Douglas County Community Mental Health Center

Community Resource Guide 2016

This resource guide is created in cooperation with the University of Nebraska's Grace Abbott School of Social Work. Its creation and yearly update is a service learning project in Dr. Jodi McQuillen’s undergraduate social work and mental health class.
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“Our Mission is to provide high quality, comprehensive mental health care for the underserved of Douglas County.”

*Information deemed accurate at time of publication*
Chemical Dependency Programs

ABH Addiction & Behavioral Health Services, Inc.
5851 North 90th Street
Omaha, NE 68134
(402) 504-1736
Website: [http://www.abhtreatment.com/](http://www.abhtreatment.com/)

**CD Evaluations / Mental Status Exams**
*Description:* Available at all offices. Comprehensive substance use screening and chemical dependency evaluations to determine appropriate level of care. Also offer mental health evaluations.

**General Outpatient Counseling Services**
*Description:* ABH offers individual and family counseling, case management, and education for mental health, chemical dependency and dual-diagnosis treatment. Staff can also work with other professionals (external caseworkers, parole officers etc.) to meet client needs in recovery. Adults and adolescents.
*Program Timeframe:* Ongoing, 45 minute sessions one (1) to two (2) times / week

**Individualized Relapse Prevention Counseling**
*Description:* Program offering individual addiction counseling, recovery plan and relapse prevention plan development. Periodic drug and alcohol screening is utilized to help ensure compliance and help clients maintain their recovery.
*Program Timeframe:* Six (6) to eight (8) weeks
*Cost/Payment:* Accepts Medicaid, Magellan Behavioral Health, Douglas & Sarpy County Funds, Private Pay, Blue Cross Blue Shield, and other private insurances.

**Campus for Hope**
1490 North 16th Street
Omaha NE 68102
(402) 827-0570

**Intermediate Residential Program**
*Description:* Non-locked, longer-term residential program offering individual, group, and family therapy; peer support; assessment of medical, dental and psychiatric care as needed;
*Restrictions:* Serve adults nineteen (19) and up with a current substance use disorder diagnosis and recommendation for this level of care from a substance abuse treatment professional. Must be medically stable and at low risk for acute withdrawal symptoms.
*Date/Time:* 24/7, 365 days a year.
*Program Timeframe:* Six (6) months to two (2) years of programming with a minimum of 30 hours of treatment services / week.
*Cost/Payment:* Sliding Scale Fee—Accepts Medicaid, third party insurance and private pay, and vouchers

**Short Term Residential Program**
*Description:* Non-locked residential program offering individual, group, and family therapy; development of relapse prevention plans; peer support; assessment of medical, dental and psychiatric care as needed; 12-Step programming; and substance use education.

*Information deemed accurate at time of publication*
Restrictions: Serve adults nineteen (19) and up with a current substance use disorder diagnosis and recommendation for this level of care from a substance abuse treatment professional. Must be medically stable and at low risk for acute withdrawal symptoms.

**Date/Time:** 24/7, 365 days a year.

**Program Timeframe:** 35 to 50 days with a minimum of 42 hours of treatment services/week.

**Cost/Payment:** Sliding Scale Fee—Accepts Medicaid, third party insurance, private pay and Nebraska Office of Probation Administration vouchers.

**Voluntary Detox Program**
Description: Provides a safe environment for individuals undergoing withdrawal from alcohol and/or other addictive substances, including ongoing assessment of physical, emotional, and psychiatric needs by nursing staff.

Restrictions: Serves adults nineteen (19) and up.

**Date/Time:** 24/7, 365 days a year.

**Program Timeframe:** One (1) to five (5) days, depending on the level of intoxication and severity of withdrawal.

**Cost/Payment:** $300.00 / day or Sliding Scale Fee—Accepts private pay and Nebraska Office of Probation Administration vouchers.

**Dual Diagnosis Residential**
Description: Non-locked residential program offering individual, group, and family therapy specializing in those with a dual substance use and mental health diagnosis; development of relapse prevention plans; peer support; assessment of medical, dental and psychiatric care as needed; 12-Step programing; and substance use education.

Restrictions: Serve adults nineteen (19) and up with a current substance use disorder as well as a mental health diagnosis and recommendation for this level of care from a substance abuse treatment professional. Must be medically stable and at low risk for acute withdrawal symptoms.

**Date/Time:** 24/7, 365 days a year.

**Program Timeframe:** Nine (9) to eighteen (18) months

**Cost / Payment:** Sliding Scale Fee. Accepts Medicaid, third party insurance and private pay, and vouchers

**Catholic Charities**
Sheehan Center
3300 North 60th Street
Omaha, NE 68104
(402) 554-0520
Website: [http://www.ccomaha.org/](http://www.ccomaha.org/)

**Assessments/Evaluations**
Description: Assessments are done to determine the most appropriate treatment service needed for the client.

**Date/Time:** Every Wednesday (except holidays) beginning at 7:30 AM on a first-come, first-served basis.

**Cost/Payment:** Accepts Medicaid, self-pay, third party insurance, and has a sliding fee scale based on family size and income.

*Information deemed accurate at time of publication*
Adult Intensive Outpatient Treatment Program (Including Co-occurring treatment)

**Description:** Offers individual and family chemical dependency counseling, substance abuse education, individualized treatment plan development, and community resource referrals.

**Restrictions:** Serves adults nineteen (19) and up with a current chemical dependency diagnosis.

**Date/Time:** Individual therapy services Monday – Friday 9:00 AM – 5:00 PM

**Group sessions** Mondays, Tuesdays, and Thursdays from 1:00 PM – 4:00 PM and 6:00 PM – 9:00 PM

**Program Timeframe:** Minimum of twelve (12) weeks, with clients attending one (1) individual session and three (3) group sessions each week.

**Cost/Payment:** Fees based on frequency and duration of treatment. Accepts Medicaid, third party insurance, Nebraska Office of Probation Administration vouchers, and sliding fee scale based on family size and income.

**24-hour, 7-days-a-week supervised (residential) treatment programs are offered through Campus for Hope**

Community Support Substance Abuse Program

**Description:** Case management services including resource referral, education, coping skill development, housing assistance, recovery support, and relapse prevention.

**Restrictions:** Serve adults nineteen (19) and up with a current substance use disorder diagnosis and a current chemical dependency evaluation.

**Date/Time:** Business hours 8:00 AM – 4:30 PM, crisis services available on-call 24/7.

**Program Timeframe:** Minimum of three (3) meetings per month for up to two (2) years—the average is four (4) to six (6) months.

**Cost/Payment:** Fees assessed on an individual basis depending on the frequency and duration of services provided. Accepts Medicaid, private insurance, and a sliding fee scale based on family size and income.

Outpatient Treatment

**Description:** Offers individual and family chemical dependency counseling, substance abuse education, individualized treatment plan development, and community resource referrals.

**Restrictions:** Serve adults nineteen (19) and up only.

**Date/Time:** 8:00 AM – 4:30 PM Monday – Friday

**Cost/Payment:** Accepts Medicaid, Medicare, third party insurance, and has a sliding fee scale based on family size and income.

Recovery Support Program (Campus for Hope)

**Description:** Weekly support groups on location at Campus for Hope and monthly individual peer support meetings are at Campus for Hope or at another location the client prefers.

**Restrictions:** Serve adults nineteen (19) and up currently enrolled in another Catholic Charities program or who are on a waiting list for another program.

**Date/Time:** 24/7, 365 days a year.

**Program Timeframe:** Based on individual needs of clients.

**Cost/Payment:** No fee to client—program is funded by Region Six.

*Information deemed accurate at time of publication*
ENCAP (Eastern Nebraska Community Action Partnership)
Douglas County (North)
2406 Fowler Avenue
Omaha, NE 68111
(402) 453-5656 ext. 254
Website: http://www.encapomaha.org/
Description: Provides outpatient treatment for substance abuse. Individual therapy is offered, as well as group sessions. Group sessions include relapse prevention, alcohol/drug education, and AA, CA, and NA meetings.
Bring the following documents to your screening: Photo ID, proof of income, and any assessment and/or referral paperwork (which should include name, address, and phone number of referring agency or organization).
Hours: Monday – Friday 8:00 AM – 5:00 PM, by appointment only.
Cost / Payment: Accepts Medicaid, Medicare, and private insurance. Sliding fee scales are available to individuals without insurance.
** Substance abuse services are only available at the North office. **

Heartland Family Services-Family Works
4847 Sahler St
Omaha, NE 68104
(402) 342-9555
Website: http://heartlandfamilyservice.org/
Residential Treatment
Description: Residential substance abuse treatment for pregnant women or women with young children. Family works is able to treat dual diagnosis. Length of stay ranges from 6-9 months.
Cost/payment: Free of charge. Individuals must put 30% of their monthly income in a secure, safe location on the property, which they will receive upon their discharge.
Restrictions: Pregnant women or women with young children only. Criminal record is accepted depending on type of crime.
Transitional Living
Description: Sober living facility for clients transitioning back into the community after intensive inpatient treatment. Maintains daily structure and rules for sober living.
Fee: Sliding fee scale based on income
Translators: Spanish available.

Intertribal Treatment Center (Nebraska Urban Indian Health Coalition)
2240 Landon Court
Omaha, NE 68102
402-346-0902
Website: http://nuihc.com/
Services: Inpatient and outpatient services, transitional living, substance abuse assessments, individual, family and group counseling, and transportation services.

*Information deemed accurate at time of publication*
Restrictions: Target population includes Native Americans and others residing in the Metropolitan area. Must be at least 18 years old and in a federally recognized tribe.
Translator: American Indian and Alaska Native.

**Journeys Program for Youth**

11111 M Street  
Omaha, NE 68137  
(402) 504-4099  

**Description:** Comprehensive services offered to adolescents and their families struggling with substance abuse. Services offered include intensive outpatient, outpatient, group home treatment, transitional living, and home-based continued care.  
**Restrictions:** Serves adolescents 12 to 18 years of age.  
**Cost/Payment:** Fees based on needs of the individual. Accepts Medicaid, private health insurance, and has a sliding fee scale based on family size and income.

**K C Assessments**

5002 Dodge St  
Omaha, NE 68132  
(402) 669-5300  

**Description:** Substance abuse evaluations for adults. Reports are court, parole, and probation accepted. Reports will be available within 48 hour of evaluation. Evaluations $175/vouchers accepted.  
**Restrictions:** Must be 18 years or older.

**Lutheran Family Services**

Main Phone: 855-659-2706  
Website: [https://www.lfsneb.org/](https://www.lfsneb.org/)  
**Locations:**  
2401 Lake Street Suite 110  
Omaha, NE 68111  
120 S. 24th Street Suite 100  
Omaha, NE 68102  
11515 S. 39th Street  
Bellevue, NE 68123

**Chemical Dependency Evaluations**

**Description:** Drug and alcohol dependency evaluations to determine appropriate level of care.  
**Outpatient Substance Use Treatment**

**Description:** Individual, family, and group therapy to treat substance use disorders.  
**Restrictions:** Clients must need services fewer than 3 times per week.  
**Cost/Payment:** Accepts most major insurances and offers sliding scale fees to low-income individuals without insurance.

*Information deemed accurate at time of publication*
Chemical Dependency Treatment  
**Description:** Offers three hours of intensive group-based substance use treatment, three times per week; individual and family therapy; justice system case planning; chemical dependency education; coping skills development; and relapse prevention planning.  
**Restrictions:** Serves adults nineteen (19) and older who have a chemical dependency diagnosis. Clients must be evaluated as needing a high-structure treatment program. Clients must remain free of non-prescription drugs and alcohols, attend all sessions, and submit to regular urinalysis.  
**Program Timeframe:** Ten to fifteen hours / week for approximately six (6) weeks.  
**Cost / Payment:** Accepts many third party insurances, private pay, grant funds, and offers a sliding scale fee to eligible low-income individuals from Nebraska.

**NOVA Treatment Center**  
8502 Mormon Bridge Road  
Omaha, NE 68152  
(402) 455-8347 (intake and direct line)  
Email: admissions@novatc.org  
Website: [http://www.novatc.org/](http://www.novatc.org/)  

**Adult Therapeutic Community**  
**Description:** Adult programs offer individual, group and family therapy; coping and life skills development; education on substance use issues; relapse prevention; peer support  
**Restrictions:** Adults age 19 or above, but preferential admission is for pregnant women, women with children and IV drug users  
**Program Timeframe:** Four (4) to six (6) months  
**Cost / Payment:** NOVA accepts Nebraska Medicaid, Magellan Behavioral Health, Criminal Justice Vouchers, some private insurance, private pay and has a sliding fee scale for residential services.  

**Adult Short-Term Residential**  
**Description:** Adult program serving individuals diagnosed with co-occurring mental illness and substance dependence. Offers individual, group, and family therapy; coping and life skills development; education on substance use issues; relapse prevention; peer support.  
**Restrictions:** Same as above.  
**Program Timeframe:** Approximately 30 days.  
**Cost / Payment:** Same as above.

**Omaha Valley Hope**  
7703 Serum Avenue  
Omaha, NE  
(402) 991-8824  
Website: [https://valleyhope.org/locations/nebraska/omaha/](https://valleyhope.org/locations/nebraska/omaha/)  

**Intensive Outpatient**  
**Description:** Offers individual, group, and family therapy.  
**Date / Time:** Mondays, Wednesday, and Fridays from 6 PM – 9 PM

*Information deemed accurate at time of publication*
Cost / Payment: Valley Hope accepts most private insurances, and scholarships / loans are available to clients who qualify.
*In addition, there is AC/ESS telehealth IOP, which is a 10-hour per week program that offers daily counselor-facilitated process groups and individualized education.

**Continuing Care Group**
Description: One-hour support group focusing on maintaining recovery.
Restrictions: Must have recently completed a residential or intensive outpatient program.
Date / Time: Mondays, Tuesdays, Thursdays, and Fridays at nine different times.
Cost / Payment: Valley Hope accepts most private insurances, and scholarships / loans are available to clients who qualify.
*In addition, AC/ESS telehealth options are offered which provide four online Continuing Care counselor-facilitated groups every weekday.

**Alumni Group**
Description: Meets on the first Tuesday of every month and hosts various activities such as sobriety birthday celebrations and guest speakers.

**Pathways Counseling**
13319 Cottner St,
Omaha, NE 68137
(402) 896-8933
Description: Pathways Counseling offers outpatient treatment for substance abuse. Both individual and family therapy is offered, as well as substance abuse assessments, and drug and alcohol education.
Restrictions: Individual must be at least 12 years and older.

**Ponca Tribe of Nebraska- Omaha**
2602 J Street
Omaha, NE 68107
402-634-5375
Contact: Jay Eason, Substance Abuse Counselor
Website: [http://www.poncatribe-ne.org/](http://www.poncatribe-ne.org/)
Services: Drug and Alcohol evaluations, individual and group counseling sessions, anger management counseling, referrals to residential treatment, full psychological testing, and mental health assessments. Youth prevention programming designed to educate youth on the effects of alcohol and drugs and giving them the skills and knowledge to avoid substance abuse. Emphasis of treatment based on Native American culture.
Restrictions: Must be enrolled in a federally recognized tribe.
Translator: American Indian and Alaska Native

**The Salvation Army Substance Abuse Treatment**
Salvation Army Adult Rehabilitation Center (ARC)
2551 Dodge Street
Omaha, NE 68131
(402) 342-4135 (Ask for an intake coordinator)

*Information deemed accurate at time of publication
Website: http://www.salvationarmyusa.org/usn/adult-rehabilitation
Description: Alcohol and drug rehab center for men. Built on spiritual motivation and includes spiritual development, work therapy, health and education, social and leisure-time activities, individual and group therapy, living arrangements, and general environment. No waitlist.
Restrictions: Males must be 18 years or older to participate, no registered sexual offenders or convicted arsonists.
Program Timeframe: Minimum length of stay six (6) months to 1 year.
Cost / Payment: Room and board fees are arranged through the intake office and apply to individuals who receive a monthly income such as social security, state and local welfare, military or other disability benefits. If individuals are not receiving a monthly income there is no fee. All treatment costs, medical needs, accommodations, and meals are provided.

Santa Monica House
130 N 39th St
Omaha, NE 68131
(402) 558-7088
Website: http://www.santamonicahouse.org/
Description: Santa Monica House offers a residential substance abuse program for women. They offer individual and group therapy, as well as relapse prevention, 12 step meetings, and drug/alcohol education. The typical stay is 6 months.
Cost / Payment: There is no fee for being in treatment, grants pay for the individual’s stay.
Restrictions: Only for women 19 years and older. Criminal records are accepted except for registered sexual offenders. Children are able to visit and stay on the weekends.

Sienna/Francis House:
1702 Nicholas Street
Omaha NE 68102
(402) 341-1821
Email: treatment@sienafrancis.org
Website: http://www.sienafrancis.org/index.php/services/miracles-treatment-program
Miracles Treatment Center
Description: Program offers chemical dependency assessments; education on recovery issues; housing assistance; individual, group, and family therapy; and job training. Aftercare/follow-up services are available following completion of the program.
Restrictions: Serves adults nineteen (19) and older, must be willing to enter job training and work 40 service hours per week in the shelter and must attend five weekly 12-Step programs.
Program Timeframe: Minimum of 120 days (time may be taken off if client was previously in a residential treatment program)
Cost / Payment: None

*Information deemed accurate at time of publication*
Community Health Centers

Charles Drew Health Center
http://charlesdrew.com
2915 Grant Street
P.O. Box 111609
Omaha, Nebraska 68111-3863

Open:
Monday – Friday: 8 a.m. – 7:00 p.m.
Saturday: 9 a.m. – 12:00 noon

Main clinic contact numbers:
(402) 451-3553 (Medical)
(402) 453-1433 (Dental)
(402) 451-3244 (Pharmacy)
(402) 457-1200 (Administration)
After-Hours Emergencies: (402) 536-6000
Hours Emergencies: call after 8 a.m. to be worked into the schedule

Medical Services:
Radiology, Ophthalmology, Minor Surgery, Family Practice/OB, General Medicine, Internal Medicine, Pediatrics, Podiatry, Cardiology, Eye Services, Psychiatry & Behavioral Health, HIV/AIDS and STD testing, Pharmacy, and Nutrition

Service Locations:
- Charles Drew health Center – Main Clinic
- Homeless Clinics
- Public Housing Health Centers
- School-Based Health Centers
- NOIHSC (former St Richards)

Open: Monday: 8 a.m. - 6 p.m.
Tuesday through Friday: 8 a.m. - 7 p.m.
Saturday: 9 a.m. – Noon

Payments:
- Payment expected the day of appointment unless arrangements have been made
- Can get an estimate of total cost and arrange a payment plan if you need several visits
- Accept checks, cash, Visa/MasterCard, private insurance and Medicaid
- Responsible for balance not covered by your insurance
- With private insurance, you must pay co-pay at each visit
- Sliding fee scale (based on family size and income)

Note: Appointments cancelled without 24 hour notice will be charged a fee.
If you need help understanding English, call ahead to ask for an interpreter.

*Information deemed accurate at time of publication
Dental Services:
Oral exams, sealants, fluoride treatments, restorative services, oral surgery, emergency and rehabilitative services and dentures

**Open:** Monday: 9 a.m. – 6 p.m. closed for Lunch 1-2
   Tues – Fri: 8 a.m. – 5 p.m. closed for Lunch 1-2

Payments:
- Payment expected the day of appointment unless arrangements have been made
- Can get an estimate of total cost and arrange a payment plan if you need several visits
- Accept checks, cash, Visa/MasterCard, private insurance and Medicaid
- Responsible for balance not covered by your insurance
- With private insurance, you must pay co-pay at each visit
- Sliding fee scale (based on family size and income)

**Note:** Appointments cancelled without 24 hour notice will be charged a fee.
If you need help understanding English, call ahead to ask for an interpreter.

Mental Health Services:
Pre-screening to determine if behavioral health services are needed, Individual, Family or Couples Therapy, Tele therapy services, and Trauma Informed Care

**Service Locations:**
- Charles Drew Health Center
- Benson Community Health Center
- Catholic Charities Campus for Hope
- Siena Francis House
- Crown Tower
- Evans Tower
- Florence Tower
- Jackson Tower

Open: Monday – Friday: 8 a.m. – 5:30 p.m.
(Weekends and evenings available by appointment)

Payments:
- Medicaid/Medicare
- Private Insurance
- Sliding fee for uninsured

**Other Resources:**
Disability Assistance for Adults, Enrollment assistance for the Marketplace, Medicare, Medicaid and Kids Connection, Fitness Center and Weight Loss Classes, Homeless Healthcare, Fathers For a Lifetime Program, Interpreter Services, Medication Assistance Programs, Nutrition Education, Senior Care, Smoking Cessation Classes, Social Work and Nurse Case Management

*Information deemed accurate at time of publication*
Nebraska Urban Indian Health Coalition
2240 Landon Court
Omaha, NE 68102
Phone: (402) 346-0902
Website: www.nuihc.com
Inpatient Services: 45-day close cycle Intertribal Treatment Center for substance abuse program. Clients served on a first come, first served basis.
Admission requirements: 18 years or older and enrolled in a federally recognized tribe. Call (402) 346-0902 Ext. 204 for more information.
Outpatient Services: Individual and group therapy, group education, substance abuse assessment, resource listings, internet and written materials, referrals to more intensive levels of care and medication management, Tired Moccasins Elder Program, Soaring over Meth and Suicide Prevention program.
Hours: Monday through Friday 8:00am-5:00pm. Evening and weekend hours available by appointment. Call for appointment.
Transitional Living: short term transitional living, daily living skills, employment assistance, and recreational and cultural activities. Specializes in treating Native Americans, but open to everyone. Call Omaha location for referral information.

OneWorld Community Health Center
Website: www.oneworldomaha.org
Livestock Exchange Campus (Main Location)
4920 South 30th Street
Omaha, NE 68107
- Appointments: (402) 734-4110
- WIC Clinic: (402) 734-2028
- Pharmacy: (402) 502-5832
Open: Monday, Wednesday – Friday: 8 a.m. – 5 p.m.
- Tuesday: 8 a.m. – 8 p.m.
Services Provided: Behavioral health, adult and internal medicine, pediatrics, women’s health, dental care, pharmacy, mental health, WIC

Quick Sick Clinic
4910 South 30th Street (1st Floor of North Building)
Omaha, NE 68107
- Appointments: (402) 502-8859
Open: Monday – Thursday: 8 a.m. – 9:30 p.m.
- Friday: 8 a.m. – 7:30 p.m.
- Saturday: 9 a.m. – 4:30 p.m.
- Sunday: 1 p.m. – 4:30 p.m.
Services Provided: For treatment of minor illnesses, no appointment necessary, open most evenings and weekends.

*Information deemed accurate at time of publication
OneWorld West Omaha
4101 South 120th Street
Omaha, NE 68137
Appointments: (402) 505-3907
**Open:** Monday, Tuesday, Thursday, Friday: 8 a.m. – 5 p.m.
Wednesday: 8 a.m. – 8 p.m.
Services Provided: Behavioral health, adult and internal medicine, pediatrics, dental care, mental health

OneWorld North West Omaha
4229 North 90th Street
Omaha, NE 68134
Appointments: (402) 401-6000
**Open:** Monday, Wednesday – Friday: 8am – 5pm
Tuesday: 8am – 8pm
Services Provided: Behavioral health, adult and internal medicine, pediatrics, dental care, mental health

Teen & Young Adult Health Center
4310 South 24th Street
Omaha, NE 68107
Appointments: (402) 502-8880
**Open:** Monday – Thursday: 10am – 7pm
Friday: 9am – 6pm
Saturday: 9am – 1pm
Services Provided: Behavioral health, sports physicals, health education, case management, nutritional information, treatment for acne, confidential STD testing and treatment, sexual health and birth control or pregnancy testing
**Note:** Parents, family members or friends welcome

**Other Locations**
Mexican Consulate
Phone: (402) 595-1844
7444 Farnam Street
Omaha, NE 68114

Community Alliance
Crossroads to Health and Recovery
Phone: (402) 884-7223
4001 Leavenworth Street
Omaha, NE 68105

*Information deemed accurate at time of publication*
Learning Community Center of South Omaha
Family Literacy Center
Phone: (402) 502-5512
2302 M Street
Omaha, NE 68107
Services provided: Helps new immigrant families with the English language learning and supports them as they navigate the public school system

**Adult and Internal Medicine:** Annual physicals, chronic disease care (i.e. asthma, diabetes, hypertension, high cholesterol, and depression), health education, disease testing and treatment (i.e. STDs, latent tuberculosis), follow-up care, case management and care coordination, and immigrations.

**Pediatrics and Adolescent Care:** Well child checks, immunizations, lead screenings, school and sports physicals, common childhood diseases, care for disabled children, chronic diseases, minor illnesses (i.e. ear infections, cough, fever), behavioral and developmental health concerns. These services are also offered at school based health centers which are located at: Bryan High School, Indian Hill Elementary, Liberty Elementary, and Spring Lake Elementary.

**Women’s Health:** Prenatal care, pelvic exam with a Pap test, clinical breast exam and teaching of breast self-exam, blood pressure, cholesterol, and blood sugar checks, referrals to Mammogram screening, obstetrics, midwifery, reproductive health, obstetrics & gynecology, annual exams, cancer screenings, pre and post menopause care, adolescent care, care for coughs, cold & flu, and confidential STD testing and treatment.

**WIC Program:** Provides supplemental foods, healthcare referrals, nutrition education for low-income women who are pregnant, breastfeeding, and/or postpartum, and to infants and children up to five years old. In addition to Spanish, interpretation is provided for other languages as well, including sign language.

**Dental Care:** Semi-annual cleanings, x-rays, examinations, fillings, extractions, emergency treatment for pain, swelling, broken tooth, limited root canal treatment, prenatal dental care, and pediatric dental care.

**Behavioral Health:** Social worker will assess for client social support service needs including financial and housing needs, domestic violence, and literacy needs. Referrals to community resources are provided. Counseling in English and Spanish is available.

**Mental Health:** Comprehensive care from mental health providers, including counselors and psychiatrists, are provided to clients.

**Pharmacy:** The pharmacy offers discount prescription pricing for OneWorld clients.

**Outreach, Education and Enrollment:** Provides help to people who need assistance with signing up for healthcare (Medicare, Medicaid, WIC, or Open Enrollment options) or who have questions.

**Restrictions:** Accepts cash, check, credit card (Visa, MasterCard, and Discover), and most forms of insurance, including Medicare and Medicaid. A sliding fee scale is available for those who do not have insurance and a financial counselor is available to discuss payment options.

*Information deemed accurate at time of publication*
Financial Assistance

Access Nebraska (Douglas County Health and Human Services)
Main phone: (800) 383-4278
Omaha phone: (402) 595-1258
Available 8am to 5pm, Monday – Friday; automated system available 24 hours a day
Website: http://dhhs.ne.gov/Children_Family_Services/AccessNebraska/Pages/accessnebraska_index.aspx
Description: Contact for information about economic assistance/energy assistance eligibility in Nebraska. Required documents and restrictions vary; appropriate referrals will be made.

Bellevue Human Services
204 West Mission
Bellevue, NE 68005
(402) 293-3138
Website: http://www.bellevue.net/Departments/Human-Services/Programs
Description: Accepts applications for financial assistance for residents of Bellevue. Appointment must be made in advance Monday - Friday 8:00 am - 4:30 pm and all applicants must provide proof of residency using proper identification.

Catholic Charities
3300 North 60th Street
Omaha, NE 68104
Phone: (402) 554-0520
Website: http://www.ccomaha.org/what-we-do/food-assistance.html
Description: Catholic Charities provides food assistance, Immigration and Legal assistance, financial counseling, financial education, and utility/rental assistance (applications are taken the first business day of each month only).

Consumer Credit Counseling
Locations:
11225 Davenport St # 108
Omaha, NE 68154
Phone: (402) 333-2227

809 N 96th St #100
Omaha, NE 68114
Phone: (402) 333-8609
Website: http://www.greenpath.com/cccsn
Description: Non-profit agency; provides information on bankruptcy and debt management, financial education; also credit, student loan, and housing counseling.

*Information deemed accurate at time of publication*
**Douglas County General Assistance**  
The Department's Administrative Offices & Intake Center  
1111 S. 41st St Ste. 220  
Omaha, Nebraska 68105  
Phone: (402) 444-6215  
Website: [http://www.douglascounty-ne.gov/generalassist/general-assistance](http://www.douglascounty-ne.gov/generalassist/general-assistance)  
**Description:** Offers assistance with rent, utilities, clothing, and transportation. Applications are taken in person and by appointment. Medical benefits are available for households below the federal poverty guidelines.  
**Restrictions:** Restricted to individuals between ages of 19 and 64 without minor children. Full time students are not eligible for assistance. Rent payment is limited to $400 a month which includes utility charges. State and Federal benefits are considered income and therefore are not eligible.  
**Translators:** Spanish available

**Fremont Low Income House Help**  
Website: [https://low-income-housing-help.com/](https://low-income-housing-help.com/)  
**Description:** Service to help find affordable housing to people in need. Website asks for email to send information regarding: government benefits programs, assistance opportunities, housing, career, and educational opportunities.

**Fremont Salvation Army**  
707 North I Street  
Fremont, NE 68025  
Phone: (402) 721-0930  
Website: [http://centralusa.salvationarmy.org/western/Fremont](http://centralusa.salvationarmy.org/western/Fremont)  
**Description:** Rent and Utility Assistance is offered through Salvation Army. You must call to set up an appointment to speak to someone about options.

**Gretna Neighbors**  
Resurrection Lutheran Church  
Gretna, NE 68028  
(402) 916-9649  
**Description:** Provides financial assistance for utilities, rent, and medical expenses

**Heart Ministry Center**  
2222 Binney St  
Omaha, NE 68110  
Phone: (402) 451-2321  
Website: [http://heartministrycenter.org/](http://heartministrycenter.org/)

*Information deemed accurate at time of publication*
Description: Provides the following services; clothing closet, food pantry, health & dental care, educational classes, youth mentoring, resource center, legal clinic, holiday meal baskets and gifts, and a Self-Sufficiency program for single, low-income mothers.

**Heartland Family Services**
2101 S 42nd St  
Omaha, NE 68105  
Phone: (402) 553-3000  
Email may be sent at [http://heartlandfamilyservice.org/contact-us/](http://heartlandfamilyservice.org/contact-us/)

Description: Rent and Utility assistance. Emergency assistance for those facing poverty and homelessness.  
Restrictions: For Douglas and Sarpy County only.

**Low Income Ministry of Dodge County**
549 North H  
Fremont, NE 68025  
Phone: (402) 727-6884  
Website: [http://www.lowincomeministry.org/welcome.html](http://www.lowincomeministry.org/welcome.html)

Food Pantry:  
- Tuesday 10:00am - 2:00pm  
- Thursday 5:00pm - 7:00pm

Crisis Case Management:  
- Monday - Friday 9:00am - 3:00pm

Clothing Center:  
- Monday - Friday 9:00am - 3:00pm  
- Saturday 9:00am - 12:00pm

Additional Hours Available By Appointment

Description: Emergency financial assistance for rent and utilities. Clothing center: nominal donation, no cost with referral, job interview clothing available. School Supplies for students K-12 at the beginning of the school term.

**Northeast Nebraska Community Action Partnership-Fremont Family Service Office**
212 East 8th St  
Fremont, NE 6825  
Fremont WIC Phone: (402) 727-0608  
Fremont Family Services Program: (402) 721-0619  
Counties Served: Dodge & Washington  
Hours: Monday through Friday from 8:00 a.m. to 4:30 p.m. (appointments preferred)  
Website: [http://www.nencap.org/](http://www.nencap.org/)

Description: Weatherization services which can reduce energy costs for a long period of time; some typical weatherization measures that may be done to your home include sidewall and attic insulation; infiltration work (caulking and weather stripping around doors and windows

*Information deemed accurate at time of publication*
and glass repair); repair/replacement of furnace or heating unit. Emergency food and shelter program provides financial assistance to help customers with a partial one month past due utility or one month past due rent, resulting from an emergency; deposits are excluded from this funding. Homeless prevention and rapid re-housing program (HPRP) focuses on housing stabilization through temporary assistance that serves as a bridge to long-term stability. Tax preparation for low income individuals/families and senior citizens (60 & over).

**Open Door Mission**

2107 E Locust St  
Omaha, NE 68110  
Phone: (402) 422-1111  
**Description:** Open Door Mission provides preventative measures to empower families to remain in their own homes by supplementing their income through monthly assistance with food, clothing, household goods, furniture and appliances.

**Project Hope**

6201 N 60th St  
Omaha, NE 68104  
Phone: (402) 453-7649  
Website: [http://www.projecthopecouncil.org/home.html](http://www.projecthopecouncil.org/home.html)  
**Description:** Project Hope provides food and clothing to people in need there hours of operation are Monday, Wednesday and Friday 11:00 - 2:45 p.m.

**Sarpy County General Assistance**

1261 Golden Gate Drive, Suite 5E  
Papillion, NE 68046  
Phone: (402) 593-4400  
Website: [http://www.sarpy.com/humanservices/general_assistance_program.html](http://www.sarpy.com/humanservices/general_assistance_program.html)  
**Description:** Provides financial assistance for rent, utilities, or non-food items.  
**Restrictions:** Eligibility is based on income and resources. Monthly income and resource guidelines vary based on the number of related persons in the household and current State of Nebraska poverty guidelines.

**Salvation Army**

3612 Cuming St  
Omaha, NE 68131  
Main phone: (402) 898-5900  
Direct number for utility assistance: (402) 898-5966  
Email may be sent at [http://www.salarmyomaha.org/contact/](http://www.salarmyomaha.org/contact/)  
**Description:** Automated recording; be prepared to leave name and number for information on utility and energy assistance.

*Information deemed accurate at time of publication*
**Siena/Francis House**  
1702 Nicholas St  
Omaha, NE 68102  
Phone: (402) 341-9236  
Website: [http://www.sienafrancis.org/](http://www.sienafrancis.org/)  
**Description:** Case workers will provide assistance and referrals with needs, including financial assistance; call number and they will direct you to who can help.

**St. Vincent de Paul Society**  
2101 Leavenworth St  
Omaha, NE 68102  
Phone: (402) 346-5445  
Website: [http://svdpomaha.com/](http://svdpomaha.com/)  
**Description:** Contact agency and be prepared to leave name and number. They will refer you to the nearest Catholic Church that may provide financial assistance. Address listed is the location of their food pantry. Call to set up a meeting to line up services if unable to meet your basic needs.

**Timberlake Outreach Center**  
2107 E Locust St  
Omaha, NE 68110  
Phone: (402) 422-1111  
**Description:** Open Door Mission’s, Timberlake Outreach Center provides preventative measures to empower families to remain in their own homes by supplementing their income through monthly assistance with food, clothing, household goods, furniture and appliances.

**Together**  
812 S. 24th St  
Omaha, NE 68108  
Phone: (402) 345-8047  
Website: [http://togetheromaha.org/](http://togetheromaha.org/)  
**Description:** Focuses on homeless and eviction prevention. Provides help with utilities, housing, food pantry, bus passes for individuals who have just started a new job, help with getting ID/birth certificate. Walk-ins are welcome; call for schedule to find out when certain services are available.

**United Way**  
1805 Harney St  
Omaha, NE 68102  
Phone: dial 2-1-1 for 24/7 call center  
**Description:** General assistance hotline. Dial 2-1-1 and you will be directed to appropriate phone numbers and agencies depending on your financial assistance need.

*Information deemed accurate at time of publication*
Food Pantries

“A Hand Up” Food Pantry
First Presbyterian Church
216 South 34th St
Omaha, NE 68131
(402) 345-5383
Hours: Thursdays from 3:30-5:30 p.m.
Description: Food Pantry: No limit on the amount of times you can attend but they do request you bring your own plastic and paper bags.
Eligibility: Identity verification, Social security cards for all members of the household, Photo ID, Proof of current address.

Benson Baptist Church
6319 Maple St.
Omaha, NE 68104
(402) 551-1512
Regular hours of operation: The food pantry is open from 9:00 a.m. - 12:00 p.m. the last Saturday of each month.
Description: Food Pantry: provides emergency boxes of food, groceries, and other items.
Eligibility: Must reside in the city of Omaha, Identity Verification, Valid ID, Social security.

Community Cupboard Food Pantry Countryside Community Church
8787 Pacific St
Omaha, NE 68114
(402) 391-0350
Description: Community Cupboard - Provides a year-round, mobile food pantry which resembles a farmers’ market/grocery store design.
Location: Countryside Community Church Gymnasium, formally named the Truhlsen Community Center
Eligibility: Will need to provide name and the number of people in the household, no identification required and limits are set on food dependent upon availability. No limit to the number of times you attend per year.
Day/Time: First Saturday of Every Month: 10:00 a.m. - 11:30 a.m.

Faithworks Pantry Place
4892 Oaks Lane
Omaha, NE 68137
(402) 895-3394
Day/Time: Every third Wednesday of the month from 5:00-7:00 p.m. and every fourth Saturday of the month from 10:00 a.m. - 12:00 p.m.
Eligibility: Identity Verification, Photo ID, Proof of address

*Information deemed accurate at time of publication*
First Lutheran Church’s Food Pantry
542 South 31st Street
Omaha, NE 68105
(402) 345-7506
Day/Time: 1:00-2:30p.m. Tuesdays, Wednesdays, and Thursdays; closed the first full week of each month for restocking.
Description: Food Pantry- Able to utilize pantry once every 30 days
Eligibility: Identity Verification, Photo Id or Consulate Card, Social security number, Proof of address

Heart Ministry Center
2222 Binney St.
Omaha, NE 68110
(402) 451-2321
Day/Time: Wednesdays and Fridays 10a.m. to 1p.m.; Thursdays for seniors only (60+) 10a.m. to 1p.m.
Description: Food Pantry- Able to utilize once every 30 days.
Eligibility: No eligibility requirements except the time frame of when you last visited.

Heartland Hope Mission
2021 U St.
Omaha, NE 68107
(402) 733-1904
Description: You may visit the food and clothing pantry once every 30 days. Senior citizens (60+) and the disabled (proof of disability required) may visit once every 21 days.
Satellite Location: 139th and Q at Lord of Hosts Church in Millard
Day/Time for main pantry: Thursdays & Saturdays, 1:30p.m.-4:00p.m. and Tuesdays, 6:30p.m.-7:30p.m.
Day/Time for satellite pantry: Second Saturday of each month, 10:30a.m.-11:30a.m.
Eligibility: Identity Verification; Photo ID for yourself; Proof of other members in the household including social security numbers and/or date of birth, proof of address; Will have to sign a statement of monthly income.

Holy Family Door Ministry
1715 Izard St.
Omaha, NE 68102
Phone: (402)-341-6561
Hours:
Monday/Tuesday/Wednesday: 9:30am-1230pm
Thursday: 9:30am-12pm
Description: Food Pantry: Small food pantry located downtown.
Eligibility: Identity verification, photo ID, social security card, proof of residence status, and proof of current mailing address.

*Information deemed accurate at time of publication
**Juan Diego Center**
5211 South 31st Street
Omaha NE 68107
Phone: (402)-731-5413
Website: [http://www.ccomaha.org/who-we-are/centers/juan-diego-center.html](http://www.ccomaha.org/who-we-are/centers/juan-diego-center.html)

**Hours:**
Monday/Tuesday/Thursday/Friday: 9:30-11:30 am
Wednesday: 4-6pm

**Description:** Food Pantry for low income families. Available to utilize once every 60 days

**Eligibility:** Social Security Cards for yourself & all household members, Piece of mail postmarked in the last 30 days, Valid Photo ID

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**Kountze Memorial Church Pantry**
2650 Farnam St.
Omaha, NE 68131
Phone: (402)-341-7761
Website: [http://www.kmlchurch.org/index.php?option=com_content&task=view&id=56&Itemid=135](http://www.kmlchurch.org/index.php?option=com_content&task=view&id=56&Itemid=135)

**Hours:** Mondays: 10am-1pm

**Description:** Food Pantry: Able to utilize once a week.

**Eligibility:** Adults must have some form of identification and you must have a social security card for each child

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**Loaves & Fishes Westminster Presbyterian Church**
3416 Woolworth Ave
Omaha, NE 68105
(402) 345-5423
Website: [http://www.westminsteromaha.org/](http://www.westminsteromaha.org/)

**Hours:** Mondays: 10-10:30am. Doors open at 9:30am for snacks and coffee.

**Description:** Food Pantry: Able to utilize once a week.

**Eligibility:** No eligibility requirements

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**Omaha Vineyard Food Pantry**
5030 North 72nd St. (At the Cross Training Center)
Omaha, NE 68124
Phone: (402)-393-9077
Wed Address: [http://www.omahavineyard.org/?page_id=77](http://www.omahavineyard.org/?page_id=77)

**Hours:** Third Saturday of every month from 9-11:30am

**Description:** Food Pantry: Each family is given a couple of bags of groceries.

**Eligibility:** No eligibility requirements

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*Information deemed accurate at time of publication*
**Saint Martin De Porres/Christ Child North**
2111 Emmet St.
Omaha, NE 68110
Phone: (402)-453-6363
Web address: [http://www.ccomaha.org/who-we-are/centers/](http://www.ccomaha.org/who-we-are/centers/
**Hours:** Monday/Tuesday/Friday: 9am-1pm
**Description:** Food Pantry: Able to utilize once every 30 days
**Eligibility:** Social Security Cards for yourself & all household members, Piece of mail postmarked in the last 30 days, Valid Photo ID

**Society of St. Vincent De Paul Food Pantry:**
2101 Leavenworth St
Omaha, NE 68102
(402) 341-1688
**Eligibility:** Proof of Identity, Photo ID, Proof of mailing address, Social Security numbers for everyone in the household.

**Stonebridge Christian Church, Butler Ridge Campus**
15801 Butler Ave
Omaha, NE 68116
(402) 571-2038
**Description:** Food Pantry: Able to utilize once every 30 days.
**Eligibility:** Identity verification, a valid Photo ID, a current bill.

**Timberlake Outreach Center**
2107 East Locust St.
Omaha, NE 68110
(402) 422-1111
**Description:** Offers assistance with food, clothing, household goods, furniture, and appliances; Food Pantry: Able to utilize once every 30 days for food and once every 6 months for furniture.
**Eligibility:** Identity Verification, Social security numbers for everyone in the household, Piece of mail for proof of address.

**Together**
812 S. 24th St, Omaha, NE 68108
(402) 345-8047
**Eligibility:** Photo ID, social security cards for members of household, and current postmarked mail required (once every 30 days and only need to bring the social security card in the first time).

*Information deemed accurate at time of publication*
Women United Ministries
1202 East Browne St.
Omaha, NE 68110
(402) 591-0354

Description: Food Pantry: Able to utilize once every 90 days, by appointment only.
Eligibility: Identity Verification, Valid ID, Proof of address for everyone in the household.

*Information deemed accurate at time of publication
½ Way and ¾ Way Housing

A.R.C.H., Inc. (Alcoholics Re-socialization Condition)
Website: http://www.archhalfwayhouse.org
604 South 37th Street
Omaha, NE 68105
(402) 346-8898

O’Hanlon House
1502 North 58th Street
Omaha, NE 68105
(402) 556-6425
Description: 28 bed half-way house with two locations for men. Majority of referrals come from other treatment centers, but self-referrals and other referrals are welcomed. Typical stay ranges from 90-120 days. Fees are determined by the residents and staff. Also helps with placement of individuals in a ¾ way house after completion of the program at A.R.C.H.
Restrictions: Males, 18 and older with at least 72 hours of sobriety. Criminal record is accepted, depending on type of crime. Sex offenders accepted.
Fees: Call to discuss. Must be willing to be employed.

Edward & Willa Kelly Community Collaborative, Inc.
The Kelly House
1720 N. 40th Street
Omaha, NE
(402) 932-2112
Description: The Kelly House is a 14 bed, half-way house. They do require all residents to do 30 hours weekly of day program participation outside of Kelly House. They accept residents based on a case by case individual screening. The average wait time is less than a week.
Eligibility: Men who are 19 years and older, that have been released from inpatient mental health treatment; do allow dual diagnoses of mental illness and substance abuse, however the residents must be drug free while staying at Kelly House
Fees: The program is a fee for service based on individual needs of residents.

Oxford House Inc.
For Men: (402) 932-7094
For Woman: (402) 738-9912
Website: http://www.oxfordhouse.org/userfiles/file/
Description: Oxford House Inc. is a national public non-profit organization that offers a concept in recovery from drug and alcohol addiction. It offers democratically run individual homes across the nation for patients transitioning from inpatient treatment centers. There are multiple homes throughout Nebraska for men only, women only, and women and children. A listing of the addresses of these homes and their contact information can be found at http://www.oxfordhouse.org/directory_listing.php

*Information deemed accurate at time of publication*
Each house has residents ranging from 6 to 15 total. The tenants pay all expenses to maintain each individual home and stay normally from 3 months to 12 months.

Restrictions: Tenants of Oxford House must be drug and alcohol free at all times.

**Santa Monica Inc.**

130 North 39th Street
Omaha, NE 68130
(402) 558-7088
Website: [http://santamonicahouse.org/](http://santamonicahouse.org/)

**Description:** 18 bed halfway house for women. Their primary focus is substance abuse, while confronting the unique needs of women, which often include issues of depression, economic difficulty and family responsibilities.

Restrictions: Females, 18 years and older. Santa Monica house has no restrictions on whom they will allow in their program, including sex offenders. Client must be sober upon entering. 

Fees: Flexible depending on income. If qualified as low income $105 a week for room and board. State assistance can potentially help with cost.
Homeless Shelters (Omaha)

**Open Door Mission**
2828 North 23rd Street East
Omaha, NE 68110
(402) 422-1111
Website: [www.opendoormission.org](http://www.opendoormission.org)

**Lydia House**
2809 N 20th St E
Omaha, NE 68110
**Eligibility:** Women (19 years or older), Women with children, No registered sex offenders, Must be sober, No open warrants, Not on the ban and bar list
**Length of Stay:** 6 months

**Garland Thompson’s Men’s Center**
2705 N 20th St E
Omaha, NE 68110
**Eligibility:** Males (19 and over) – case by case for certain situations, Men with children, No registered sex offenders, Walk-ins accepted, Must be sober, No open warrants, Not on the ban and bar list.
**Length of Stay:** 90 days

**Siena/Francis House**
1111 North 17th Street
Omaha NE 68102
(402) 341-9236
Website: [www.sienafrancis.org](http://www.sienafrancis.org)
**Eligibility:** Men (19 years and older), Women (19 years and older), Women with children Registered sex offenders accepted, No single men with children
**Length of Stay:** Guests are can check in for overnight shelter as early as 4:30 p.m. daily; Men must leave by 7:00 am; Women are allowed to stay for 30 days and can stay all day

**Stephen Center**
2723 Q Street
Omaha NE 68107
(402) 731-0238
Website: [www.stephencenter.org](http://www.stephencenter.org)
**Description:** 30 single beds for men, 30 single beds for women, four family rooms, 62 apartment buildings, guests must be checked in by 5:30 p.m. daily, Men stay in separate quarters as women and children unless they are family
**Eligibility:** Men, women, and children, Must be 19 years or older unless with parent, No registered sex offenders, Clean and sober shelter
**Length of Stay:** 30 days maximum but it can also vary from case by case.
(Council Bluffs)

**Joshua House**
1435 North 15th Street
Council Bluffs, IA 51501
(712) 322-7570

**Eligibility:** Men (18 years and older), takes in registered sex offenders only if they are not on the residential restriction list and if they are then they can only stay up to five days.

**Day/Time:** Guests are can check in for overnight shelter from 4:00 to 6:00 p.m. daily, and must leave the shelter by 9:00 a.m. the next morning.

**The Micah House**
1415 Avenue J
Council Bluffs, IA 51501
(712) 323-4416

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

**Eligibility:** Women (18 and over), Women and families, No registered sex offenders.

**Length of stay:** About 30 days, but it depends case by case while working with a case manager.

*Information deemed accurate at time of publication*
Community Alliance-Community Housing
4001 Leavenworth Street
Omaha, NE 68105
Phone: (402) 341-5128
Website: http://www.community-alliance.org/services/community-housing
Description: Quality, safe, and affordable housing for adults with mental illness. Community Alliance owns or operates more than 200 housing units including supervised group living residences, cooperative, peer supported houses, and apartment complexes.
Restrictions: Ages 19 and older, a diagnosis of SPMI, and receiving supportive services through Community Alliance. A written Lease and security deposit are required.
Fees: Sliding-scale fee, Medicaid, Regional Rental Assistance Programs, or other appropriate government programs.
Application: Individuals can self-refer or be referred by another community agency. Walk-ins and phone calls are welcome.

Salvation Army
37th Street Residential Readiness Program
3612 Cuming St.
Omaha, Ne 68131
(402) 898-7521
Website: http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/37th-street-residential-readiness-program/
Description: Provides short-term (24) week transitional housing and readiness classes for homeless individuals, married couples, and one to two parent families.
Restrictions: Must be homeless, legally evicted, age 19 or older, meet income guidelines, 30 days of sobriety, 30 days medication compliant.
Length of Stay: Average of 6-month wait list.
Translators: Bi-lingual staff available.

Transitional Housing Residential Units (THRU)
3612 Cuming St.
Omaha, Ne 68131
(402) 898-7521
Website: http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/transitional-housing-residential-units/
Description: Provides 12-month transitional housing that helps families and individuals reintegrate back into the community by providing housing, support services and assistance with obtaining affordable and safe permanent housing. Average wait time is 6 months.
Restrictions: Must be homeless, legally evicted, age 19 or older, meet income guidelines, 30 days of sobriety, 30 days medication compliant.
Translators: Bi-lingual staff available.

*Information deemed accurate at time of publication*
Scattered Site/ Harrington Homes - Transitional Housing
3612 Cuming St.
Omaha, Ne 68131
(402) 898-7521
Website: http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/scattered-site-harrington-homes/
**Description:** Provides an 18-month transitional housing for families and individuals to help reintegrate back into the community by providing housing, support services and assistance with obtaining affordable and safe permanent housing. Average of 6 month wait time.
**Restrictions:** Must be homeless, legally evicted, age 19 or older, meet income guidelines, 30 days of sobriety, 30 days medication compliant.
**Translators:** Bi-lingual staff available.

Community Support Mental Health
3612 Cuming St.
Omaha, Ne 68131
(402)-898-6017
Website: http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/community-support-mental-health/
**Description:** Provides assistance from 6 months up to 1 year. Staff is available 24-hours a day.
**Restrictions:** Must be 19 or older and diagnosed with an SPMI.

VA-Housing Opportunities Program
3612 Cuming St.
Omaha, Ne 68131
(402) 898-5983
Website: http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/va-hop/va-housing-opportunities-program/
**Description:** Assists homeless veterans and their families that are at a very high risk of homelessness. There is no waitlist for this program.
**Length of Stay:** Community-based housing is provided for an average of 9-12 months. Permanent housing is provided upon successful completion of the program.
Legal Assistance

**Abrahams Legal Clinic (Creighton Law)**
Applications are taken over the phone (Civil cases only)
(402) 280-3068
**Hours:** Monday through Thursday 9:00am-4:00pm
**Description:** Abrahams Legal Clinic is composed of law students from Creighton University. These students are able to represent clients in cases regarding civil law only (no criminal cases). A Professor and/or an attorney supervise all students and cases. This service is provided free to all low-income residents of Douglas County.

**Legal Aid of Nebraska**
Applications are taken online or over the phone
209 S 19th Street #200
Omaha, NE 68102
(402) 348-1069
**Hours:** Monday and Wednesday 9:00am-11:00am, Tuesday and Thursday 1:30pm-3:30pm
**Description:** Legal Aid of Nebraska is the only non-profit organization to provide legal services to the state of Nebraska. It services all counties and has several locations throughout the state of Nebraska. The goal of Legal Aid of Nebraska is to provide free legal representation to underprivileged citizens. Anyone can apply for legal aid through this agency but only those who qualify will receive assistance.

**Volunteer Lawyers Project**
Nebraska State Bar Association
PO Box 81809
Lincoln, NE 68501-1809
(402) 475-7091
**Hours:** Monday, Wednesday, and Friday 10:00am-2:00pm
**Description:** The Volunteer Lawyers Project is based in Lincoln, Nebraska out of the Nebraska Bar Association. They also have a center located in the Douglas County Courthouse. This program was created so that those unable to afford to hire an attorney can still obtain legal representation.

*Information deemed accurate at time of publication*
Nebraska Medicaid

Medicaid
ACCESSNebraska Document Imaging Center
P.O. Box 2992
Omaha, NE 68172
Medicaid Eligibility: (402) 595-1178
Economic Assistance: (402) 595-1258
Website: http://dhhs.ne.gov/medicaid/Pages/med_medindex.aspx
Hours: Monday thru Friday 8:00 am - 5:00 pm
Local Office
1101 S 42nd St,
Omaha, NE 68105
Description: Nebraska DHHS administers the Nebraska Medicaid Program which provides health care services and insurance to eligible elderly and disabled individuals and eligible low-income pregnant women, children and parents. CHIP is part of Nebraska Medicaid and provides medical assistance to children age 18 and younger whose households meet the income guidelines. To apply, an application must be completed and given to the Nebraska Department of Health & Human Services. You may download an application form from the website and mail it to the nearest Department of Health and Human Services Office. Approval can take up to 3 months.

*Information deemed accurate at time of publication*
Outpatient Mental Health Services

**A Better Way Therapy**
3223 North 169th Street
Omaha, NE 68116
(402) 813-2235

11909 Arbor St. Suite E
Omaha, NE 68144
(402) 813-2235
Website: [www.abetterwaytherapy.com](http://www.abetterwaytherapy.com)
Description: In-home individual and family therapy, alcohol and drug counseling, chemical dependency evaluations, marriage counseling, parenting counseling, victim abuse & other trauma, Oppositional Defiant Disorder (ODD), Parent-Child Interaction Therapy (PCIT), EMDR, and play therapy. *They will accept former Board of Mental Health clients.
Cost/Payment: Accept Medicaid and Private Insurance. No Medicare or sliding fee scale. If individual has no insurance & paying privately there is a lower rate.

**The Attachment & Trauma Center of Nebraska**
638 N. 109th Plaza
Omaha, NE 68154
(402) 403-0190
Website: [www.atcnebraska.com](http://www.atcnebraska.com)
Description: Offer therapy to children, adults, and families to overcome attachment problems, PTSD, anxiety, addictive behaviors, depression, adjustment disorders, or family problems. They also offer an adolescent DBT group and a parenting class.
*They will accept former Board of Mental Health clients.
Cost/Payment: Accepts Medicaid, Medicare, Private Insurance, & Private Pay.

**Beneficial Behavioral Health Services**
13435 A St.
Omaha, NE 68144
(402) 697-3923
Website: [www.behaviortherapyomaha.com](http://www.behaviortherapyomaha.com)
Description: In-home and in-office counseling, community treatment aides, substance abuse program and evaluations, mental health evaluations. *They will accept former Board of Mental Health clients.
Cost/Payment: Primarily BlueCross & BlueShield, Medicaid, or Private Pay.
No Medicare or Sliding Fee Scale
Translators: Bi-lingual Spanish speaking staff available.

*Information deemed accurate at time of publication*
Capstone Behavioral Health
Locations:
1941 South 42nd Street, Suite 514
Omaha, NE 68105
(402) 614-8444

424 West 23rd Street, Suite E
Fremont, NE 68025
(402) 727-4288
Website: www.capstonebehavioralhealth.com
Description: Offers intensive outpatient therapy as well as individual and family therapy. Therapy groups are available as well. *Capstone accepts clients for outpatient therapy who are under a Board of Mental Health.
Translators: Spanish translators are available.

Center for Holistic Development
6663 Sorensen Parkway
Omaha, NE 68152
(402) 502-9788
Website: www.chdomaha.org/
Description: Individual therapy. *Center for Holistic Development accepts clients for outpatient therapy who are under a Board of Mental Health commitment.

Cost/Payment: You must have insurance. Medicaid is accepted. There is no sliding-fee option.

Community Alliance
4001 Leavenworth Street
Omaha, NE 68105
Phone: (402) 341-5128
Website: www.community-alliance.org
For all of Community Alliance’s programs:
Restrictions: Ages 19 and older, a diagnosis of SPMI, and receiving mental health treatment.
Cost/Payment: Sliding fee scale or Nebraska Medicaid.

Assertive Community Treatment
Description: Coordinated approach to meeting the needs of adults with mental illness. Each ACT team includes a psychiatrist, social worker, nurse, rehabilitation and addictions professional, and peer support worker. They meet daily to review the progress and needs of each client.
Restrictions: Ages 19 and older, a diagnosis of SPMI, and client qualifies for the level of service provided. Client must demonstrate impairment in one or more of the following areas: vocational, educational, or homemaker functioning; social, interpersonal, or community functioning; and/or self-care or independent living functioning.

*Information deemed accurate at time of publication*
Community Support
Description: Services for adults with severe persistent mental illness. Program provides support, case management, community skills training, assistance in obtaining community resources, assistance in applying for financial programs, and assistance in locating and maintaining housing.

Crossroads to Health & Recovery
Phone: (402) 884-7223 (Number for referrals: 402-341-5128)
Description: Program provides primary care, health navigation, and wellness classes. It also offers outpatient services which include medication management and individual, family, and group therapy.
Hours of operation: Monday-Friday, 8:00 am to 5:00 pm

Day Rehabilitation
Description: Program provides individualized and group skilled building activities, pre-vocational activities, recreational activities, and assistance in locating community resources.
Hours of operation: Five hours per day Monday through Friday and regular evening, weekend, and holiday activities offered. For further information, call (402) 341-5128.

Day Rehabilitation Locations:
4001 Leavenworth Street 7117 Jones Circle
Omaha, NE 68105 Omaha, NE 68106
Phone: (402) 341-5128 Phone: (402) 715-5668

Residential Rehabilitation
4001 Leavenworth Street
Omaha, NE 68105
Phone: (402) 341-5128
Description: Safe and supportive home environment for adults with mental illness. Group living facilities range in size from 8 to 16 residents and are located throughout Omaha. Services offered through residential rehabilitation include group learning, medication management, social and recreation activities, supervision and support, and community involvement.
Restrictions: Ages 19 and older, a diagnosis of severe persistent mental illness, receiving mental health treatment, and medically stable.
Fees: Sliding fee scale or Medicaid. Federal renting subsidies are available for eligible individuals in some facilities. A security deposit is required.

Safe Harbor Peer Crisis Diversion Services
415 South 25th Avenue
Annex Building
Omaha, NE 68131
Phone: (402) 884-9044
24-hour Warm Line: (402) 715-4226
*Warm line is a crisis phone line to talk to peers who have experienced successful psychiatric rehabilitation

*Information deemed accurate at time of publication
Description: Drop in peer services for adults with mental illness experiencing a crisis that does not require psychiatric care or hospitalization. Program offers 24 hours or less care, warm line available to talk with peers, and connection with resources. Open to anyone. Do not have to be a Community Alliance Client.

Restrictions: Ages 19 and older. Please call (402) 884-9044 before you come.

Cost/Payment: No charge for services

**WorkSource**
7117 Jones Circle
Omaha, NE 68106
Phone: (402) 715-5668
E-mail: worksource@commall.org

Description: Vocational services for adults with severe persistent mental illness. Program provides job readiness, job coaching, and support. Individuals must have received or is currently receiving treatment resulting in the appropriate amount of stability for returning to work.

**Community Counseling Program (Methodist)**
9239 West Center Road
Omaha, NE 68124
(402) 354-6891

Description: Individual, marital, family and group counseling is available.

Cost/Payment: No fee charged for services.

Restrictions: Community Counseling Program does not accept clients for outpatient therapy who are under a Board of Mental Health commitment.

**Confidential Counseling**
5951 Ames Avenue
Omaha, NE 68104
(402) 457-5761

Description: Offers in-home and office-based individual therapy.

**Creighton Psychiatry**
3528 Dodge Street
Omaha, NE 68131
(402) 345-8828
Website: [http://www.chihealth.com/body.cfm?id=264&action=detail&clinic_ref=361](http://www.chihealth.com/body.cfm?id=264&action=detail&clinic_ref=361)

Description: Medication management and individual therapy.

Translators: Translators for multiple languages are available. Interpreters available for hearing impaired.

*Information deemed accurate at time of publication*
Douglas County Community Mental Health Center
4102 Woolworth Avenue
Omaha, NE 68105
402-444-7931
Website: www.douglascounty-ne.gov/cmhc/
Description: Medication management. There are limited therapy appointments available. Applicants must be 19 or older and live in the Region 6 area. Spanish translators are available.
Cost/Payment: Sliding fee scale based on income

Family Enrichment
820 South 75th Street Omaha, NE 68114
(402) 391-2477
Website: http://www.familyenrichmentomaha.com/
Description: Individual, family, child, adolescent, group, and marriage therapy. Do not offer psychological evaluations.
Cost/Payment: Accepts private insurance, Medicaid, Medicare, but call to verify acceptance. No sliding scale fee.
Restrictions: Does not accept Board of Mental Health clients.
Translators: Not available.

Great Plains Counseling Center
205 Galvin Road Bellevue, NE 68005
(402) 292-7712
Website: www.greatplainscounseling.com
Description: Individual, marriage and family therapy. Pre-treatment assessments, chemical dependency, behavioral therapy, EMDR (trauma therapy), Critical Incident Stress Debriefing (CISD).
Cost/Payment: Accepts a limited number of Medicaid clients, sliding fee scale may be available.
Translators: Not available.

Heartland Family Service
Website: http://heartlandfamilyservice.org/
Locations:
Omaha: 2101 South 42nd Street Omaha NE, 68105 (402) 553-3000
North Omaha Location: 6720 North 30th Street Omaha NE, USA 68112 (402) 451-6244
Sarpy County: 302 American Parkway Papillion NE, 68046 (402) 339-2544
Council Bluffs: 515 East Broadway Council Bluffs IA, 51503 (712) 322-1407
Council Bluffs: 1515 Avenue J Council Bluffs IA, 51501 (712) 435-5350
Council Bluffs: 705 North 16th St, Council Bluffs IA, 51501 (712) 325-5640
Description: Mental Health, Addictions Treatment, Individual, Couples, and Family Counseling, Employee Assistance Program. Psychiatric Medication Evaluation and Monitoring,
Therapy Groups Offered: Choosing Non-Violence, Batterers' Group, DBT, PCIT, and CPP

Cost/Payment: Sliding Fee Scale, Accepts major insurances, Medicaid, Credit Card, Cash, and Check.

Translators: Spanish, Karen, Burmese, Bhutanese (Dzongkha), Arabic, and Dinka.

*Does accept some Board of Mental Health clients, call ahead to confirm.

**Inroads to Recovery**

Phone: (402) 932-2248  
Website: [http://www.inroadstorecovery.com/](http://www.inroadstorecovery.com/)  
Residential Location:  
2808 N 75th St, Omaha, NE 68134

Outpatient Locations:  
933 East Pierce St. Council Bluffs IA, 51503  
825 North 90th St. Omaha NE, 68114  
230 East 22nd St. Freemont NE, 68025

Description: Medication management, Substance Abuse Evaluations, Mental Health Evaluations, Intensive-Outpatient Treatment, Outpatient Treatment, Chemical Education Classes

Cost/Payment: Accepts major insurances, no sliding fee scale available

No translators available.

*Board of Mental Health clients accepted in limited numbers, call ahead to check availability.

**Jericho Counseling Associates**

1941 South 42nd Street, Suite 538  
Omaha, NE 68105  
(402) 514-7613

Description: Individual and family therapy offered in-home and in-office. Available to all ages and those residing in Douglas, Sarpy, Dodge, and Lancaster Counties. A Spanish speaking therapist is available. *Jericho Counseling Associates accepts clients for outpatient therapy who are under a board of mental health.

**Jewish Family Services**

333 South 132nd Street  
Omaha, NE 68154  
(402) 330-2024

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

Description: Individual, family counseling, marriage counseling, play therapy, crisis intervention, family life education, and parenting classes.

Cost/Payment: Will accept Medicaid, Medicare, private insurance, & private pay. Sliding scale offered for those without insurance.

Translators: Access to Russian and Hebrew.

*Information deemed accurate at time of publication
**Lutheran Family Services**  
Website: [http://www.lfsneb.org/](http://www.lfsneb.org/)

**Locations:**  
Omaha Corporate Office  
124 South 24th Street  
Omaha, NE 68102  
(402) 342-7038

11505 South 39th St. Suite 300  
Bellevue, NE 68005  
(402) 292-9105

403 South 16th Street, Suite C  
Blair, NE 68008  
(402) 426-5454

1420 East Military, Suite 100  
Fremont, NE 68025  
(402) 721-1774

2201 South 17th Street  
Lincoln, NE 68502  
(402) 441-7940

**Description:** Individual, Couples, and Family Counseling Services, Psychiatric Medication Evaluation and Monitoring, and Urgent Outpatient Mental Health Counseling. Anger Management, At Ease (support for current and former military personnel and their families), Community Support, Children Behavioral services, Counseling for Victim of Domestic Violence, Counseling for Refugee and Immigrants.  
**Cost/Payment:** Sliding Fee Scale, Accepts major insurances, Medicaid, Credit Card, Cash, and Check.  
*Accepts Board of Mental Health patients.*

**National Alliance on Mental Illness – Nebraska Chapter**  
415 S 25th Ave  
Omaha, NE 68131  
(402) 345-8101  
Website: [https://naminebraska.org/](https://naminebraska.org/)

**Description:** Provides education, support, and advocacy for individuals with mental illness. Free helpline for consumers, family members, friends and professionals for information related to mental illness. Free educational classes on different mental health topics.  
**Translators:** available upon request.

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*Information deemed accurate at time of publication*
**Ponca Tribe of Nebraska: Fred LeRoy Health and Wellness Center**
2602 J Street
Omaha, NE 68107
(402) 734-5275
Website: www.poncatribe-ne.org/OmahaClinic

*Description*: Provides community and home-based family-centered services. Counseling is available. Available to all Native Americans in Douglas, Sarpy, and Pottawattamie Counties.

*Cost/Payment*: Accept Medicaid, Medicare, and private insurance
Accepts Board of Mental Health patients.

**Rizzo and Associates**
6818 Grover Street
Omaha, NE 68106
(402) 397-0330

*Description*: There is professional counseling and services provided for depression, anxiety, and panic, stress, anger management, life changes, grief, child/parenting issues, relationship and marital problems, geriatric issues, and psychological testing. *Rizzo and Associates is willing to accept clients who are under a Board of Mental Health for outpatient services.*

**The Salvation Army Mental Health Case Management Services**
Website: http://www.salarmyomaha.org/programs-that-help/housing-and-homeless-services/

**Community Support Mental Health (CSMH)**
3612 Cuming St.
Omaha, Ne 68131
(402) 898-6017

*Description*: Provides assistance for people 19 years of age and older and have a severe persistent mental illness who need supportive services. Participants have 24-hour staff availability daily. There is a month wait list. CSMH is also willing to accept clients who are under a Board of Mental Health for outpatient services.

*Length of Program*: This program is a 6 month to 1 year service.

*Cost/Payment*: Accepts Medicaid and offers veterans a sliding fee scale.

**Emergency Community Support**
415 S. 25th St.
Omaha, Ne 68131
(402) 885-8007

*Description*: Serves individuals who are 19 and older and have experienced a behavioral health crisis. The treatment goal is to achieve stabilization, increased independence and community integration. The emergency community support is willing to accept clients who are under a Board of Mental Health for outpatient services.

*Length of Program*: Support is provided for 90 days.

*Cost/Payment*: Program is voluntary and has no fees.

*Information deemed accurate at time of publication*
Intensive Community Support (ICS)
3612 Cuming St.
Omaha, Ne 68131
(402) 898-6017
Description: Offers assistance to individuals 19 or older and have a severe and persistent mental illness and need daily supportive services. ICS has 24-hour accessibility to staff daily. *ICS is also willing to accept clients who are under a Board of Mental Health for outpatient services.*
Length of Program: ICS is a 6-month to 1-year supportive service program
Cost/Payment: Accepts Medicaid and there is no wait list.

Mental Health Respite (MHR)
819 Dorcas St.
Omaha, Ne 68108
(402) 505-8196
Description: MHR assists men and women who are 19 years of age or older and under psychiatric care with a mental health diagnosis. MHR helps with transitioning back into the community after a psychiatric crisis. MHR is willing to accept clients who are under a Board of Mental Health for outpatient services.
Length of Program: Temporary residence is provided for 28 days.
Cost/Payment: There are no fees and general wait time is two weeks.

Post Crisis Emergency Community Support (PCECS)
415 S. 25th St.
Omaha, Ne 68131
(402) 885-8003
Description: Provides community support for men, women and children who have recently experienced a behavioral health crisis that resulted in law enforcement intervention. This program assists participants with stabilization, increases independence, and community integration. PCECS is willing to accept clients who are under a Board of Mental Health for outpatient services.
Length of Program: PCECS provides support for up to 90 days.
Cost/Payment: There are no fees or wait list.

VA-Per Diem Community Support Mental Health Program
3612 Cuming St.
Omaha, Ne 68131
(402) 898-6017
Description: Focuses on finding ways to help veterans live as independently as possible in the community. Willing to accept clients who are under a Board of Mental Health for outpatient services.
Cost/Payment: Offers sliding fee scale and accepts Medicaid.

*Information deemed accurate at time of publication*
UNO Counseling Services
6001 Dodge Street
Omaha, NE 68182
(402) 554-4882

Hours: Clinic can be reached directly Mon – Thurs from 2 to 7 p.m.

Description: Counseling is available for individuals, couples, and families. Evening and Saturday appointments are available. You must call for an appointment. Minimal fees are required.

Woodhaven Counseling
12001 Q Street
Omaha, NE 68137
(402) 592-0328
Website: [www.woodhavencounseling.com](http://www.woodhavencounseling.com)

Description: Woodhaven Counseling provides a wide range of services to individuals of all ages. Assessments are provided such as psychological evaluations, educational evaluations, alcohol and substance abuse assessments, and forensic evaluations. They provide interventions such as individual adjustment, child management, parent-child relations, marital relations, alcohol and substance abuse, and critical incident stress management. There are also workshops provided on stress management, parenting, substance abuse, and child care skill. Woodhaven provides consultation on treatment planning, educational planning, group living, program development, staff development, and clinical supervision.

*They are willing to accept clients who are under a Board of Mental Health for outpatient services.*

*Information deemed accurate at time of publication*
Social Security

Community Alliance Social Security Outreach, Access and Recovery (SOAR)
4001 Leavenworth Street
Omaha, NE 68105
(402) 341-5128
Description: Specialized assistance in navigating through the process of applying for SSI/SSDI for individuals with mental illness and co-occurring disorders.
Cost/Payment: Sliding fee scale or Medicaid.

Social Security Administration
Old Mill Centre
604 N. 109th Ct.
Omaha, NE 68154
866-716-8299
Toll Free: 1-800-772-1213
For deaf and hard of hearing call 1-800-325-0778
Website: www.ssa.gov
Hours: Monday, Tuesday, Thursday, Friday 9:00am-4:00pm, Wednesday 9:00am-12:00pm
To make an appointment, call between 7:00am - 7:00pm, Monday-Friday.
Description: The Social Security Administration is where one applies for SSI/SSDI. Average wait for an appointment is 60 days. Documents needed for appointments will vary. Average wait for a social security disability claim is 90-120 days.

*Information deemed accurate at time of publication