



Colfax County Behavioral Health Coalition

Resource Guide



The Colfax County Behavioral Health Coalition “Resource Guide” provides telephone numbers and information for many public and private agencies offering health care and social services programs to people in Colfax County. Services have been listed in general categories.

Every effort has been made to make this Resource Guide as accurate and inclusive as possible.



CHI Health Schuyler is the sponsor for the Colfax County Behavioral Health Coalition. The Coalition is comprised of a broad-based cross section of community stakeholders including representatives from CHI Health Schuyler, East Central District Health Department, Nebraska Behavioral Health Region 4, Schuyler Community Schools, Colfax County Attorney's office, Colfax County Law enforcement, clergy, and other community stakeholders

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Hotline Numbers

Colfax County

Colfax County Crisis Response 866-758-4749

Nebraska

Child/Adult Abuse Hotline 800-652-1999

Nebraska 2-1-1 211

Nebraska Family Helpline 888-866-8660

Nebraska Rural Response Hotline 800-464-0258

Nebraska DHHS Helpline 800-254-4202

Nebraska Healthy Mothers, Healthy Babies Hotline 800-862-1889



National

AL-ANON/AL-ATEEN Meeting Information Hotline.....	888-425-2666
Boys Town National Hotline	800-448-3000
CDC National HIV/AIDS/STD Hotline	800-232-4636
Compulsive Gambling Hotline.....	800-522-4700
Drug Information and Referral Hotline.....	800-662-4357
Eldercare Locator	800-677-1116
KidsPeace National Centers for Kids in Crisis.....	800-257-3223
National Alliance on Mental Illness.....	800-950-6294
National Center for Elder Abuse	855-500-3537
National Center for Missing & Exploited Children.....	800-843-5678
National Child Abuse Hotline.....	800-422-4453
National Depressive & Manic Depressive Association.....	800-826-3632
National Domestic Violence	800-799-7233
National Eating Disorder Helpline & Referral Service.....	800-931-2237
National Human Trafficking Hotline.....	888-373-7888
National Parent Helpline	855-427-2736
National Runaway Switchboard	800-786-2929
National Sexual Assault Hotline.....	800-656-4673
National Suicide Prevention	800-273-8255
Poison Control Center.....	800-222-1222
Quitline (Smoking Cessation).....	877-448-7848
The Trevor Project (<i>Crisis Intervention & Suicide Prevention for LBTGQ youth</i>) ...	866-488-7386
Veterans Crisis Hotline	800-273-8255

Mental Health Evaluation, Assessment, and Counseling

Columbus

Better Living Counseling Services, Inc.

Mental health services for individuals and families.

3154 18th Avenue, Suite 6
Columbus, NE 68601
402-606-4524 Main Phone
402-606-4035 Fax

<http://www.betterlivingcounselinginc.com>

Hours of Operation:

Monday –Friday 8 a.m.-5 p.m.

Center For Survivors

Counseling and support for Sexual Assault & Domestic Violence Victims.

3103 13th Street
Columbus, NE 68601
402-564-2155 Main Phone
800-658-4482 Toll Free

<http://centerforsurvivors.net/wp/>

East Central District Health Department

Federally Qualified Community Health Center. Provides affordable, comprehensive, accessible, culturally respectful, appropriate, cost-effective, quality primary medical health care, dental services and behavioral health services with special attention to the underserved.

4321 41st Avenue
Columbus, NE 68601
402-562-7500 Main Phone
866-758-4749 After hours Mental Health Services

<http://www.ecdhd.ne.gov>

Hours of Operation:

Monday –Friday 8 a.m.-5 p.m.

Meadows Behavior Health

Outpatient counseling, pre-treatment assessments & substance use services.

3314 26th Street, Suite A
Columbus, NE 68601
402-564-9888 Phone

<https://www.mbhtherapy.com/home.html>

Premier Psychiatric Group

Outpatient mental health services.

(Visiting Physicians Clinic)
4508 38th Street
Columbus, NE 68601
402-476-6060 Main Phone
402-476-6809 Fax

<http://www.premierpsych.com>

Hours of Operation:

Only open the second and fourth Thursday of each month



Fremont

Capstone Behavioral Health

In-office and In-home therapy, substance abuse treatment, trauma-focused treatment, adolescent diversion program, parent training class, anger management class, intensive outpatient therapy, drug and alcohol testing.

424 West 23rd Street, Suite E
Fremont, NE
402-614-8444 Phone
402-614-8443 Fax

www.capstonebehavioralhealth.com

Hills Counseling & Consulting P.C.

In office and in-home therapy.

78 C Street
Fremont, NE 68025
402-871-9979 Phone
402-614-9947 Fax

www.hillcounselingandconsulting.com

Park Professional Group

Therapy services to children, families, and individuals.

1627 East Military Avenue, #200
Fremont, NE, United States, 68025
877-727-4886 Toll Free
402-727-4886 Main Phone
402-727-4146 Fax

<http://www.parkprofessionalgroup.com>

Hours of Operation:

Monday-Friday 10 a.m.-6 p.m. and by appointment

Lincoln

CenterPointe, Inc.

Mental health and substance abuse services.

2633 P Street
Lincoln, NE, United States, 68503
402-475-8717 Main Phone
402-475-8721 Fax

<http://www.centerpointe.org>

Hours of Operation:

Monday -Friday 8 a.m.-4:30 p.m.

Norfolk

Behavioral Health Specialists, Inc.

Mental health services.

900 West Norfolk Avenue, Suite 200
Norfolk, NE, United States, 68701
402-370-3140 Main Phone
402-370-3373 Fax

<http://www.4bhs.org>

Hours of Operation:

Monday -Thursday 8 a.m.-9 p.m., Friday 8 a.m.-5 p.m.

Oasis Counseling International

Mental health and substance abuse services.

333 West Norfolk Avenue, Suite 201
Norfolk, NE, United States, 68701
402-379-2030 Main Phone
402-379-3933 Fax

<http://www.ocinternational.org>

Omaha

Lutheran Family Services of Nebraska, Inc.

Multi-service agency offering a variety of programs for individuals and families.

124 South 24th Street, Suite 230
Omaha, NE, United States, 68102
402-342-7038 Main Phone
402-342-6408 Fax

<http://www.lfsneb.org>

Hours of Operation:

Monday-Friday 8 a.m.-5 p.m.

Munroe - Meyer Institute

Services for individuals with intellectual and developmental disabilities, their families, and communities.

444 South 44th Street
Omaha, NE, United States, 68131
402-559-5714 Main Phone
402-559-5737 Fax

<http://www.unmc.edu/mmi/>

Hours of Operation:

Monday-Friday 8 a.m.-4:30 p.m.

Mental Health Inpatient Treatment

Boys Town

Father Flanagan's Boys' Home

Provides a continuum of services to care for at-risk boys and girls and their families at multiple sites across the country, and through programs that help children and families nationwide.

14100 Crawford Street
Boys Town, NE, United States, 68010
(800) 448-3000 Hotline
(800) 989-0000 Main Phone

<http://www.boystown.org>

Hours of Operation:

Office: Monday-Friday 8 a.m.-5 p.m.

Boys Town National Research Hospital

Psychiatric residential treatment for children ages 5 to 18 who suffer from severe behavioral and mental health problems. They also provide care, intervention and assessment services for abused, neglected, runaway and delinquent youth of all ages by removing them from dangerous situations, assessing their needs, and beginning to work toward family reunification or other permanent care.

555 North 30th Street
Omaha, NE, United States, 68131
402-498-6543 TTY
402-498-6540 Main Phone
402-498-1234 Alternative Number
402-498-6778 Fax

<http://www.boystownhospital.org>

Hours of Operation:

Monday-Sunday 24 hours

CHI Health –

Lasting Hope Recovery Center

The Lasting Hope Recovery Center offers an entire range of treatment and prevention services to meet the needs of patients experiencing mental health and substance abuse challenges. Treatment is built on personal strengths and support systems that treat individuals experiencing these illnesses. The Assessment Center at Lasting Hope Recovery Center provides crisis intervention services for individuals of all ages who present or call in a psychiatric emergency.

415 South 25th Avenue
Omaha, NE 68102
402-717-5550 Main Phone
402-717-4673 (402-717-HOPE)
402-717-5300

www.CHIhealth.com/lasting_hope_recovery_center

Hours of Operation:

24 hours a day, 7 days a week

Faith Regional Health Services

Emergency protective custody services, acute inpatient services for mental health commitments, sub-acute inpatient care for mental health commitments, post commitment inpatient and voluntary services.

1500 Koenigstein
Norfolk, NE 68701
402-644-7461 Phone
402-644-7419 Fax

www.frhs.org

Hours of Operation:

7 days a week, 24 hours a day



Heartland Family Service

Residential crisis stabilization program for youth ages 10-18 who are involved in the juvenile justice system. Strengthens individuals and families in the community through education, counseling, and support services. Provides human services in the areas of child and family; counseling and prevention; and housing and financial stability.

2101 South 42nd Street
Omaha, NE, United States, 68105
877-553-3001 Toll Free
402-552-7400 Main Phone
402-552-7444 Fax

<http://www.heartlandfamilyservice.org>

Hours of Operation:
Monday-Friday 8:30 a.m.-8 p.m.

Richard H. Young Hospital

Emergency protective custody services for adults and juveniles; acute inpatient care for mental health commitments, sub-acute inpatient care for mental health commitments, children's crisis inpatient care, medication management – via Tele-Health.

1755 Prairie View Place
Kearney, NE, United States, 68848
308-865-2000 Main Phone
308-865-2216 Fax

<https://www.chihealth.com/en/services/behavioral-care/richard-young.html>

Hours of Operation:
Sunday –Saturday / 24 hour care

Mental Health Outpatient Treatment

Capstone Behavioral Health

In- office & In-home therapy, substance abuse treatment, trauma-focused treatment, adolescent diversion program, parent training class, anger management classes, intensive outpatient therapy, and drug and alcohol testing.

424 West 23rd Street, Suite E
Fremont, NE 68025
402-614-8444 Phone
402-614-8443 Fax

www.capstonebehavioralhealth.com

CenterPointe, Inc.

Adult treatment offers outpatient treatment services for adults age 19 and over with mental health disorders or substance use issues, or co-occurring disorders. Appointments are on a walk-in basis Monday through Friday. No appointment or referral is required.

2633 P Street
Lincoln, NE, United States, 68503
402-475-8717 Main Phone
402-475-8721 Fax

<http://www.centerpointe.org>

Hours of Operation:

Monday – Friday 8 a.m.-4:30 p.m.
Crisis Response 8a.m. – 5p.m.;
Therapy 8a.m.-4p.m.

Mary Lanning Healthcare

Subacute inpatient psychiatric treatment for adults; voluntary care for, evaluation of and treatment of acute symptoms of psychiatric disorders and co-occurring disorders. Diagnostic and therapeutic services for individuals of all ages. Child and adolescent services, including psychological testing, comprehensive evaluations, medication management, family and individual therapy, as well as parent education.

Neuropsychological testing for adults, adolescents, and children. Adult services including a comprehensive evaluation, medication management, individual and group therapy, as well as psychological testing. Family and couples therapy is also offered.

715 North St. Joseph Avenue
Hastings, NE, United States, 68901
402-463-4521 Main Phone
402-461-5091 Fax

<http://www.marylanning.org>

Hours of Operation:

Monday-Sunday 24 hours

Mental Health Support Groups

Center For Survivors

*Counseling and support for Sexual Assault & Domestic
Violence Victims*

3103 13th Street, Columbus, NE 68601
402-564-2155 Main Phone
800-658-4482 Toll Free

<http://centerforsurvivors.net/wp/>

NAMI Nebraska

Alternate Name:

National Alliance on Mental Illness

*Support, education, and advocacy to and for anyone
whose life has been touched by a mental illness.*

415 South 25th Avenue
Omaha, NE, 68131
877-463-6264 Toll Free
402-345-8101 Main Phone
402-346-4070 Fax

<http://www.naminebraska.org>

Hours of Operation:

Monday-Friday 9 a.m.-4 p.m.

Emergency Financial Assistance

Central Nebraska Community Action Partnership, Inc.

Community action agency. Emergency financial assistance for disconnect notices for electricity and gas or eviction notices, first month's rent or deposit assistance.

626 N Street
Loup City, NE, United States, 68853
308-745-0780 Main Phone
308-745-0824 Fax

<http://www.centralnebraskacap.com>

Hours of Operation:

Monday-Thursday 8 a.m.-4:30 p.m.,
Friday by appointment only

Nebraska Department of Health and Human Services

System services that help people live better lives through effective health and human services. Low Income Energy Assistance is a federally funded program to assist low-income households in meeting energy costs. Benefits are based on family income.

301 Centennial Mall South
Lincoln, NE, United States, 68509
PO Box 95026
Lincoln, NE, United States, 68509-5026
402-471-3121 Main Phone

<http://www.dhhs.ne.gov> or
www.accessnebraska.ne.gov

Hours of Operation:

Monday-Friday 8 a.m.-5 p.m.

Salvation Army Emergency Assistance

Emergency financial assistance for Colfax County Residents.

(CHI Health Schuyler)
104 W 17th Street
Schuyler, NE 68661
402-352-2441 Main Phone –
(Ask for Salvation Army Assistance)

Hours of Operation:

Monday-Friday 8a.m.-4p.m.

Schuyler Ministerial Association

The Schuyler Ministerial Association is an association of Christian churches and area Christian ministries serving Schuyler. Membership consists of clergy and community representatives. Anyone in need of emergency funds must contact one of the below listed participating churches:

- » Divine Mercy Catholic Church 402-352-3540
- » St. John's Lutheran Church 402-352-3500
- » Trinity Lutheran Church 402-352-2307
- » First Presbyterian Church 402-352-3822
- » Christ United Methodist Church 402-352-3560

Basic Needs

FOOD

Colfax County Food Pantry

Managed by the Schuyler Ministerial Association. Assistance hours are Tuesdays and Thursdays from 1-3pm. The Colfax County Food Pantry is maintained by area churches on a rotational basis (see **Food Pantry Schedule**). Any person with a Colfax County permanent address may request food from the pantry by calling the scheduled church. Items consist of canned and boxed food and toiletries; baby food, formula, and diapers (when available). In some cases a voucher can be issued and redeemed at one of the Schuyler grocery stores for dairy, bread, meat and personal hygiene items. Food requests are limited to one request per family in a thirty-day period.

Listed below are participating churches:

- » Divine Mercy Catholic Church
402-352-3540
- » St. John's Lutheran Church 402-352-3500
- » Trinity Lutheran Church 402-352-2307
- » First Presbyterian Church 402-352-3822
- » Christ United Methodist Church 402-352-3560

Community Meals

The Center

Combined meal site and focal point in Schuyler. Also coordinates Handibus.

Noon meal is served Tuesday – Friday
from 11:30 a.m. – 1:00 p.m.

An evening meal is served every Monday at 5:30 p.m.

Available home delivered meals originate from
The Center

124 East 12th Street
Schuyler, Nebraska 68661
(402) 352-5009 Main Phone

Meal Reservations & Handibus: 402-352-5009
Office & Fax: 402-352-5008

Hours of Operation:

Monday – Friday, 8 a.m. – 4 p.m.

Summer Lunch Program

Free lunch to any child 1-18 years old during the summer months.

(Schuyler Middle School)
200 W 10th St
Schuyler, NE 68661
402-352-5514 Main phone

Hours of Operation:

Monday-Friday 11:30a.m.-1:30p.m.



HOUSING

Emergency Housing/Shelter

Care Corps, Inc/Low Income Ministry

Care Corps serves homeless & near-homeless individuals & families in the Dodge County area, providing case management & services via housing programs, prevention and an emergency shelter program.

723 North Broad Street
Fremont, NE 68025
402-721-3125 Main Phone
402-721-6246 Fax

www.care-corps.org

Hours of Operation:

While the emergency shelter program is 24/7, agency hours are 8 a.m. - 5 p.m., Monday-Friday.

Center For Survivors

Counseling and support for Sexual Assault & Domestic Violence Victims.

3103 13th Street
Columbus, NE 68601
402-564-2155 Main Phone
800-658-4482 Toll Free

<http://centerforsurvivors.net/wp/>

Columbus Rescue Mission

Overnight Guest Program offers free temporary housing with 3 meals a day, showers, personal care items, and laundry services. All guests have an initial 3 week limit (longer term options are available). Check in by 5:30pm is requested.

1471 25th Avenue
Columbus, NE 68601
402-563-1096 Main phone

Salvation Army Emergency Assistance

Emergency funding for housing/shelter for Colfax County Residents.

(CHI Health Schuyler)
104 W 17th Street
Schuyler, NE 68661
402-352-2441 Main Phone – ask for Salvation Army Assistance

Hours of Operation:

Monday-Friday 8a.m.-4p.m.

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- » Trinity Lutheran Church 402-352-2307
- » First Presbyterian Church 402-352-3822
- » Christ United Methodist Church 402-352-3560

Non-Emergency Housing / Income-Based Housing

Housing Authority

712 F St
Schuyler, NE 68661
402-352-2431 Phone

Local Numbers (non-emergency)

Schuyler

Colfax County Sheriff's Office	402-352-8514
Schuyler Police Department	402-352-2415
Schuyler Fire Department	402-352-5407
The City of Schuyler	402-352-3101
Schuyler Dept. of Utilities	402-352-5444

Clarkson

Colfax County Sheriff's Office	402-352-8514
Clarkson Police Department	402-892-3111
Clarkson Fire Department	402-892-3216
The City of Clarkson	402-892-3100

Howells

Colfax County Sheriff's Office	402-352-8514
Howells Fire Department	402-986-1300
The Village of Howells	402-986-1666

Links to Other Resources

** Note: All of the links below will open in a separate window.*

The National Council for Behavioral Health
National Alliance on Mental Illness
WellCare
Nebraska Total Care
United Healthcare
Don't Be Sidelined
Substance Abuse and Mental Health Services Administration
Probation in Nebraska: Adult and Juvenile Behavioral Health
National Institute of Mental Health (NIMH)
Substance Abuse and Mental Health Services Administration (SAMHSA)
Nebraska Legislature
Nebraska Department of Health and Human Services
 Division of Behavioral Health
 Division of Children and Families
 Division of Medicaid and Long Term Care
 Heritage Health Program for Medicaid and Long Term Care