



# **Dickinson County**

Crisis Navigation Guide



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For additional resources see the [Dickinson County Resource Guide](#)



# Food Insecurity

## Upper Des Moines Opportunity

### Hours:

- Monday, Tuesday, Thursday 8:30am - 4:00pm
- Wednesday, Friday 10:00am - 3:30pm

Address: 1575 18th Street, Spirit Lake, Iowa 51360

Phone: (712) 336 - 1112

\*Food available beyond pantry hours\*

## Dickinson County Department of Health and Human Services

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

Address: 1802 Hill Avenue, Suite 2401, Spirit Lake, Iowa 51360

Phone: (712) 336 - 2555 | 1 (886) 336 - 2555

# Emergency Food Assistance

## Randy's Pantry

Hours: 24/7 outdoor food cupboards (Available Spring/Summer/Fall)

### Addresses:

- Lakes Area Senior Center (2101 Zenith Ave, Spirit Lake, IA 51360)
- LRH Physical Therapy (1003 21st St, Milford, IA 51351)

\*Food quantity and quality is subject to change\*

## SNAP Application

1 (855) 944-3663

[www.dhs.iowa.gov/how-to-apply](http://www.dhs.iowa.gov/how-to-apply)



WIC Calendar  
& Contact  
Information



Learn more about  
Dickinson County  
Hunger Coalition

# Monthly Food Pantries

## Lake Park First Presbyterian

Hours: 4:30pm - 6:30pm (First Thursday of Every Month)

Address: 1220 South Market Street, Lake Park, Iowa 51347

Phone: (712) 832 - 3401

## Good News Church (Okoboji)

Hours: 9:00am (First and Third Saturday of Every Month)

Address: 1010 Julia Street, Okoboji, Iowa 51355

Phone: (712) 332 - 5698

## Spirit Life (Spirit Lake)

Hours: 8am-10am (Second and Fourth Saturday of the Month)

Address: 2504 Enterprise Avenue, Spirit lake, Iowa 51360

Phone: (712) 336 - 0114

## Milford Downtown Church

Hours: 4:30pm - 6:30pm (Third Thursday of Every Month)

Address: 2105 North Avenue, Milford, Iowa 51351

Phone: (712) 338 - 4740

# Housing & Homelessness

## Resources for 18+

### **Daniel House (712) 336-5340**

**\*\*Male 18+ Only\*\***

Supportive housing for homeless individuals or recovering addicts for up to 6 months

### **Discovery House (712) 336-5340**

**\*\*Female 18+ Only\*\***

Supportive housing for homeless individuals or recovering addicts for up to 6 months

### **Immediate Housing Assistance**

for Homeless Adults  
(Shelters are often busy but should be first resource called)

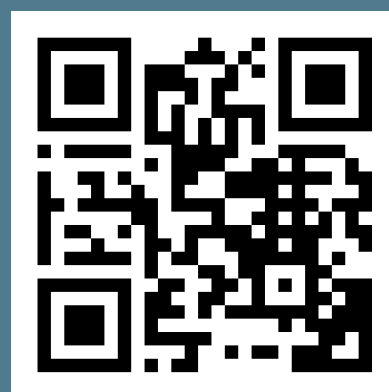
### **Northwest Iowa Regional Housing Authority (712) 262-7460**

Assists low-income individuals with section 8 housing vouchers, utility payments, and other housing costs

### **UDMO Housing Assistance: Call Statewide Crisis Line: 1-833-739-0065**

Assist income-eligible people to regain stability in permanent housing after experiencing a housing crisis and/or homelessness.

## Resources for Adults with Children



Learn more about UDMO

### **Homeless Coordination by UDMO**

Call Outreach Office: 712-336-1112  
Mon-Fri 8 am-4 pm  
(Closed 12pm - 1pm daily)

A starting point for anyone experiencing homelessness. Help guide individuals to correct supports and housing programs appropriate to their situation.

**Assistance Referrals & Programs**  
**\*\*Can be used by anyone in need\*\***

## Resources for All Ages

### **Atlas of the Lakes Area**

Hours: Mon-Fri 9 am-4 pm or by appointment  
Phone: 712-332-6390  
Email: lakesatlas@gmail.com  
Website: <https://www.lakesatlas.com>

Providing support to individuals facing relational, physical, emotional, financial, and/or spiritual struggles.



# Mental Health



**988 Suicide & Crisis Hotline** (Call 988 or Online Chat)

**Seasons Crisis Line** Call 844.345.4569

**Crisis Text Line** (Text HOME to 741741)

\*\*All crisis lines can be used by individuals in crisis or by individuals concerned about the well-being of someone else\*\*

## Plains Area Mental Health

Emergency Line: 1.888.546.0730

Crisis Appointments: Monday - Thursday, 8am - 2 pm

\*\*Appointments for an immediate need\*\*

Visit <http://plainsareamentalhealth.org/> for location information. See the transportation section for transport assistance.

## Mental Health Crisis

### Seasons Mobile Crisis Unit

\*\* Only in cases with schools, law enforcement, hospitals, and medical clinics\*\*

Learn more about Seasons Mobile Crisis Unit



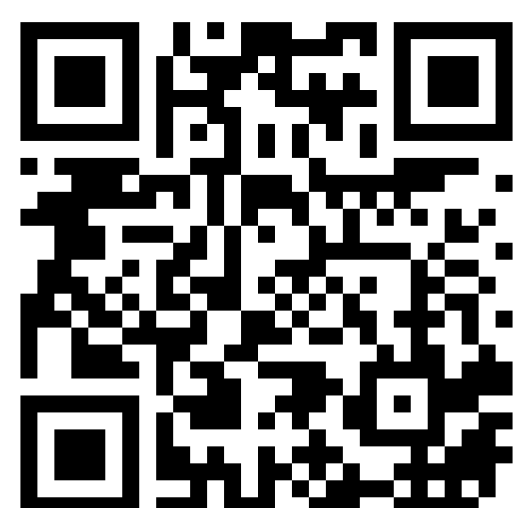
If crisis situation has dissipated: Offer and provide non-crisis resources

## General Mental Health Resources

### Iowa Warm Line: 1-844-775-WARM (9276)

24/7 non-crisis, confidential listening line for anyone struggling w/ mental health.

Learn more about Dickinson County Behavioral Health Coalition & "Let's Talk Dickinson"



### Elevate Therapy & Assessment

Phone: (712) 338-6200  
[www.elevatetherapy.org/](http://www.elevatetherapy.org/)  
Hours: Monday- Friday, 8 am- 5 pm

Offering individual therapy and psychological testing

### Seasons

Phone: (800) 242-5101  
<https://seasonscenter.org>  
Hours: Monday- Friday, 8 am- 5 pm

Offering adult, child, and family services

### Plains Area Mental Health

Open Access Appointments: Monday- Thursday, 8 am – 3 pm & Friday, 8am – 2 pm

No appointment needed, starts the process of services. Eligible regardless of insurance.

### 211 Mental Health Assistance

Call 211 (or 515-246-6555), text your ZIP code to 898211, utilize 211 online chat, or download the 211 app.



# Substance Abuse

**Immediate  
Crisis:**  
Call 911 if you or  
an individual is  
in immediate  
danger

## Resources for Adults & Adolescents

### **Rosecrance Jackson Centers**

Spencer 712-584-2030  
Sioux City, Cherokee, Denison,  
LeMars, Sheldon  
712-234-2300  
<https://rosecrancejackson.org/>

### **Seasons**

Spirit Lake, 1401 Hill Ave.  
1-800-242-5101  
<https://seasonscenter.org/>  
*Insurance does not cover Trauma  
Therapy Services*

### **Shade of the Tree**

Spirit Lake, 900 Lake Street  
712-330-9140  
<http://www.myshadeofthetree.com>  
*Additional Benefits  
Sliding Scale fees available to help  
cost of treatment*

### **Plains Area Mental Health**

Spirit Lake, 710 Late St. Suite 2  
712-320-8112  
<https://plainsareamentalhealth.org/>  
*Provides Free Online Mental Health  
Screening*

### **All Those Yesterdays**

Spencer, 1900 North Grand Ave  
North, Suite A  
712-363-5886  
<http://www.allthoseyesterdays.org>

**All Resources Require  
Appointment Booking**

### **SAMHSA National Helpline**

1-800-662-4357

Substance Abuse Mental Health Services Administration: Confidential public health agencies, to find  
substance abuse treatment & info

### **Veterans Counseling Center**

Sioux City  
712-255-3808

### **Veterans Crisis Line**

Call 988 and Select 1  
Text 838255

**Resources  
for Veterans**



# Transportation

## RIDES Regional Transit Authority

### RIDES

\$- Fees vary per location

Number: 1 (800) 358 - 5037 - \*1 (866) 572 - 7662\*

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

Address: 522 10th Avenue, Spencer, Iowa 51301

Website: <https://nwiarides.org>

App: R Mobile App (Uber-like app for scheduling pickups)

- Public transportation open to all individuals, including those with disabilities.
- Medicaid transportation available. All fleet vehicles are para accessible.
- Rides are cashless, paid through My Rides Account. Can deposit funds via check, in person at the Spencer office, or by credit card over the phone.
- Those 60+ may be eligible for fare assistance or reduced fare through Elderbridge. Form completed annually.



Learn more about RIDES with their Passenger Guide

Uber and Lyft ride share services available, yet limited, in the Iowa Great Lakes.

## Taxi Services

### Lakes Taxi

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Number: (712) 339 - 0329

Hours: Tuesday - Saturday  
12:00am - 12:00pm

Address: 1302 Depot Avenue,  
Okoboji, Iowa 51355

### Chopper Cab

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Number: (712) 330 - 6276

Hours: Monday - Sunday  
12:00pm - 12:00am

Address: 1946 145th Street,  
Spirit Lake, Iowa 51360

### Golden Mullet Cabs

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Number: (712) 330 - 6276

Hours: Monday - Sunday  
9:00am - 4:00am

Address: Arnolds Park, Iowa  
51331

### Royalty Rides

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Number: (712) 330 - 9929

Hours: Monday - Sunday  
Appointment Based

Address: Okoboji, Iowa 51355





Made in partnership with the following organizations and Iowa State University Service Learning students Bayley McCormick, Laura Kerton, and Loganne Basul

**DICKINSON COUNTY**  
BEHAVIORAL HEALTH COALITION

 **Lakes Regional  
Healthcare**  
An Avera Partner

 Dickinson County  
Hunger Coalition