800-755-2604.**ST. JOSEPH'S HOSPITAL AND HEALTH CENTER****456-4662****Self help group meetings****Nutrition counseling** – diet consultations. 456-4295**Diabetes** – a class designed to provide knowledge about diabetes and to assist individuals to manage the disease. 456-4662**LUTHERAN SOCIAL SERVICES OF NORTH DAKOTA****1-701-223-1510 (Bismarck)**

Adoption; Pregnancy Counseling; Youth Advocacy Services; Addiction Outreach; Senior Companion Program; Gambling Addiction; Domestic Violence Perpetrator's and Anger Management.

DICKINSON FAMILY COUNSELING CENTER**483-9720**

Individual, couples, and family therapy; psychological evaluations; play interventions for children.

CARING for CHILDREN**1-877-KIDS-NOW or 1-877-543-7669**

Sponsored by ND Blue Cross/Blue Shield. Provides medical, dental, mental health and chemical depending care for children who cannot be covered by Medicaid and do not qualify for the ND Healthy Steps Program.

www.ndcaring.org

ND Caring Foundation

4510 13th Ave S

Fargo, ND 58121-0001

PREGNANCY

COMMUNITY ACTION PARTNERSHIP 227-0131

Family Planning Program -available to all regardless of race, age, sexual orientation, religion or ability to pay. Includes: contraceptives, pregnancy testing, STD diagnosis & treatment, and free HIV testing.

NDSU EXTENSION SERVICE, Stark/Billings Counties 456-7665

Family Nutrition Program-participants learn about food, nutrition, food safety, and managing food dollars in many inviting ways. The FNP educator meets with anyone interested individually or in small groups. Call 456-7665 to be put on the monthly newsletter mailing list and learn about scheduled activities for the month.

SOUTHWESTERN DISTRICT HEALTH UNIT 483-0171, 1-800-697-3145

(WIC) Women, Infants, and Children – special supplemental food program during and after pregnancy.

STARK COUNTY SOCIAL SERVICE 456-7675

Unwed Services – services to assist the unwed parent(s) in preparing emotionally, physically and economically to meet parenthood.

CATHOLIC CHARITIES NORTH DAKOTA 1-701-255-1793 (Bismarck)

Adoption; Unplanned Pregnancy Services; Guardian Services; Marriage Preparation

PARENTING

WEST DAKOTA PARENT & FAMILY RESOURCE CENTER

336 5th Street W

456-0007 or toll free 1-877-264-1142

Parent Education, Positive Discipline, Positive Parenting, Gearing up for Kindergarten, Living with your 10-15 year old, Love and Logic, The Incredible Years Series, Parenting Teens and more - parenting sessions and programs, information, lending library, newsletters, serving Dickinson and surrounding southwest region.

Parent's Night Out -ongoing parent support group meeting each Monday night at the Adult Resource Center at 7:00 P.M. Childcare available upon request.

HEART RIVIER ALCOHOL and DRUG ABUSE SERVICE 483-0795

Prime for Life under 21 Program. DUI 16 hr classes, alcohol and drug evaluations, low and high intensity outpatient treatment, consulting.

NDSU EXTENSION SERVICE 456-7665

Educational bulletins & workshops on human development and family/life issues. Workshop topics include:

- Children of Divorce
- Living with Your Teenager - series of six one page handouts.
- How to talk to your Kids so they will Listen – class on parenting techniques.
- Balancing Work and Family.

(Other topics available upon request).

"Parenting the First Year" – newsletters provided to parents of infants. "Parenting Pipeline" – newsletters provided to parents of children in Kindergarten, 2nd, 4th & 6th grades

STARK COUNTY SOCIAL SERVICES

456-7675

Parent aide - a preventative parenting program; individualized to clients needs.

Foster Care - alternative, 24 hour per day, family life experience, in a Licensee protective environment.

Child Protection Services - to prevent, remedy or alleviate potential, actual or alleged abuse, neglect, or exploitation of children under age 18, by a caretaker.

Family Focus Services - To help families strengthen their relationships, work with parents and children to prevent, shorten, or lessen risks of out-of-home placements. Voluntary program; individualized to client's needs.

Childcare Assistance - Assist in the costs of child care as a result of employment, education, and training.

Educational Programs – Planned, time limited parenting education programs.

Crossroads - Childcare and transportation assistance to enable single, unwed mothers, 18 or under to obtain high school diplomas or GED.

Unwed Services - Services to assist the unwed parent(s) in preparing emotionally, physically, and economically to meet parenthood.

WHO IS AN AT-RISK CHILD?

Children become at-risk whenever overwhelming negative events occur in their lives.

Some of these areas are:

1. Death of a loved one including accidental death or suicide, especially if that person was an immediate family member or living in the household.
2. Severe physical illness of family members or close friends.
3. Divorce or separation.
4. Geographic change in environment whereby child is uprooted and finds him/herself in a new school, community, etc.
5. Loss of family property due to an act of nature, fire, etc.
6. Child who is a victim of or a witness to any sort of abuses (physical, emotional, sexual.)
7. Children whose parents are actively using drugs and drugs may pose a significant problem to children living in the home. It is important to remember that children need reassurance, consistency and warmth in their home environment if they are to be nurtured. Parents who use drugs and alcohol often times are inconsistent, unpredictable, irresponsible and not aware of the fears they instill in their offspring.

SUPPORT GROUP SCHEDULE

AA HOTLINE 701-264-7552

AA Schedule

Sunday

Morning Group- 11am
Gate City Bank
204 Sims
Dickinson, ND 58601

Daily Reflections- 7:30pm
Church of Christ
815 14th St East
Dickinson, ND 58601

Monday

Bowman AA- 8pm
7pm
Home Improvement
702 2nd Ave NW
Bowman, ND 586

Killdeer AA- 8pm
St John Lutheran Church
Killdeer, ND 58640

New England AA- 8pm
Memorial Hall
925 Main St
New England, ND 58647

Primary Purpose Group-
St Johns Episcopal Church
West 8th & 5th Ave
Dickinson, ND 58601

Tuesday

Queen City AA- 8pm
United Methodist Church
3rd St W & 1st Ave W
(USE BACK DOOR)
Dickinson, ND 58601

Beach AA- 8pm
Learning Center
1st St SE – Back Door
Beach, ND 58621

Wednesday

Topic Meeting- 8pm
St. Johns Episcopal
West 8th & 5th Ave
Dickinson, ND 58601

Rhame AA- 8pm
Group Meeting
Bethany Church
11 miles S of Rhame ND, 58651

Thursday

AA Meeting
Peace Lutheran Church
1550 21st St West
Dickinson, ND 58601

Big Book Study- 8pm
St Johns Episcopal Church
West 8th & 5th Ave
Dickinson, ND 58601

Belfield AA
506 2nd Ave NE
Belfield, ND 58622
Last Thursday of month is an open meeting

Friday

Scranton AA- 8pm
Lutheran Church
Scranton, ND 58653

Open AA Meeting
St Josephs Hospital
30 7th St West
Dickinson, ND 58601

Saturday

Saturday Night AA- 7:30pm
St Johns Episcopal
West 8th & 5th Ave
Dickinson, ND 58601

Narcotics Anonymous

Monday

NA- 7pm
Heights of Glory Church
816 11th St East
Dickinson, ND 58601

Friday

NA- 7pm
Immanuel Baptist Church
229 3rd St West
Dickinson, ND 58601

AL-ANON

Wednesday

Al-Anon- 8pm
St Johns Episcopal
UPSTAIRS
West 8th & 5th Ave
Dickinson, ND 58601