



Grant County



**DEPARTMENT OF HEALTH
FAMILY AND COMMUNITY
HEALTH NURSE OFFICE
& WIC PROGRAM**

**COMMUNITY RESOURCES
2015**

FAMILY & COMMUNITY HEALTH SERVICES

210 E 5th Ave, Milbank, 605-432-4596

Community Health Nurse



Programs and Services offered:
WIC Program, Baby Care & Breastfeeding information.

Pregnancy services:

Brief health checkups and information related to having a healthy pregnancy. These visits are in addition to those you have with your medical provider, and DO NOT replace them.

Cribs for Kids & Family Planning Program,



flu shots and immunizations for babies, children and

adults. Hearing and vision screenings, blood pressure checks & education about health issues. As well as school services in Milbank, Reville, and Big Stone City.

Community Health & WIC Program:

Milbank: **605-432-4596**

Baby Care

The Baby Care program can help provide a healthy beginning for your unborn child. This is a free service provided by SD department of health. **605-432-4596**

Family Planning Services

The South Dakota Family Planning Program assists men & women to determine the number and spacing of their children. Maintain or improve general and reproductive health. Staff provides education/counseling, nursing and birth control services. All services provided are strictly confidential & disclosed to others only with your written consent or as required by law.

Community Health Nurse Office:

Milbank: **605-432-4596**

Community Health Dietitian

Provides nutrition counseling services for the WIC Program

Children's Special Health Care Services

Health KiCC is a program, funded through federal and state monies, that provides financial assistance for medical appointments, procedures, treatments, medications and travel reimbursement for children with certain chronic health conditions. Care coordination services are also available upon request. To be eligible for Health KiCC, a child must:

- Be a resident of South Dakota
- Be under 21 years of age
- Have a [chronic medical condition](#) covered by Health KiCC.

1-800-305-3064

All Women Count

Helps to cover cost of breast and cervical cancer screening. Mammograms, pap smears and related exams these are available at no cost to eligible women at many doctor's offices, mammography units, family planning and other health clinics. **1-800-738-2301**

Colorectal Cancer Screen

Free screening for age 50 and older meeting income guidelines. **1-800-738-2301**

Disease Intervention Specialist

This Office coordinates infectious disease prevention and control program. It investigates sources of sexually transmitted disease infection, provides treatment, and applies preventive measures. Field offices Provide treatment, and applies preventative measures. Field offices provide confidential counseling and testing for HIV.

1-866-817-4090 or 605-882-5097

Child Safety Seat Distribution Program

Is a program developed to keep kids safe by making sure they are in the best child safety seat for their height and weight until they are at least 4'9".

Family & Community Health **605-432-4596**



Prenatal Care

Sometimes even healthy mothers have complicated pregnancies and babies with health challenges. The more conscious a woman is about her overall health, the better the chance of having a healthy pregnancy

Take a Vitamin Every Day

Scheduling Checkups

Eating Right

Stop Smoking and Avoid Secondhand Smoke

Use only Provider Approved Medicines

Don't Use Alcohol or Drugs



Our goal is to help more South Dakota babies reach their first birthday. This site has been designed with parents and caregivers in mind, but we encourage everyone to explore, share this information, and check back often... [for baby's sake](http://www.forbabysakesd.com). Please visit www.forbabysakesd.com

Text4baby

Text4baby is a free information service that delivers three cell phone text messages per week throughout your pregnancy and baby's first year. The text messages include information about pregnancy, your developing baby, hotlines, and health alerts.

- Simply text the word "BABY" to the number 511411

SOCIAL SERVICES

210 E 5th Ave, Milbank 605-432-9588

SNAP Program

The Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps) helps low-income South Dakotans buy the food they need to stay healthy while they work to regain financial independence.



SNAP benefits are provided to supplement the recipient's food budget. The

amount of benefits a household receives is based on its size, income and allowable expenses.



TANF

For more

information call or visit the Dept. of Social Services – Milbank: 605-432-9588

Temporary Assistance for Needy Families (TANF)

It is designed to provide temporary assistance and economic self-sufficiency for children and families.

TANF is a needs-based program for families with children under age 18 (or under age 19 if the child is in high school) who need financial support because of: a death of a parent, a parent is absent from the home or physical or mental incapacity or unemployment of a parent.

Families with serious financial needs may qualify for TANF monthly cash payments. Your TANF payment is based on who lives with your family, who is eligible in your household, and other income and resources available to your family.

Dept. of Social Services-Milbank: 605-432-9588

Families

Medicaid

Medical assistance program for certain low-income people who are aged, blind, disabled or members of families with children.

Well-Child Care

A comprehensive health care program that provides treatment for illnesses children may have and serve as a "well-care" program, helping to prevent illness before they happen. For further information, please visit the Dept. of Social Services – Milbank: **605-432-9588**



Medicaid (CHIP) provides quality health care coverage (including regular check-ups, Well-Child Care exams, dental and vision care) for children and youth. To be eligible for CHIP, children must be under the age of 19 and current residents of South Dakota.

Children who are uninsured or already have health insurance may be eligible for CHIP based on income and eligibility guidelines.

Department Of Social Services
605-432-9588

CHILD PROTECTION SERVICES

Program protects children who are at risk of abuse or neglect while making every effort to keep families intact. Also offers referrals for counseling for families and training for adoptive or foster parents.

For more information or to report abuse call: 1-877-244-0864

Child Care Assistance



Applications can be picked up at the Dept. of Social Services Office in Milbank.
210 E 5th Ave.
State Office in Pierre:
1-800-227-3020

Adult Services & Aging

866-239-6787 ext. 208. In home assistance.

Domestic Abuse

Provides shelter and support services for victims of domestic abuse and sexual assault.

Child Support

Locates absent parents, establishes paternity and enforces child support payments.

1-866-239-6787

INTERLAKES COMMUNITY ACTION

210 E 5th Ave, Milbank 605-432-6571



Low Income Energy Assistance Program (LIEAP)

Provides financial assistance to low income households, who need help paying their home heating bills. You may also apply for emergency heating system repair if your furnace quits working properly.

Applications can be picked up at the Department Of Social Services or call: 1-800-233-8503

Headstart

A program that is free to income eligible families with children from 3-5 years.

A Headstart teacher will come to the home for 1 1/2 hours per week. The teacher works with the parent and child on preschool activities.

For further information contact:

Interlakes Community Action, Milbank:
605-432-6571

Food Pantry

Provides food supplies and other items.

Holiday Food Boxes

A program that helps low income families by collecting food for those in need through the months of November and December.

School Supplies

Helps low income families with school supplies.

Angel Tree

A program that helps families in need with Christmas gifts for their children.

Homeless Deposit

Helps pay security deposit to get you in a home. Need income to pay rent, will have to show income.

Mutual Self-Help Housing

This program groups five families together to build five houses using each other's help.

Home Weatherization Program

A Program designed to help low income households overcome the high cost of energy, by making their homes more energy efficient. Labor and materials are provided.

Services may include:

- Weather stripping doors and windows,
- Caulking & sealing cracks and holes
- Insulating attics, walls and under floors
- Repairing, tuning or replacing non-functional heating systems
- Incidental repairs necessary to protect the weatherization material.

GRANT COUNTY 4-H OFFICE

210 E 5th Ave, Milbank 605-432-9221

Day Care Provider Listing

A list of day care providers available.

Healthy Living

A program and curriculum to help achieve healthy living.

ONE-STOP CAREER CENTER (JOB SERVICE)

Job openings available/vocational rehabilitation which is based in Watertown, SD.
Watertown Office 605-882-5080

WATERTOWN AREA CAREER LEARNING CENTER

Services available for employers and job applicants to identify opportunities and prepare for productive employment.
2001 9th Ave SW, Watertown 605-882-5080

MILBANK HOUSING AUTHORITY

Home ownership & development programs, property management & compliance, the Governor's housing, online resources, rental assistance.

210 E 5th Ave, Milbank 605-432-7519

SOCIAL SECURITY

514 10th Ave SE, Watertown
1-888-737-1763

LUTHERAN SOCIAL SERVICES

FEMA Adoptions Counseling Services
1424 9th Ave SE, Suite 7, Watertown
1-800-568-7116

Birth to 3 Connections

This program provides early intervention services, at no cost, for children from birth to age three who have a disability or developmental delay. A case



manager will be assigned to your family and identify developmental problems in your child and then link your family to the appropriate services for assistance.

For More information call: 605-753-5450

CATHOLIC FAMILY SERVICES

Pregnancy, adoption & family counseling, Mother Teresa endowment funds. Divorced, widowed, separated group meetings. Individual/family/couple counseling, grief groups. South Dakota rural helpline.

302 2nd Ave SE, Watertown
605-886-6321 or 1-800-700-2376

HUMAN SERVICE AGENCY

Mental health services, chemical dependency counseling, marriage/family counseling, compulsive gambling treatment, developmental disability services, parenting classes, anger control, grief support, rehabilitation.

605-886-0123 or 1-800-444-3989

Alcohol & Drug Abuse

To reduce the prevalence of substance abuse disorders through prevention and treatment services.

Mental Health Services

Division provides services, supports and treatment for adults with severe and persistent mental illness (SPMI) and children with serious emotional disturbances (SED).

Rehabilitation Services

Division provides individualized services to assist people with disabilities to keep jobs.

Services to the Blind & Visually Impaired

Division provides individualized services to assist people with significant visual impairments to get and keep jobs.



BEACON CENTER
*Supporting Victims of Domestic
Violence and Sexual Assault*
For Clark, Codington, Deuel, Grant & Hamlin Counties

The company will continue to operate in its current structure and your contacts will remain un-changed. Our web domain www.watertownresourcecenter.com will for now remain unchanged but look for the new domain www.beaconcentersd.com in the near future.

Watertown Resource Center
801 Jenson Avenue SE / PO Box 781
Watertown, South Dakota 57201
Crisis: **605.886.4300 / 1.800.660.8014**
Business: **605.886.4304** Fax: **605.878.2045**
www.watertownresourcecenter.com

LEAD SCREENING

Local medical resources who do blood lead screening for children.

Avera Milbank Medical Center
803 E Milbank Ave, Milbank 605-432-4587

DAY CARE FOOD PROGRAM

SDSU, Box 2218, Brookings 1-800-354-8238

INDIAN HEALTH SERVICES

Commodity Food Program, Sisseton

605-698-3911

Healthy Start Program, Sisseton

SWST Child Protection Program

Medical Services **605-698-7606**

SOUTH DAKOTA QUITLINE

Quit smoking

1-866-SD-QUITS (1-866-737-8487)

SERVICES FOR THE BLIND

1-888-275-3814

AMERICAN RED CROSS & EMERGENCY MANAGEMENT

Emergency shelter available at the courthouse for storms, disasters, etc. Contact servicemen.

605-432-4637 or 605-432-6290

CANCER INFORMATION HOTLINE

www.cancer.org **1-800-227-2345**

ALCOHOLICS ANONYMOUS

Alcohol abuse support group

Detention Center Basement, Milbank

Meets Wednesdays @ 8:00 PM

AL ANON

Alcohol abuse support group for families of alcoholics. **605-432-5360**

Courthouse Basement, 210 E 5th Ave. Milbank

Meets Wednesdays @ 8:00 PM

KEYSTONE OUTREACH CENTER

Alcohol and drug treatment

1-877-762-3740

1010 E 2nd ST. Canton, SD 57103

WORTHMORE TREATMENT CENTER

Alcohol, drug and gambling treatment.

1400 NW 15th Ave, Aberdeen, SD 57401

1-800-952-2250

COMMUNITY BUS SERVICE

Public transportation for appointments, shopping, or work. **605-432-4866**

COMMUNITY THRIFT SHOP

Clothing and home furnishings available.

230 S Main St, Milbank, 605-432-5880

GRANT COUNTY CANCER BOARD

Financial assistance for prescriptions and travel.

605-432-9382 210 E 5th Ave, Milbank

GRANT COUNTY DIABETES & HEART BOARD

Diabetes information & financial assistance for heart and diabetes related expenses.
605-432-9286

GRANT COUNTY VISITING NEIGHBOR PROGRAM

Assistance with personal care and light housekeeping duties.
605-432-6236

SENIOR COMPANION PROGRAM

Providing friendship with seniors.
605-432-6571

GRANT COUNTY LIBRARY

Imagination Library A program providing free books to children under 5 whose parents work or live in Grant County. Funded by the Dolly Parton Foundation and Grant County Combined Appeal.
207 E Park Ave, Milbank 605-432-6543

Health Information

24 hour information.
Sanford Hospital, Sioux Falls, SD
1-800-445-5788

LEGAL SERVICES

Civil legal services provided to eligible clients.
Sisseton, SD 605-698-3971

LIFE SAFETY MONITOR

Telephone emergency service.
605-432-5331
1-800-568-6631

MIGRANT OFFICES

Migrant and immigration services.
605-332-0945
1000 N West Ave, Ste. 300, Sioux Falls, SD

MILBANK AREA HOSPITAL/AVERA HEALTH VALLEY HOSPICE

Supportive care for the terminally ill.
605-432-4538

MILBANK OST PROGRAM

Out-of-School-Time is an after school and summer care program for children grades K-5.
Koch School 605-432-6899

POISON CONTROL

Emergency information **1-800-222-1222**

SHRINER'S CLUB

Medical assistance for defects in orthopedics.
605-432-5963

SOUTH DAKOTA PARENT CONNECTION

Information & assistance for families of children with disabilities. www.sdparent.org
605-361-3171

SUICIDE HOTLINE CRISIS LINE

Available 24 hours a day.
1-800-273-8255

HOME HEALTH NURSES

Call the Hospital – **605-432-4538** and they will connect you.

DEPARTMENT OF HEALTH
FAMILY & COMMUNITY HEALTH SERVICES
WIC PROGRAM
GRANT COUNTY COURT HOUSE
210 EAST 5TH AVE.
MILBANK, SD 57252
605-432-4596

