

# LEWIS & CLARK COUNTY RESOURCE GUIDE

A Directory of Social Service and Legal Resources for Lewis & Clark County Residents

## **OVERVIEW**

This guide was compiled with intent to inform Lewis & Clark County residents in need of so services and legal resources of is available in their county, as in the surrounding counties.

> Justice for Montana AmeriCorps



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## Lewis & Clark County Resource Guide

## Child Services

## **Child abuse hotline 866-820-5437 Open 24/7**

## **Dan Fox Family Care Program**

2001 11th Ave. Building A, Ste 6

Helena, MT 59601 Phone: (406) 443-4730

Website: <a href="http://youthhomesmt.org/">http://youthhomesmt.org/</a>
Email: <a href="mailto:info@youthhomesmt.org">info@youthhomesmt.org/</a>

Hours: Monday-Friday 9:00 am- 5:00 pm, Closed holidays

Contact Person: Bianey Lara-Ambriz – bambriz@youthhomesmt.org

The Dan Fox Family Care Program offers Foster Care and Adoption as well as in-home Family Support Services. The children we serve are ages 2-18 years of age and are referred, mostly, from child welfare workers, mental health case managers and youth corrections workers. Contact person: Leigh Fahlquist, Clinical supervisor

## **Big Brothers Big Sisters of Central Montana**

Physical Address: 560 North Park Ave, Room 126, Helena, MT 59601 (Located in Park

Tower)

Mailing Address: PO Box 195, Helena, MT 59624

Phone: (406) 442-7479

Website: <a href="https://www.bigcentral.org/">https://www.bigcentral.org/</a> [bigcentral.org]

Email: bbbs@bigcentral.org

Office hours: Monday-Friday 9:30 am- 5:00 pm (Due to a small staff and various duties that require staff to be out of the office occasionally, please call before stopping by the

office to make sure someone is there to meet with you)

As the nation's largest donor and volunteer supported mentoring network, Big Brothers Big Sisters supports life changing friendships between professionally screened adult volunteers (Bigs) & children (Littles).

## **Child and Family Services Division – DPHHS**

Physical Address: Arcade Building, 111 N Last Chance Gulch, 5<sup>th</sup> Floor Helena,

Montana 59601

Mailing Address: P.O. Box 8005, Helena, MT 59604-8005

Phone: (406) 841-2400 Fax: (406) 841-2487

Regional Office: Arcade Building, 111 N Last Chance Gulch, 5<sup>th</sup> Floor Helena, Montana

59601

Phone: (406) 444-2030 Fax: (406) 444-1681

Regional Administrator: Laura McCullough (lmccullough@mt.gov)

To protect children who have been or are at substantial risk of abuse, neglect or abandonment.

We strive to ensure that all children have a family who will protect them from harm.

More info: <a href="http://www.dphhs.mt.gov/cfsd">http://www.dphhs.mt.gov/cfsd</a>

## **Children's Special Health Services**

Office: 1400 East Broadway Street, Helena, MT 59601 Mailing Address: P.O. Box 4210, Helena, MT 59620

Toll free: (800) 762-9891 Fax: (406) 444-2750

Website: <a href="https://dphhs.mt.gov/ecfsd/cshs/index">https://dphhs.mt.gov/ecfsd/cshs/index</a>

Email: cshs@mt.gov

Office hours: Monday-Friday: 8:00 am-5:00 pm

Assistance for families dealing with special health issues including access to specialty health care; information; self-advocacy; financial assistance for families under 300% poverty level.

#### **Child Support Services Division**

Central Office

Address: 2401 Colonial Drive, First Floor, Helena, MT 59601

Toll-free: (800) 346-5437 Fax: (406) 444-1370

Email: <a href="mailto:childsupport@mt.gov">childsupport@mt.gov</a> (This email address is only intended for general questions about the child support program. For case related question please contact the caseworker

directly.)

Agency Website: https://dphhs.mt.gov/cssd/

CSSD Region 4 Field Office (referent for Lewis and Clark County)

129 West Park Street, Suite 201, Butte, MT 59701

Phone: 1(800) 346-5437 Fax: (406) 444-9626

To make a payment: CSSD PO Box 8001, Helena, MT 59604

To return documents: CSSD Central Mail Unit, PO Box 202943, Helena, MT 59620-

2943

Mission Statement: *The Child Support Services Division (CSSD) of the Montana Department of Public Health and Human Services is to diligently pursue and ultimately achieve financial and* This Lewis & Clark Resource Guide was prepared by Justice For Montanans AmeriCorps Members. Although we do our best to keep these guides current, please contact programs directly for the most accurate and up-to-date information. Last Updated: January 2024

medical support of children by establishing, enforcing, and increasing public awareness of parental obligations.

#### **Services Provided:**

## **Services Not Provided:**

- Locating Parents
- Establishing Paternity
- Establishing child support and medical support orders
- Enforcing child support and medical support orders

- Custody and visitation establishment, modification or enforcement
- Collection of interest or payment on medical bills unless reduced to judgment
- Collection of attorney's fees
- Collection of spousal support when no child support is owed

Note: The Helena office addresses all inter-state and international Child Support cases, L&C is served out of Butte.

#### **Special Services Bureau**

Dana Toole, LCSW Special Services Bureau Chief Dept. of Justice P.O. Box 201417, Helena, MT 59620-1417 Ombudsman (Phone): 1-844-252-4453

(Fax): 406-444-2759 Email: DOJOMBUDSMAN@mt.gov

Agency Website: <a href="https://dojmt.gov/enforcement/specialservices/">https://dojmt.gov/enforcement/specialservices/</a>

**Services:** The Special Services Bureau is an agency-wide initiative at the Montana Department of Justice dedicated to **improving** how we respond to victims, **developing** state-of-the-art approaches by keeping up with the newest research, and, most importantly, **helping** victims recover and move on with their lives. This effort includes many parts:

- Montana Child Sexual Abuse Response Team (MCSART): MCSART helps organize teams of professionals who surround a child victim of crime or abuse to ensure the child is treated in a safe, non-victimizing way and that evidence is gathered to bring the child's assailant to justice. MCSART also provides training for professionals around the state to ensure that all Montana's child victims receive the same high level of care and that justice prevails.
- **Drug Endangered Children (DEC):** We have also partnered with DEC in order to intervene on behalf of drug endangered children by rescuing, defending, sheltering, and

supporting them. This website serves as a portal where you will find resources for parents and professionals.

- Child and Family Ombudsman: Montana's Ombudsman Program offers citizens concerned about child safety an opportunity to work with agencies and providers across the state who care for children at risk of abuse or neglect.
  - Website: <u>The Office of the Child and Family Ombudsman (OCFO) Montana</u>
     <u>Department of Justice (dojmt.gov)</u>

#### Lewis and Clark County Public Health: Pregnancy and Parenting

Address: 1930 Ninth Ave. Helena, MT 59601

Phone: (406) 457-8900 Fax: (406) 457-8990

Website: <a href="https://www.lccountymt.gov/Government/Public-Health/Pregnancy-and-">https://www.lccountymt.gov/Government/Public-Health/Pregnancy-and-</a>

Parenting Email: publichealth@lccountymt.gov

Hours: Monday-Friday: 8:00am-5:00pm

Information, education, referral, and support through home visits to pregnant women and families. Services include family support and education, child health and developmental screenings, WIC, asthma home visiting, pregnancy testing, STD testing, breastfeeding support, parenting classes and support group, nutrition services, referrals to community health and social services, support for tobacco-free homes, and emergency preparedness for families. Some services may be low-cost or free.

## **Intermountain Mental Health**

Address: 3240 Dredge Drive, Helena, MT 59602

Phone: (406) 442-7920 Fax: (406) 442-7949

Website: www.intermountain.org

Hours: Monday-Friday: 8:00am-5:00pm

Provides mental health and educational services to effectively meet the diverse needs of children and families facing emotional challenges, Residential treatment, community-based resources, and community trainings. Services include child and family therapy, neurofeedback therapy, co-occurring substance use and emotional distress therapy, youth case management, child and adolescent psychiatry, occupational therapy, psychological evaluation service, school-based services, home support services, intensive day treatment, therapeutic after-school and summer support, therapeutic foster care and adoption services.

## Montana Court Appointed Special Advocates (CASA) – 1st Judicial District

Physical Address: 3280 Centennial Drive, Suite C, Helena, MT 59601

Mailing Address: P.O. Box 4865, Helena, MT 59604

Phone: (406) 457-0797

Website: <a href="http://www.casaoflcbwc.org">http://www.casaoflcbwc.org</a> Email: casaoflcbwc@helenacasa.org

Office hours: Monday-Friday: 9:00 am - 4:00 pm

Nonprofit organization dedicated to helping children find advocates to assist them in navigating through court processes.

## **Shodair Children's Hospital**

Address: 2755 Colonial Dr., Helena, MT 59604 Mailing address: P.O. Box 5539 Helena, MT 59604

Phone: 406-444-7521 Fax: (406) 444-1039

Website: <a href="https://shodair.org/">https://shodair.org/</a>
Office hours: Open 24 hours

Proud to offer premier acute psychiatric inpatient treatment for children and adolescents, comprehensive genetic services for people of all ages, education services, and medical genetic services.

## Disability

## **Blind and Low Vision Services**

111 North Last Chance Gulch, 4C,

Mailing: PO Box 4210, Helena, MT 59604-4210

Phone: (877) 296-1197 or (406) 444-2590

Fax: (406) 444-3632

Website: <a href="http://www.dphhs.mt.gov/detd/vocrehab">http://www.dphhs.mt.gov/detd/vocrehab</a>

Email: vrinfo@mt.gov

Hours: Monday-Friday 8:00 am-5:00 pm

To maximize access to in-demand and high-quality careers by Montanans with disabilities seeking dignity through choice, integration, and self-reliance.

## **Disability Rights Montana**

1022 Chestnut Street Helena, MT 59601

(406) 449-2344 (800) 245-4743 Fax: (406) 449-2418

Email: advocate@disabilityrightsmt.org

Office Hours: Monday - Friday: 8:30 am - 4:00 pm

Website: <a href="http://disabilityrightsmt.org/">http://disabilityrightsmt.org/</a>

Disability Rights Montana is the federally-mandated civil rights protection and advocacy system for all of Montana. We have the legal authority to represent almost any person with a disability.

## **DPHHS Disability Employment and Transitions**

Montana Dept. of Public Health and Human Services

P.O. Box 4210

111 North Last Chance Gulch, Suite 4C, Helena, MT 59604

Phone Voice/Text: (406) 444-2590

Fax: (406) 444-3632

Agency Website: https://dphhs.mt.gov/detd

Mission and Goals: Advancing the employment, independence, and transitions of Montanans with disabilities.

- *Employment in a competitive integrated setting;*
- Independence grounded in self-determination, informed choice, and consumer control; and
- Transitions from high school to post-secondary education and work that are collaborative and successful.

**Disability Services Reference** List: <a href="https://dphhs.mt.gov/disabilities">https://dphhs.mt.gov/disabilities</a>

## **Montana Association for the Blind**

Address: 1802 W Park Ave, Anaconda, MT 59711

Phone: (406) 442-941

Website: <a href="https://www.mabsop.org/">https://www.mabsop.org/</a>
Email: <a href="mabadmin@mabsop.org/">mabadmin@mabsop.org/</a>

Hours: Monday - Friday: 9:00 am - 5:00pm

The mission of the Montana Association for the Blind is to promote the economic and social self-sufficiency of blind Montanans through the facilitation of quality education, learning, training, and employment services and opportunities, and to foster a positive understanding of blindness.

## Montana Developmental Disabilities Program

Physical address: 111 Sanders Street, Suite 305, Helena, MT 59604

Mailing address: P.O. Box 4210 Helena, MT 59601

Phone: (406) 444-2995 and (406) 444-1714 Fax: (406) 444-0230 and (406) 444-0826

Website: https://dphhs.mt.gov/BHDD/DisabilityServices/developmentaldisabilities/

Contact Person: Melinda Cummings Hours: Monday-Friday 8:00 am-5:00 pm

Create a system that coordinates resources, supports and services for people to have meaningful lives in their communities.

#### **Montana Independent Living Project**

825 Great Northern Blvd, Ste. 105, Helena, MT 59601

Phone: (800) 735-6457 or (406) 442-5755

Website: http://milp.us/

Hours: Monday – Thursday: 9:00 am - 3:00 pm

Promoting independence for people with disabilities.

#### **Montana Talking Book Library**

1201 11th Avenue, Helena, MT P.O. Box 201800 Helena, MT

Hours: Monday-Friday 8:00 am-5:00 pm Phone: (800) 338-5087 or (406) 444-4799

Website: <a href="https://msl.mt.gov/tbl/">https://msl.mt.gov/tbl/</a>

Provides recorded books and library services to those who cannot read conventionally.

#### Montana Telecommunications Access Program +

Physical Address: 111 North Last Chance Gulch, 4C, Helena, MT 59601

Mailing Address: P.O. Box 4210 Helena, MT 59604

Phone: (800) 833-8503 Fax: (406) 444-5999

Hours: Monday-Friday 8:00am-5:00pm Website: https://dphhs.mt.gov/detd/mtap/

Contact person: Director, Mary Taylor relay@mt.gov

Provides no-cost phone equipment to those who are deaf, hard of hearing, have a speech or mobility disability.

## **Rocky Mountain Development Council**

Neighborhood Center and Helena Senior Center: 200 South Cruse Avenue, Helena, MT

59601

Hours: Monday − Friday: 8 am − 4 pm

Phone: (406) 447-1680 Fax: (406) 447-1629

Rocky Head Start: 200 South Cruse Avenue, Helena, MT 59601

Hours: Monday – Friday: 8 am – 4 pm

Phone: (406) 457-7308 Fax: (406) 447-1629

Jackson Street Center: 648 North Jackson Street, Helena, MT 59601

Hours: Monday – Friday: 8 am – 5 pm

Phone: (406) 447-1625 Fax: (406) 442-1204

Rocky's Agency on Aging: 1398 Warehouse Avenue, Helena, MT 59601

Phone: (406) 457-7368 Fax: (406) 441-3991

Website: www.rmdc.net

Hours: Monday-Thursday 8:00 am-5:00 pm, Friday 8:00 am-4:00 pm

Helps connect low-income, elderly, minority, and disabled Montanans to programs that eliminate poverty. Low-income energy help, weatherization, meals on wheels, senior housing/low-income housing, senior center, senior Corps programs, Area for agency on aging, HeadStart, private preschool, and senior dinner clubs.

#### **Vocational Rehabilitation Services**

111 North Last Chance Gulch, 4C, PO Box 4210, Helena, MT 59604-4210

Phone: (877) 296-1197 or (406) 444-2590

Fax: (406) 444-3632

Website: <a href="https://dphhs.mt.gov/detd/vocrehab/">https://dphhs.mt.gov/detd/vocrehab/</a> Hours: Monday-Friday 8:00 am-5:00 pm

Email: vrinfo@mt.gov

Provides a broad range of services (employment, independent living, counseling, etc.) to those seeking to rehabilitate from a disability.

## Financial

## **Consumer Counseling Services**

Mailing address: PO Box 2326 Great Falls, MT 59403-2326

Physical address: 410 Central Ave STE 401 & 402, Great Falls, MT 59401

Phone: (406) 454-5709 Fax: (406) 761-8622

Website: <a href="https://www.ruraldynamics.org/">https://www.ruraldynamics.org/</a> [ruraldynamics.org]

Hours: Monday-Thursday, 9:00 am-4:00 pm

Email: rdi@ruraldynamics.org

A statewide financial empowerment center that provides programs to help people achieve financial wellness. Along with financial education, our nonprofit offers no cost tax services, financial and housing counseling, special needs trusts, payee management, and assistive technology lending.

## **Good Samaritan**

3067 North Montana Helena, MT, 59601

Phone: (406) 442-0780 Fax: (406) 449-0886

Website: http://www.goodsamhelena.org/

Store hours: Monday – Saturday: 9 am – 6 pm, Sunday 10 am – 5 pm

Office hours: Monday – Friday: 9 am – 5 pm

Good Samaritan Ministries works in our community to advance family life, human dignity and the common good. Provides services to meet the physical, social, emotional and spiritual needs of individuals and families of all faiths, especially those most in need. They provide assistance with some financial problems and rent payments.

## Job Service – Helena

715 Front St. Helena, MT 59620

Phone: (406) 447-3200 Fax: 406-444-1419

Website: https://montanaworks.gov/job-service-montana/

Hours: Monday, Tuesday, Thursday, Friday: 8 am – 5 pm, Wednesday: 11 am – 5 pm

Email: HelenaJSC@mt.gov

Job resources. Resume and interview skill building. Mock-interviews, dislocated workers, WIOLA programs, Montana partnerships, employer relations.

## **Montana Department of Revenue**

340 North Last Chance Gulch, Helena, MT 59620

Phone: (406) 444-6900

Website: <a href="https://mtrevenue.gov/">https://mtrevenue.gov/</a>

Hours: Monday – Friday: 9:00 am - 4:00 pm

Email: <u>DORPADHelena@mt.gov</u>

Assists Montanan taxpayers and businesses with tax forms, instructions, and records.

#### Office of Public Assistance

Physical address: 111 N. Sanders Avenue Room 109 Helena, MT 59601

Mailing Address: P.O. Box 202925 Helena, MT 59620

Phone: 1-888-706-1535 Fax: (887) 418-4533

Hours: Monday - Friday: 8:00 am - 5:00 pm

Website: https://dphhs.mt.gov/hcsd/officeofpublicassistance

Email: hhshcsopalewis&clark@mt.gov

Processes applications for SNAP, EBT, TANF, LIEAP, WIC, etc., and provides information and referrals for low-income residents.

#### **Salvation Army**

1330 Hudson St, Helena, MT 59601

Phone: (406) 442-8244

Website: Helena.salvationarmy.org

Hours: Monday - Thursday: 10:00am - 12:00 pm, 12:45 - 4 pm, Friday: 8:00am -

12:00pm

Social services organization providing food, clothing, transitional housing, utility assistance for emergency need, seasonal help (Thanksgiving dinner, Christmas assistance), youth programs, and life skill classes (e.g. budgeting)

#### Rocky Mountain Development Council (HRDC)

Neighborhood Center and Helena Senior Center: 200 South Cruse Avenue, Helena, MT

59601

Hours: Monday – Friday: 8 am – 4 pm

Phone: (406) 447-1680 Fax: (406) 447-1629

Rocky Head Start: 200 South Cruse Avenue, Helena, MT 59601

Hours: Monday – Friday: 8 am – 4 pm

Phone: (406) 457-7308 Fax: (406) 447-1629

Jackson Street Center: 648 North Jackson Street, Helena, MT 59601

Hours: Monday – Friday: 8 am – 5 pm

Phone: (406) 447-1625 Fax: (406) 442-1204

Rocky's Agency on Aging: 1398 Warehouse Avenue, Helena, MT 59601

Phone: (406) 457-7368 Fax: (406) 441-3991

Website: www.rmdc.net

Hours: Monday-Thursday 8:00 am-5:00 pm, Friday 8:00 am-4:00 pm

Helps connect low-income, elderly, minority, and disabled Montanans to programs that eliminate poverty. Low-income energy help, weatherization, meals on wheels, senior housing/low-income housing, senior center, senior Corps programs, Area for agency on aging, HeadStart, private preschool, and senior dinner clubs.

## Food

#### **Helena Food Share**

#### Helena:

Lewis Street Pantry 1616 Lewis Street Helena, MT 59624

Phone: (406) 443-3663

Mailing address: P.O. Box 943 Helena, MT 59624-0943

Hours: Lewis Street Pantry: Monday & Thursday 12:30 pm – 6:30pm, Tuesday, Wednesday

& Friday from 12:30pm to 3:30pm.

## **East Helena Mobile Pantry:**

East Helena Pantry United Methodist Church 50 Prickly Pear Ave. N.

East Helena, MT 59635

Hours: East Helena Pantry: Monday, 2:00 p.m.-3:00 p.m. Thursday, 5:00 p.m.-6:00 p.m.

Website: <a href="https://helenafoodshare.org/">https://helenafoodshare.org/</a>
Email: <a href="mailto:info@helenafoodshare.org">info@helenafoodshare.org/</a>

Provides food boxes on an emergency, short-term basis. NOTE: Please arrive 15 minutes before closing to pick up monthly groceries. Helena Food Share Offices and Pantries are closed on Saturdays, Sundays, and Holidays. Donation hours are Monday 8 am to 6 pm, Tuesday through Friday 8 am to 4 pm. Accepts donations at the Lewis Street Pantry location.

## Health

## **Aware Incorporated**

616 Helena Ave. Ste. 305, Helena, MT 59601 Phone: (406) 449-3120 or (800) 432-6145

Crisis Line: (800) 481-8980

Office hours: Monday-Friday 8:00am-5:00 pm

Website: https://www.aware-inc.org/

Email: info@aware-inc.org

AWARE, Inc., a private, non-profit corporation, provides quality, community-based services to adults and youth with challenging mental, emotional, and in some cases, physical needs who would otherwise be served in a more restrictive setting or perhaps would not be served at all. Provides case management, therapeutic foster care, and group homes, mental health assistance, treatment options, and specialized care.

#### **Center for Mental Health**

Physical address: 900 N Jackson Street, Helena, MT 59601

Mailing address: P.O. Box 762 Helena, MT 59624

Phone: (406) 443-7151

Hours: Walks-ins welcome from 8 am – 5pm (arrive early as space is limited)

More info: <a href="https://center4mh.org/">https://center4mh.org/</a>

Organization dedicated to improving the lives of those who have been diagnosed with mental health issues in areas such as children's case management, day treatment, adult therapeutic aide, adult case management, PACT-Program for Assertive Community Treatment, Outpatient Therapy, Outpatient Medical services, Veteran's Affairs, Case Management Veteran's Affairs, Adult foster care, group homes, psychiatry services, medication management, jail diversion, and drop-in center.

#### **Compassus Hospice**

Address: 1075 North Rodney, Ste. 102, Helena, MT 59601

Phone: (406) 400-9918 Fax: (406) 442-2243

Website: https://www.compassus.com/locations/montana/helena/

Hours: 24 hours

Provides hospice services for those with life-limiting illnesses; paid for by Medicare, Medicaid, and most private insurance companies.

## **Comprehensive Hearing Services**

Address: 2626 Winne Ave. Helena, MT 59601

Phone: (406) 204-4205 Fax: (406) 443-6367

Website: https://www.comphearing.com/

Contact person: Doctor of Audiology, Hillary Q. Carter, <u>info@comphearing.com</u> Office Hours: Monday - Thursday: 8:30 am - 5:00 pm, Friday: 8:30 am - 3:00 pm

Specializes in Hearing aids, hearing loss treatment, hearing screening & testing, and tinnitus treatment.

#### **NAMI Montana**

Address: 1331 Helena Ave, Helena, MT 59601

Phone: (406) 443-7871

Website: <a href="http://www.namimt.org/">http://www.namimt.org/</a> Email: colleen@namimt.org

NAMI Montana accomplishes its mission of supporting, educating, and advocating for Montanans with serious mental illness by starting up local support groups, providing education to the public, advocating for Montanans with mental illness and laws related to people with Mental Illness, and teaming up with mental health service providers.

## **Housing Services**

## Friendship Center

1430 Sander St, Helena MT 59601

Phone: 1-800-248-3166 or 406-442-6800 (Call 24/7)

Website: <a href="http://thefriendshipcenter.org/">http://thefriendshipcenter.org/</a> Hours: Monday – Friday, 9 am – 4 pm Email: officem@thefriendshipcenter.org

The Friendship Center's mission is to be a safe haven for those affected by domestic violence, sexual assault, and stalking and to empower the community to flourish in relationships free from violence. Services include, but are not limited to: 24/7 emergency crisis line for those impacted by domestic violence, sexual assault, and stalking; emergency and transitional shelter; crisis intervention and emotional support; individualized case management; law enforcement and criminal justice system advocacy; legal advocacy, including Order of Protection assistance; limited emergency financial assistance; material assistance, including food, clothing, and other necessities; danger assessment and safety planning; information and referrals.

#### **Helena Area: Habitat for Humanity**

ReStore: 1320 Market Ave. Helena, MT 59602 Mailing address: P.O. Box 459 Helena, MT 59624

Office: 432 N. Last Chance Gulch Ste. R Helena, MT 59501

Office Phone: (406) 449-4663 ReStore Phone: (406) 457-0444 Email: info@helenahabitat.org

Office hours: Mon, Wed, Thurs, Fri 8:30 AM - 5:00 PM and Tues 10:00 AM - 5:00 PM

ReStore hours: Monday – Friday: 10 am – 5 pm

Website: http://www.helenahabitat.org/

Helena Area Habitat for Humanity is dedicated to eliminating substandard housing locally and worldwide through constructing, rehabilitating and preserving homes; by advocating for fair and just housing policies; and by providing training and access to resources to help families improve their shelter conditions.

#### Affordable Housing at Broadwater Village

1427 Broadwater Circle Helena, MT, 59601

(406) 442-2429

Website: https://broadwater.tamarackpm.com/

Hours: Monday, Thursday: 8:30 am – 5 pm, Monday, Wednesday, Friday: 8:30 am –

1:00 pm

Housing for low to moderate income families.

## Legal Services

#### **ACLU: Montana**

Mailing address: P.O. Box 1986, Missoula, MT 59806

Phone: 406-443-8590 Fax: 406-794-0618 Website: <a href="https://www.aclumontana.org">https://www.aclumontana.org</a> Hours: Monday- Friday 9:00 am -5:00 pm

Email: aclu@aclumontana.org

Our mission is to advance, preserve, and defend civil liberties on a case-by-case basis, through legislative advocacy, and public education efforts.

## **Citizens' Advocate Office**

State Capitol, Room 204 PO Box 200801 Helena, MT 59620-0801

Phone: (406) 444-5364

Hours: Monday-Friday 8:00 am-5:00 pm

Website: <a href="https://governor.mt.gov/">https://governor.mt.gov/</a> – Contact tab > Request Assistance Contact person: Cole Koenig, Constituent Services / Citizen's Advocate,

governor@mt.gov

Assists with questions, problems, and/or complaints related to state agencies. Not legal counsel.

## **Human Rights Bureau**

Mailing address: PO Box 1728, Helena, MT 59624-1728 Physical address: 1625 11th Avenue, Helena, MT 59601

Phone: (800) 542-0807 or (406) 444-2884

Fax: (406) 443-3424

Website <a href="https://erd.dli.mt.gov/human-rights/">https://erd.dli.mt.gov/human-rights/</a>

Administrative body that processes and investigates complaints of illegal discrimination in the state of Montana.

## Justice Court of Lewis & Clark County

228 Broadway, Room 102, Helena, MT 59601

Civil/Small Claims matters: 406-447-8201, Criminal matters: 406-447-8202

Fax: 406-447-8269

Hours: Monday-Friday: 8:00 am – 4:00 pm

Website: https://www.lccountymt.gov/Government/Justice-Court

Contact person: Justice of the Peace, Michael G. Swingley, mswingley@lccountymt.gov

Justice Court is the judicial branch of County government responsible for the processing of all misdemeanor offenses, both traffic, criminal and animal control violations that occur within

Lewis and Clark County. It is the court wherein nearly all felony cases that occur within Lewis and Clark County are initially filed.

## **Lewis & Clark County Attorney**

228 Broadway, Helena, MT 59601

Phone: (406) 447-8221 Fax: (406) 447-8268

Hours: Monday-Friday: 8:00 am – 5:00 pm

Website: http://www.lccountymt.gov/county-attorney.html

Email: countyattorney@lccountymt.gov

The County Attorney's Office is responsible for the prosecution of criminal offenses committed within Lewis and Clark County. It represents the State of Montana in child abuse and child neglect cases, as well as juvenile court proceedings. The County Attorney serves as the attorney for County government, including all agencies and boards. The Civil Division handles involuntary commitments for those who are "seriously mentally ill" and assists the state with involuntary commitment for those who are "seriously developmentally disabled" who are residents of the county.

## **Montana Family Transition Project**

Phone: (406) 543-8343 extension 207

Email: mediate@mtlsa.org

The Montana Family Transition Project offers you the chance to decide what's next for your family, instead of going to court and having a judge decide. A trained professional mediator will help you and your co-parent talk through the issues and make a plan that will work for your lives. You can also get legal advice from an attorney and help calculating child support, all at no cost to you. Both parties need to participate.

*To qualify, you and the other party must:* 

- need a parenting plan or divorce
- Have at least one child
- Have a case in a Montana court or be planning to file in Montana

At least one of you must

- Not have a lawyer
- Meet certain income requirements

#### Montana Legal Services Association (MLSA)

616 Helena Ave, Ste 100 Helena, MT 59601

Helpline Phone: 1 (800) 666-6899 (Active Tuesday, Wednesday, Thursday from 9 am to

1 pm)

Fax: (406) 442-9817

Hours: Monday – Friday: 9 am - 12 pm, 1 pm - 4:30 pm

Website: http://www.mtlsa.org/

Montana Legal Services Association (MLSA) is a law firm that empowers low-income people by providing legal information, advice, and other services free of charge. MLSA works both on individual cases and under a systemic approach to help low-income people escape domestic violence, keep their housing, preserve their public benefits, protect their finances, and more. Must be federal poverty level qualified and have limited assets.

## Office of Consumer Protection

Physical: 302 N. Roberts Street, Helena, MT 59601

P.O. Box 200151 Helena, MT 59620-0151 Phone: 1-800-481-6896 or 406-444-4500 Hours: Monday-Friday 8:00 am – 5:00 pm

Website: <a href="https://dojmt.gov/consumer">https://dojmt.gov/consumer</a>

Email: contactocp@mt.gov

Assists with issues regarding consumer protection and informs consumers about their rights. Provides informal mediation between consumers and businesses, and accepting reports of scams.

#### Office of Fair Hearings

Physical address: 2401 Colonial Drive, Helena, MT 59620 Mailing address: PO Box 202953 Helena, MT 59620

Phone: (406) 444-2470 Fax: (406) 444-3980

Hours: Monday-Friday 8:00 am-5:00 pm Website: <a href="http://www.dphhs.mt.gov/fairhearings">http://www.dphhs.mt.gov/fairhearings</a>

Email: <a href="mailto:hhsofh@mt.gov">hhsofh@mt.gov</a>

Provides administrative hearings for those who have been **negatively** impacted by a government program/department/agency. For people who are already receiving public assistance, including nursing home discharges, SNAP, VocRehab, daycare licensing etc. Also assists with child support calculations.

## **Office of Victim Services**

Physical address: 302 N. Roberts Street, Room 65, Helena, MT 59601

Mailing address: PO Box 201410 Helena, MT 59620-1410

Phone: 1-800-498-6455 or 406-444-3653 Hours: Monday- Friday 8:00 am-5:00 pm Contact person: Marcie dojovs@mt.gov More info: https://dojmt.gov/victims/

Provides direct services to victims of violent crimes and processes compensation claims for those who have been injured or killed as a result of crime, and an address confidential program for victims.

#### State Law Library Self-Help Law Center

215 North Sanders Street Helena, MT 59620

Phone: (406) 444-9300

Hours: Mondays & Friday: 9am-4pm for walk-ins and appointments

Website: <a href="https://courts.mt.gov/SelfHelp/">https://courts.mt.gov/SelfHelp/</a> Email: <a href="mailto:statelawlibraryselfhelp@mt.gov">statelawlibraryselfhelp@mt.gov</a>

Provides legal forms, information, references, and resource referrals to citizens dealing with civil matters.

## Native American Services

## **Helena Indian Alliance**

Physical Address: 501 Euclid Ave, Helena, MT, 59601 Mailing address: 501 Euclid Ave. Helena, MT 59601

Hours: Monday − Thursday: 8 am − 5 pm, Friday: 8 am − 4 pm

Phone: (406) 449-5796 (24 hours a day)

Email: info@hia-mt.org Website: https://www.hia-mt.org/

Contact person: Kevin, kevin@helenaindianalliance.com

Nonprofit organization established to develop, implement, and maintain cultural, social, and economic programs for families, seniors, and youth. Services include tobacco abuse prevention program, senior lunch program, CA traditional healing, ambulatory primary care clinic, diabetes foot clinic, substance abuse counseling, education of the affordable care act, behavioral health department, mental health and social services, Blackfeet service unit transportation, apply for Medicaid, afterschool youth program, and mental health services.

## Senior Services

#### Meals on Wheels

200 S Cruse St, Helena, MT 59601

Phone: (406) 447-1680 Fax: (406) 447-1629

Website: https://www.rmdc.net/what-we-do/senior-services/senior-nutrition/meals-on-

wheels.html

Meals are delivered 5 days a week, between 10 am and 4 pm and can be arranged for any days you want. You do not need to request meals all 5 days of the week. If you decide you do not want a particular day's meal, call the day before to cancel. Meal cost for individuals who are 60 and older is a suggested minimum donation of \$5.00 per meal. For individuals who are younger than 60, there is a required \$7.00 per meal cost. Meals on Wheels program sends a monthly statement to trigger payment. Meals on Wheels can be requested immediately. Call (406) 457-7361 or (406) 447-1680 with questions or to request delivery.

## **Montana Legal Services Association**

616 Helena Ave #100, Helena, MT 59601

Phone: (800) 666-6899 Website: www.mtlsa.org

MLSA is a federally and privately funded nonprofit organization that provides non-criminal legal aid to low-income people throughout Montana. Residents seeking civil legal help can contact MLSA via phone, online, or walk-in to request free information, advice, and/or representation.

Thanks to a grant from the federal Administration for Community Living (ACL), Montana Legal Services Association (MLSA) currently has more resources to address the civil legal needs of elderly Montanans. MLSA civil legal assistance helps vulnerable elderly people address a wide range of civil legal problems, including financial exploitation, debt and consumer issues housing issues, and abuse.

#### **Senior and Long-Term Care Division**

Address: 1100 North Last Chance Gulch, 4th Floor, Helena, MT 59601

Montana Adult Protective Services Hotline: (844) 277-9300

Phone: (406) 444-4077 Helpline: (800) 551-3191

Website: https://dphhs.mt.gov/SLTC/

Provides protection and intervention services for senior citizens who are being abused, legal access for the elderly and general information and assistance on various issues involving seniors.

## Transportation

#### **Capital Transit**

Office: 1415 N. Montana Ave. Helena, MT 59601

Phone: (406) 447-8080

Website: http://www.ridethecapitalt.org/

Office Hours: Monday - Friday: 8:00 am - 4:00 pm

Bus Hours (Helena City Limits): Monday – Friday: 6:30 am – 6 pm

Bus Hours (East Valley/East Helena commuter service): 8 am – 10 am, 2 pm – 4 pm

Helena's Public bus system. Discounts for Seniors (60+), Disabled Individuals, Veterans, and Students. Drivers do not carry change. Please have exact change when purchasing tickets, tokens, or passes.

Capital Transit offers a ride scheduling service model. Within City limits, the model is known as curb-to-curb service.

The City does provide limited commuter bus stop locations in East Valley / East Helena. Riders can take Capital Transit from East Valley / East Helena to the Transit Center, then schedule additional destinations within Helena City limits using the App.

Capital Transit Fares will be increasing starting October 2, 2023 - see our Fares section for more details and to apply for the discounted ridership group.

**Download the Capital Transit App or use the following link via** <u>WEB</u> today to start scheduling rides. If you need help scheduling a ride, please call us at 406-447-8080.

*General:* \$0.85

Pre-scheduled General one way: \$3:00; Premium same-day General one-way: \$5:00 Pre-scheduled Discounted one way: \$1.00; Premium same-day Discounted one-way: \$2:00

#### Veterans

## Veteran Crisis Hotline

Dial 988 then Press 1 Text 838255

www.veterancrisisline.net

## **Disabled American Veterans – Helena**

PO Box 201, Helena, MT 59624

Phone (National Service Officer Charles Pugh): (406) 495-2089

Phone (Commander Kevin Grantier): (406) 868-3093

Phone (Adjutant Chase Natalie): (406) 600-2254 (Contact for department information)

Email: <a href="mailto:mtadjutant@gmail.com">mtadjutant@gmail.com</a>
Website: <a href="mailto:https://mtdav.org/">https://mtdav.org/</a>

Meeting Location: Moose Lodge, 4700 North Montana, Helena, MT 59601 Meetings are held on the 4<sup>th</sup> Thursday of each month at 6:00 PM

The DAV is dedicated to empowering veterans to lead high-quality lives with respect and dignity. They accomplish this by ensuring that veterans and their families can access the full range of benefits available to them and educating the public about the great sacrifices and needs of veterans transitioning back to civilian life.

#### **American Legion of Montana Headquarters**

Physical Address: 1956 Majo Ft. Harrison, MT 59636 Mailing Address: PO Box 155, Fort Harrison, MT 59636

Phone: (406) 324-3990 Fax: (406) 226-7462

Website: <a href="http://mtlegion.org/">http://mtlegion.org/</a>

Email: deptmtadjutant@gmail.com

TFA grant--applicant must have served under Title 10 orders and provide copies of documentation. If they joined after 1990, their basic training orders will show Title 10 and they may also have a DD214 reflecting Title 10 orders. They will need copies of children's birth certificates and marriage license. Assistance is provided ONLY for Families with children in the household.

#### **Montana Veterans Affairs**

Physical Address: HAFRC Room 105, 1956 Majo Street, Fort Harrison, MT 59636

Mailing Address: P.O. Box 4789, Helena, MT 59604-5715

Phone: (406) 324-3742

Website: <a href="https://dma.mt.gov/MVAD/index">https://dma.mt.gov/MVAD/index</a>

Email: MVAD@mt.gov

Provides general services, assistance, and resource referrals for veterans and their families; suicide prevention hotline: 988.

#### **VA Montana Health Care System**

Address: 3687 Veterans Dr. Fort Harrison, MT 59636

Main Phone: (406) 442-6410 Toll Free: (877) 468-8387

Mental Health Care: (406) 447-6000

Website: https://www.montana.va.gov/locations/

Clinical Hours: 24 hours

Fort Harrison (Helena) is a 34-bed acute care, medical-surgical facility that offers a broad range of acute, chronic, and specialized inpatient and outpatient services for both male and female veterans. Specialty care includes internal medicine, gerontology, neurology, dermatology, cardiology, palliative care, pain management, medical oncology, surgery (general, vascular, laparoscopic, endoscopic), urology, orthopedics, plastic, ophthalmology, ENT, podiatry, gynecology, chiropractic care, psychiatry (including outpatient substance abuse treatment and PTSD and MST specific care), and ambulatory care (primary care). Radiology Service provides a broad range of diagnostic and interventional care provided on a full time basis. Pathology Services are available on site also provided on a full time basis. Telemedicine services are available for psychiatry, radiology, gynecology, primary care, ophthalmology and tele-home health. The additional 24-bed inpatient mental health facility serves patients needing treatment for PTSD and Substance Abuse.

## Women's Resources

#### **Florence Crittenton Home**

3404 Cooney Drive, Helena MT 59602

Phone: (406) 442-6950 Fax: (406) 442-6571

Website: <a href="www.florencecrittenton.org">www.florencecrittenton.org</a></a>
Email: <a href="mailto:inquiries@florencecrittenton.org">inquiries@florencecrittenton.org</a>

Office Hours: Monday-Friday 9:00 am-5:00 pm Child Enrichment Center: (406) 413-7035

Residential Services includes a youth maternity home and a residential recovery program exclusively for mothers and their children. The Family Healing Center provides wrap-around therapeutic support in the community. The Child Enrichment Center provides early childhood care for infants and children aged 05.

#### **Options Clinic**

1005 Partridge Place, Ste. 1 Helena MT 59602

Phone: (406) 422-1011 Website: <u>optionshelena.org/</u> Email: info@OptionsHelena.org

Hours: Monday-Thursday 9:00 am – 4:00pm, Friday closed

Accredited medical clinic that provides free/low-cost services include: pregnancy testing, early obstetrical ultrasound, prenatal and parenting classes, maternity and baby supplies and STD education, well-woman care, fertility/cycle care, sports physicals and more.

#### **Planned Parenthood Helena**

1500 Cannon, Helena, MT, 59601

Phone: (406) 443-7676 Fax: (406) 443-2351

https://www.plannedparenthood.org (Enter 59601 for zip code) Hours: Monday – Friday: 9 am – 6 pm, Closed Major Holidays

Education information, medical services, supplies and supervision for medically approved birth control methods. Abortion services, pelvic exams, pregnancy tests, blood pressure checks, STD, HIV/AIDS testing and counseling. Infertility, tubal litigation and vasectomy counseling and referral. Medicaid patients accepted as well as insurance.

Mission Statement: Planned Parenthood of Montana believes in universal access, without barriers, to cutting-edge sexual and reproductive health care for all people. We constantly work This Lewis & Clark Resource Guide was prepared by Justice For Montanans AmeriCorps Members. Although we do

our best to keep these guides current, please contact programs directly for the most accurate and up-to-date information. Last Updated: January 2024

towards a Montana where all are free to express their sexual and gender identities, where birth control is easily accessible at no-cost to patients, where all feel welcome and accepted in our health centers, where medically accurate sex education is guaranteed, and where access to a stigma-free abortion is protected. To ensure this vision, we strive for a Montana where elected leaders support and publicly fund these services, where Planned Parenthood cultivates the next generation of leaders who will ensure universal reproductive health care for all Montanans, and where Planned Parenthood continues to adapt and evolve to meets the sexual and reproductive health needs of all people

#### Young Women's Christian Association of Helena (YWCA)

501 North Park Avenue, Helena, MT 59624-0518

Phone: (406) 442-8774 Fax: (406) 442-0428

Website: <a href="https://www.ywcahelena.org/">https://www.ywcahelena.org/</a> Hours: Monday – Friday: 8:00 am - 4:00 pm

**Service Overview**: YWCA Helena provides security, confidence and stability for women and

children in Helena, Montana.

We host a 12-room program for women and children experiencing homelessness and a 12-room program focused on women in chemical dependency recovery. We serve up to 24 women (and their children) in any given moment. We offer a safe, comfortable, and confidential place for parents and children to build positive relationships.

## **Program Overviews:**

**WINGS**: Women Initiating New Growth and Stability (WINGS) is a 12 bed, residential sober living facility that provides stability and safety for women (and their children) who are transitioning from stories of addiction and homelessness to self-sufficiency and healthy lives.

Each WINGS participant is provided full wrap-around services such as case management and licensed therapy.

Caterpillars Parenting Center: Caterpillars Parenting Center offers child-focused services that assist in the continued contact between non-custodial parents and their children. Includes: Circle of Security parenting classes, Safe Exchange and Supervised visitation services.

**Caterpillars Counseling**: One-on-one, children, and parent counseling and coaching ensure that parents know how to support their children through their behaviors, troubles, and triumphs.

Caterpillars Clubhouse: Therapeutic childcare provides a foundation for children to learn, socialize, and develop in a supportive environment with specialized programming and professional staff.

**HOME**: YWCA Helena has 10 units that house low-income women who are at risk of homelessness. These units are designed for women who earn below 50% of area median income. YWCA Helena significantly subsidizes the rent for these units in an effort to increase affordable housing opportunities for low and very low-income women. YWCA HOME units are designed to help women move beyond transitional housing and prepare low-income women for long-term and permanent community based housing.

## Other

## **Helena Adult Learning Center**

1115 N. Roberts St., Room 117 Helena, MT 59601

Phone: (406) 447-6387

Website: <a href="https://adultlearningcenter.helenaschools.org/">https://adultlearningcenter.helenaschools.org/</a>

Contact person: Darlene, Secretary: dapeterson@helenaschools.org

Hours: Monday - Friday: 7:30am-3:30 pm

The purpose of the Adult Learning Center is to provide for the literacy needs of adults in the community. Focuses on preparing students for employment and/or college. This includes preparation for the HiSET (High School Equivalency Test).

## Helena Afghan Refugee Resettlement Team

Phone: (406) 439-3580

Website: http://handsonglobal.org/

Contact person: Valerie Hellermann valerie.handsonglobal@gmail.com

"Hands on Global serves disadvantaged, underserved and displaced people hand-to-hand and heart-to-heart by providing medical support."

#### Helena Lewis & Clark Branch Library

120 S. Last Chance Gulch, Helena, MT 59601

Phone: (406) 447-1690 Fax: (406) 447-1687

Website: <a href="https://www.lclibrary.org/">https://www.lclibrary.org/</a>
Email: <a href="mailto:reference@lclibrary.org">reference@lclibrary.org</a>

Hours: Monday-Friday: 10am-8pm, Saturday & Sunday: 11 am-5 pm. Closed Major

Holidays

Computer Classes, Teen and children programs, Internet access, Interlibrary loan system, books, audio books, video games, movies, rent wifi hotspots to take home, Discovery passes to the historical society sites, all available at no cost to Lewis & County residents, but out of county residents must pay a fee to use the services.

#### East Helena Lewis & Clark Branch Library

Physical address: 16 E. Main St. East Helena, MT 59635 Mailing Address: P.O. Box 1398 East Helena, MT 59635

Phone: (406) 227-5750 Fax: (406) 227-5751

Website: <a href="https://www.lclibrary.org/144/East-Helena">https://www.lclibrary.org/144/East-Helena</a>

Hours: Monday – Wednesday: 10 am – 6 pm, Thursday, Friday: 10 am – 5 pm, Saturday:

10 am – 1 pm, Sunday: Closed

Contact person: Andrea Eckerson: aeckerson@lclibrary.org