



# Phelps County Resources

MOCA's vision is to be a catalyst for social and economic prosperity by being a vital, progressive and proactive partner in all our communities.

Organization Name:	Phone	Address	Description
<b>General</b>			
<p>Red Cross (Serves Camden, Maries, Miller, Gasconade, Pulaski, Phelps and Crawford Counties)</p>	573-635-1132	431 East McCarty Jefferson City, MO 65101	<ul style="list-style-type: none"> <li>• Disaster Relief</li> <li>• CPR, First Aid, Lifeguard Training</li> <li>• Shelter</li> <li>• Food</li> <li>• Mental Health Services</li> </ul>
<p>Rehabilitation Services for the Blind Office  Mid-Missouri Region (Serves Camden, Miller, Maries, Pulaski, Gasconade and Phelps Counties)</p>	800-592-6004 Option 2	3418 Knipp Drive, Suite A-2 PO Box 919 Jefferson City, MO 65102	<ul style="list-style-type: none"> <li>• Assessment of Barriers to Employment</li> <li>• Vocational Guidance and Counseling</li> <li>• Physical and Mental Health Services</li> <li>• Specialized Training to Enable the Individual to Function Independently and Safely in the Home and Community</li> <li>• Vocational Training and/or College Attendance</li> <li>• Employment-related Tools and Equipment</li> <li>• Specialized Assistive Aids and Devices</li> <li>• Job Placement and Follow-up</li> <li>• Vocationally-related Services for High School Students</li> </ul>
<p>The Patient Advocate Foundation (Serves all 8 Counties)</p>	800-532-5274	Headquarters Hampton, VA 23666	<ul style="list-style-type: none"> <li>• Provides Access to Health Care</li> <li>• Free Prescription Medicines</li> <li>• Other Medical Assistance Case Management (One on One) to Resolve Healthcare Issues</li> <li>• Financial Aid Fund - Provides Small Grants Must Meet Financial and Medical Criteria. First Come, First Served.</li> <li>• Co Pay Relief Program - Help with Cost of Pharmaceutical and Medications and Treatments</li> </ul> <p>Call to see if eligible for this Program</p>
<p>University of Missouri Extension in Phelps County</p>	573-458-6260	200 North Main Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Food Production Support Services</li> <li>• Community Gardening</li> <li>• Home Gardening Assistance/Supplies</li> <li>• Continuing &amp; Nutrition Education</li> <li>• Parenting Skills Classes</li> </ul>
<b>Education</b>			
<p>East Central College</p>	573-466-4100	500 Forum Drive Rolla, MO 65401	<ul style="list-style-type: none"> <li>• GED/HiSET Instruction Mondays, Tuesday, Thursday and Fridays Instruction Only</li> </ul>
<p>Missouri Adult Education Programs Rolla</p>	573-719-1323	1304 East 10th Street Rolla, MO 65401	<ul style="list-style-type: none"> <li>• GED/HiSET Instruction</li> </ul>

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<b>Education</b>			
Parents as Teachers (Serves Rolla Public School District)	573-458-0193	500 A Forum Drive Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Mentoring</li> </ul>
ParentLink WarmLine (Serves all 8 Counties)	573-882-7321 800-552-8522	4800 Santana Circle Columbia, MO 65201	<ul style="list-style-type: none"> <li>• Direct Access to Family Strengthening Information and Support (Visit with Professionals who can Assist in thinking through Solutions to your Parenting Concerns. Have Professionals with Masters Degrees in Human Service Fields and Counseling Psychology).</li> <li>• WarmLine Available Monday through Friday 8:00 a.m. to 10:00 p.m. Saturday and Sunday 12:00 p.m. to 5:00 p.m.</li> </ul>
Rolla Head Start	573-364-8252	1811 East 10th Street Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Head Start Offers Full Day/Part Year Programs and Part Day/Part Year Programs</li> <li>• Children Must be Three Years Old by July 31st to Apply for the Upcoming School Year</li> <li>• Transportation Assistance is Available for Most Children</li> </ul>
Rolla Technical Institute/Center	573-458-0150 Ext. 1503	1304 East 10th Room 500 Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Educational Opportunity in Trade &amp; Technical Programs</li> <li>• Educational Opportunity on Allied Health Programs</li> </ul>
St James Head Start	573-265-3257	1518 Lola Lane Street St. James, MO 65559	<ul style="list-style-type: none"> <li>• Head Start Offers Part Day/Part Year Programs</li> <li>• Children Must be Three Years Old by July 31st to Apply for the Upcoming School Year</li> <li>• Transportation Assistance is Available for Most Children</li> </ul>
<b>Phelps County Emergency Coordinators</b>			
Phelps County	Corporal Mike Kirm	573-426-3841	500 West 2nd Street Rolla MO Disaster Response
Rolla	Griggs Matt	573-364-3989	1490 East 10th Street Rolla MO Disaster Response
St. James	Bruce Parton	573-265-7212	P.O. Box 600 St. James MO Disaster Response

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<b>Emergency</b>			
<p>Crawford Electric Charitable Trust <b><u>(NOT UTILITIES ASSISTANCE)</u></b>  (Serves Phelps, Gasconade and Crawford Counties)</p>	573-732-4415	10301 North Service Road Bourbon, MO 65441	<p><b>Charitable Trust Assists with Basic Needs</b></p> <ul style="list-style-type: none"> <li>• Food</li> <li>• Shelter</li> <li>• Clothing</li> <li>• Health Care</li> </ul> <ul style="list-style-type: none"> <li>• <b><u>CHARITABLE TRUST DOES NOT PAY POWER BILLS.</u></b></li> <li>• <b><u>MUST HAVE SERVICE WITH CRAWFORD ELECTRIC</u></b></li> </ul>
<p>Family Advocacy Program  (Serves Laclede, Miller, Phelps and Pulaski Counties)</p>	573-596-0998 573-596-0446 Hotline	140 Replacement Avenue Suite 1109 Fort Leonard Wood, MO 65473	<ul style="list-style-type: none"> <li>• Domestic Violence Resource</li> <li>• Battered Intervention Groups</li> <li>• Court/Legal Advocacy</li> <li>• Economic Education and Advocacy</li> <li>• Professional Therapy for Individual Children/Male Survivors/Individual Women</li> </ul> <ul style="list-style-type: none"> <li>• Hospital, Medical, Law Enforcement, and Military Advocacy</li> <li>• Primary Prevention</li> <li>• Support Groups for Children, Male Survivors, and Women</li> </ul>
<p>First Baptist Church</p>	573-364-3060	801 North Cedar St Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Coats</li> </ul> <p>October - December Open 6:00 p.m. - 7:00 p.m. January - September Call for an Appointment</p>
<p>Genesis: A Place of New Beginnings  (Serves Camden, Laclede, Miller, Phelps and Pulaski Counties)  Crisis Text Line 573-433-4631</p>	Toll Free 877-774-2628  573-774-2628	PO Box 4177 Waynesville, MO 65583	<ul style="list-style-type: none"> <li>• Safe shelter and services for victims of domestic violence, sexual assault and sex trafficking</li> </ul>
<p>Good Samaritan of the Ozarks  (Serves Pulaski, Phelps Camden and Laclede Counties)</p>	573-774-5011	1809 Historic Route 66 West Waynesville, MO 65583 Secondary Location 112 W. National Ave. Richland, MO 65556	<ul style="list-style-type: none"> <li>• Food</li> <li>• Medical Equipment</li> </ul> <ul style="list-style-type: none"> <li>• Clothing</li> <li>• Limited Financial Assistance</li> </ul>

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GRACE (Greater Rolla Area Charitable Enterprises)	573-368-5577	601 North Elm Street Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Food Ministry First Tuesday 3:00 - 6:00 pm</li> <li>• Utilities</li> <li>• Rent</li> </ul> <ul style="list-style-type: none"> <li>• Financial Emergency</li> <li>• Grace for Christmas</li> </ul>
Greentree Christian Church	573-364-2649	800 Greentree Road Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Food Pantry</li> <li>• Must Show Proof of Address</li> <li>• Rolla Area Only</li> </ul> <ul style="list-style-type: none"> <li>• Food Distribution 1st Tuesday of Every Month at 10:00 a.m.</li> </ul>
Helping Hands of Central Missouri (Serves Pulaski, Maries, Camden, and Phelps Counties)	573-493-2716	784 Highway 52 St. Elizabeth, MO 65075	<ul style="list-style-type: none"> <li>• Food Pantry</li> </ul>
Kids Harbor Advocacy Center (Serves Camden, Laclede, Maries Miller, Phelps and Pulaski Counties)	573-348-6886	5717 Chapel Drive Osage Beach, MO 65065	<ul style="list-style-type: none"> <li>• Advocates on behalf of child</li> <li>• Mental Health Counseling</li> <li>• Transportation</li> </ul> <ul style="list-style-type: none"> <li>• Crisis intervention and emotional support for victims</li> </ul>
Legal Aid of Southern Missouri (Serves Crawford, Gasconade, Laclede, Maries, Phelps, and Pulaski Counties)	800-444-4863	809 North Campbell Avenue Springfield, MO 65802	<ul style="list-style-type: none"> <li>• Family Law</li> <li>• Debt</li> <li>• Bankruptcy</li> <li>• Domestic Violence and Orders of Protection</li> </ul> <ul style="list-style-type: none"> <li>• Elder Law</li> <li>• Veterans Assistance</li> <li>• Employment Law</li> <li>• Landlord/Tenant Law</li> </ul>
MERS Goodwill Rolla Retail Store	573-458-2285	1304 Forum Drive Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Thrift Shop</li> <li>• Baby Clothing/Diaper Donation Program</li> <li>• Appliance Donation Programs</li> <li>• Bedding/Linen Donation Program</li> </ul> <ul style="list-style-type: none"> <li>• Books/Magazine Donation Program</li> <li>• Children Clothing/Baby Furniture/Toys/Games Donation Program</li> </ul>

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Metamorphosis Outreach and Empowerment Center (MOEC) (Serves all 8 Counties)	573-336-2266	1018 Missouri Avenue Suite 7 St. Robert, MO 65584	<ul style="list-style-type: none"> <li>• Washer and Dryer onsite for use</li> <li>• Food Pantry</li> <li>• Community Outreach Meal First Sunday of Month 12:00 p.m. - 2:00 p.m. The Spice Café 690 Mo Avenue, St. Robert, MO</li> </ul>
Phelps County Family Crisis Services, Inc. (Serves Crawford, Maries and Phelps Counties)	573-364-0579 573-201-4102 Vienna 573-364-0222 Phelps Hotline	PO Box 2259 Rolla, MO 65402	<ul style="list-style-type: none"> <li>• Domestic Violence Resource</li> <li>• Battered Intervention Groups</li> <li>• Court/Legal Advocacy</li> <li>• Economic Education and Advocacy</li> <li>• Professional Therapy for Individual Children and Individual Women</li> <li>• Local Transportation</li> <li>• Motel Placement</li> <li>• Hospital, Medical, Law Enforcement Advocacy</li> <li>• Primary Prevention</li> <li>• Support Groups for Children and Women</li> <li>• Safe at Home Application Assistance</li> <li>• Shelter</li> <li>• Structured Program for Children</li> </ul>
Phelps County Mobile Pantry	573-474-1020	800 Greentree Road Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Food Pantries</li> <li>• 1st Tuesday of every month 10 a.m. to noon</li> <li>• Bring Social Security Card for Everyone, Photo ID and Proof of Address</li> </ul>
Rolla Church of the Nazarene	573-364-1901	1901 West 10th Street Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Emergency Food Pantry</li> <li>• Benevolence Funds</li> </ul>
Rolla Public Library	573-364-2604	900 Pine Street Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Extreme Heat/Cooling Centers</li> </ul>
Russell House Phelps County Family Crisis Service (Serves Crawford and Phelps Counties)	573-364-0579 573-364-0222 Hotline 800-998-8340 Hotline	PO Box 2259 Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Domestic Violence (DM) Shelters</li> <li>• DM Intervention Programs</li> <li>• Crime Victim Support</li> <li>• Parenting Skills Classes</li> <li>• Life Skills Education</li> <li>• Abuse/Violence Support Groups</li> <li>• In Person Crisis Intervention</li> <li>• Legal Services</li> </ul>
St. James Caring Center (Serves the St James School District)	573-265-2047	113 West Eldon St. James, MO 65559	<ul style="list-style-type: none"> <li>• Benevolence Assistance</li> <li>• Food Pantry</li> <li>• Buddy Pack Monday-Friday 9:30 a.m. - 5:00 p.m.</li> <li>• Educational Life Skills Classes Monday - Friday 9:00 a.m. - 12:00 p.m.</li> </ul>

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SAFELINK (Serves all 8 Counties)	888-572-7931	PO Box 220009 Milwaukie, OR 97269-0009	<ul style="list-style-type: none"> <li>• Free Cell Phone and Minutes Program</li> </ul>
Salvation Army	573-368-4919	102 East 4th Street Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Utilities</li> <li>• Rent</li> <li>• Medicine</li> <li>• Gas (for Car)</li> <li>• Clothing Assistance Monday-Friday 9:30 a.m. - 5:00 p.m. Saturday 10:00 a.m. - 5:00 p.m.</li> </ul>
Shelters (Serves all 8 Counties)	573-635-1975 Ext #6	927 Jefferson Street Jefferson City, MO 65105	<ul style="list-style-type: none"> <li>• Shelters located in Jefferson City, MO and Columbia, MO</li> </ul>
The Center	573-341-2386	1200 North Holloway Street Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Extreme Heat/Cooling Center</li> </ul>
The Rolla Mission	573-308-5474	708 N. Main St. Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Free Laundromat</li> <li>• Free Shower</li> <li>• 3 Free meals/day to those in need</li> <li>• Playroom for children</li> <li>• Free WiFi</li> <li>• Emergency overnight stay Nov. to March Hours: M-Thurs. 8am to 6pm Fri. 10am to 1pm Sun. 8am to Noon</li> </ul>
Visions Unlimited Food Pantry (Serves Miller, Laclede, Pulaski, Camden and Phelps Counties)	573-392-5844	476 Highway Y Eldon, MO 65026	<ul style="list-style-type: none"> <li>• Food Assistance</li> </ul>
<b>Employment</b>			
Experience Works (Serves Gasconade, Maries, Phelps and Miller Counties)	573-442-0067	2012 Cherry Hill Drive Columbia, MO 65203	<ul style="list-style-type: none"> <li>• Must be 55 and older, low income</li> <li>• Out of work for 6 Months</li> <li>• Show proof of income and SS Statement</li> <li>• Will Place in Host Agency for Basic Training</li> <li>• Pays minimum wage, 18 Hours a week, Not to Exceed 4 Years</li> </ul>
MERS/Goodwill (Serves Crawford, Gasconade, Maries, Camden and Phelps Counties)	573-364-0428	514 B Route Wyman Road Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Overcoming Barriers to Employment</li> <li>• Job Readiness</li> <li>• Job Development</li> <li>• Going Back to School</li> <li>• Volunteering</li> <li>• Vocational Assessment</li> </ul>

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Organization Name:	Phone	Address	Description
<b>Employment</b>			
Missouri Career Center (Serves Maries, Crawford, Phelps and Gasconade Counties)	573-364-7030	706 South Bishop Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Employment and Training Services for Youth (14-21) Adults (18+) &amp; Dislocated Workers</li> <li>• Job Listings</li> <li>• HiSET Monday, Tuesday, Thursday 9:00 a.m. - 12:00 p.m.</li> </ul> <ul style="list-style-type: none"> <li>• Monday, Tuesday, Thursday and Friday 8:00 a.m. - 5:00 p.m.</li> <li>• Wednesday 9:00 a.m. - 5:00 p.m.</li> </ul>
Preferred Employment Services (Serves Pulaski, Crawford, Phelps, Gasconade, and Maries Counties)	573-341-2606	1208 Highway 72 Box 8 Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Job Searching</li> </ul>
Senior Companions Phelps County Court House	573-458-6180	200 North Main Suite 308 Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Volunteers age 55 and over provide assistance and Friendship to Adults who have Difficulty with Daily Living Tasks</li> </ul> <ul style="list-style-type: none"> <li>• Serve 15 to 10 Hours Per Week</li> <li>• Assist Average 2 to 4 Adults</li> <li>• May Qualify to Earn a Tax-Free Hourly Stipend</li> </ul>
Rolla Area Sheltered Workshop	573-364-2883	3900 Hypoint Blvd. Rolla MO 65401	<ul style="list-style-type: none"> <li>• Sheltered Workshop - Employment Opportunities for Individuals with Disabilities</li> </ul>
Vocational Rehabilitation (Serves Phelps, Maries, Pulaski, & Crawford Counties)	573-368-2366	1101 West Kingshighway Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Assists Individuals with Disabilities Reach an Employment Goal</li> </ul>
<b>Health</b>			
A+ CDS, LLC	573-729-2100	PO Box 1000 1120 S. Main St. Salem, MO 65560	<ul style="list-style-type: none"> <li>• <b>Must have active Missouri Medicaid</b></li> <li>• Assistance with bathing/grooming/toileting</li> <li>• Equipment maintenance</li> </ul> <ul style="list-style-type: none"> <li>• Meal preparation</li> <li>• Homemaker chores</li> <li>• Transportation</li> </ul>
Abundant Blessings Celebrate Recovery Program	573-364-1901	31 W. 3rd St. Newburg, MO	<ul style="list-style-type: none"> <li>• Meets evry Friday at 6pm.</li> <li>• Meal is served</li> <li>• If you have a hurt, habit or hang up, they can help.</li> </ul>



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<b>Health</b>			
American Home Care (Serves Maries, Phelps, Pulaski, Crawford and Gasconade Counties)	573-364-3610 800-489-2273	1026 Kingshighway Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Home Care</li> <li>• Personal Care</li> <li>• Errands</li> </ul> <ul style="list-style-type: none"> <li>• Respite Care</li> <li>• Nursing</li> <li>• Prescription Medication Monitoring System</li> </ul>
Children's Health Insurance Program (CHIP) (Serves all 8 Counties)	573-368-2340	1111 Kingshighway Rolla, MO 65401	<ul style="list-style-type: none"> <li>• CHIP provides low-cost health coverage to children and families that earn too much money to qualify for MEDICAID. In some states, CHIP covers parents and pregnant women. Works closely with Medicaid program. In many cases, if you qualify for MEDICAID, your children will qualify for either MEDICAID or CHIP.</li> </ul> <ul style="list-style-type: none"> <li>• You can apply for Medicaid and CHIP two ways:               <ol style="list-style-type: none"> <li>1. Fill out an application through the Health Insurance Marketplace. <a href="https://www.healthcare.gov/get-coverage/">https://www.healthcare.gov/get-coverage/</a></li> <li>2. You can apply directly to your state Medicaid agency.</li> </ol> </li> </ul>
CLAIM (State Health Insurance Assistance Program) (Serves all 8 Counties)	800-390-3330 claim@primaris.org	200 North Keene Street Suite 101 Columbia, MO 65201	<ul style="list-style-type: none"> <li>• Answer Medicare Questions</li> <li>• Enrollment and Billing</li> <li>• Prescription Drug Plan</li> <li>• Long Term Care Planning and Insurance</li> <li>• Medigap and Supplemental Insurance</li> </ul> <ul style="list-style-type: none"> <li>• Medicare Advantage Plans</li> <li>• Public Benefits</li> <li>• Appeals and Grievances</li> <li>• Suspected Waste, Fraud and Abuse</li> </ul>
Dental Lifeline Network (Serves all 8 Counties)	573-636-4440	Statewide	<ul style="list-style-type: none"> <li>• For Disabled/Seniors/Medically Compromised</li> <li>• Fill Out Application and Mail, They will Call Back</li> </ul>
Department of Mental Health (Serves all 8 Counties)	573-368-2200	105 Fairgrounds Road Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Mental Health Services</li> </ul>
Direct Primary Care Clinic (Serves all 8 Counties)	417-664-5054 573-933-0870 dpcareclinics.com	5780 Osage Beach Parkway Suite 215 Osage Beach, MO 65065	<ul style="list-style-type: none"> <li>• Membership gives you Unlimited Office Visits, Time with Physician, Unlimited Lab Draws, Nurse Visits, Same Day Appointments, Discounted Non-Emergent Home Visits</li> </ul> <ul style="list-style-type: none"> <li>• Offers Membership Plans for Individuals, Couples and Families</li> <li>• Check Web Site for Covered Procedures</li> </ul>

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<b>Health</b>			
Family Support Division	855-373-4636	1111 Kingshighway Suite A Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Food Stamps</li> <li>• Medicaid</li> <li>• TANF</li> <li>• Blind Pension</li> <li>• Qualified Medicare Beneficiary</li> <li>• Specified Low-Income Medicare Beneficiary</li> <li>• Child Care</li> </ul>
Hope Connections Counseling	833-338-4673	401 N. Rolla St. Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Domestic Violence Groups</li> <li>• Anger Management Groups</li> <li>• Parent Education</li> <li>• Substance Abuse Groups</li> <li>• EMDR (Trauma) and Play Therapy</li> </ul>
Jordan Valley Community Health Center (Serves all 8 Counties)	417-334-8337	860 Lynn Street Lebanon, MO 65536	<ul style="list-style-type: none"> <li>• Accepts Sliding Fee, Medicare, Medicaid, Insurance</li> <li>• Vision</li> <li>• Dental</li> <li>• Medical</li> <li>• Behavioral Health</li> <li>• Dietitian</li> <li>• On Site Walgreens Pharmacy</li> <li>• Trudi's Kids: Mobile Units Services</li> <li>• Express Care Clinic</li> <li>• Women's Health and Our Healthy Start</li> </ul>
Lifeline Pregnancy Care Center (Serves Crawford, Phelps and Gasconade Counties)	573-885-3040	1017 Westside Drive Cuba, MO 65453	<ul style="list-style-type: none"> <li>• All Services are Free</li> <li>• Pregnancy Test</li> <li>• Ultra Sound (Limited 1st Trimester Ultrasounds)</li> <li>• Care Counseling</li> <li>• Facts on Pregnancy and Fetal Development</li> <li>• Parenting Classes</li> <li>• Maternity/Baby Clothes</li> </ul>
Lions Club	Dale Carpenter 573-466-0218	1061 S. Bishop Ave. Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Eyeglasses</li> </ul>
Missouri Southern State University	573-458-0101 Ext. 16116	500 Forum Drive Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Dental Hygiene Services for anyone over the age of 5</li> </ul>
Missouricare (must be enrolled in Medicaid)	Missouricare 800-322-6027 Medicaid 800-348-6627	<a href="http://www.missouricare.com">www.missouricare.com</a>	<ul style="list-style-type: none"> <li>• Weight Watchers</li> <li>• Curves Complete</li> <li>• Enhanced Transportation</li> <li>• Peak Flow Meters</li> <li>• Boy Scouts</li> <li>• Boys &amp; Girls Clubs</li> <li>• Girl Scouts</li> <li>• 4-H Club</li> <li>• Vision Camp</li> <li>• Diabetes Camp</li> <li>• Childbirth &amp; Breastfeeding Classes</li> <li>• Baby Showers</li> <li>• Breast Pump</li> <li>• Maternity Program</li> <li>• Nurses for Newborns</li> <li>• Maternity Support Hose &amp; Support Belts</li> </ul>

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Health			
MOCOR Missouri Community Options & Resources (Serves all 8 Counties)	855-834-8555	<a href="http://mocor.mo.gov">http://mocor.mo.gov</a>	<ul style="list-style-type: none"> <li>Elderly and Disabled Missourians connect with Agencies that can Help a Person to Continue to Live in their Home and Avoid Going into Nursing Home or Other Institution</li> </ul>
Partnership for Prescription Assistance (Serves all 8 Counties)	www.pparx.org 888-477-2669	No Physical Address	<ul style="list-style-type: none"> <li>Get Free or Nearly Free Brand-Name Medicines for Low-income, Uninsured Patients</li> </ul>
Pathways (Serves Phelps, Miller, Crawford, Gasconade, and Laclede Counties)	573-364-7551 573-364-0469	1450 East 10th Street Rolla, MO 65402	<ul style="list-style-type: none"> <li>Crisis Intervention Counseling</li> <li>Mental Health Issues</li> </ul>
Phelps County Care Coordinator	573-364-7255	1440 Forum Drive Rolla, MO 65401	<ul style="list-style-type: none"> <li>Personal Services to Elderly or Disabled Clients in their Residence</li> <li>Case/Care Management</li> </ul> <ul style="list-style-type: none"> <li>Skilled Services such as Nursing Social Services, and Therapeutic Treatments (Physical, Speech, Occupational Therapy)</li> </ul>
Phelps County Health Department (Serves Phelps and Maries)	573-458-6010	200 North Main Rolla, MO 65401	<ul style="list-style-type: none"> <li>Immunizations</li> <li>STD, TB and Lab Testing</li> <li>WIC</li> <li>Home Health Care</li> <li>Women's Clinic</li> <li>Wellness Checks</li> </ul> <ul style="list-style-type: none"> <li>Free car seats to income qualified</li> <li>Car seat inspections</li> <li>Food Handling Classes</li> <li><b>Free Vaccinations</b>- ages 11 and older without Insurance (Menningococcal, Tdaps, Cervarix/HPV)</li> </ul>
Phelps County Medical Regional Center (PCRMC) Home Health	573-364-2425	1000 West 10th Street Rolla, MO 65401	<ul style="list-style-type: none"> <li>Skilled Nursing Care</li> <li>Physical Therapy</li> <li>Home Health Aide</li> </ul> <ul style="list-style-type: none"> <li>Speech Therapy</li> <li>Occupational Therapy</li> <li>Enrollment into affordable health care</li> </ul>
Phelps County Senior Companions	573-458-6180	200 North Main Street Suite 308 Rolla, MO 65401	<ul style="list-style-type: none"> <li>Respite Care</li> <li>Companionship</li> </ul> <ul style="list-style-type: none"> <li>Transportation</li> <li>Light Housekeeping</li> </ul>

# Phelps County Resources

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Organization Name:	Phone	Address	Description	
Health				
Prevention Consultants	573-368-4755	104 East 7th Street Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Drug and Alcohol Counseling</li> <li>• Workshops on Drug and Alcohol Abuse</li> <li>• Parenting Classes</li> </ul>	<ul style="list-style-type: none"> <li>• Anger Management Mentoring Makes a Difference Program</li> <li>• Mental Health Issues</li> <li>• Mental Health First Aid</li> </ul>
Pyramid Home Health Services (Serves all 8 Counties)	800-695-5791 Medical Transportation Management  800-603-4825 In-Home/CDS  800-690-1753 Home Health	In-Home/CDS Rolla, MO Call Center  Home Health Mid-Missouri Call Center	<ul style="list-style-type: none"> <li>• Medical Transportation Management</li> <li>• Care Transitions Management</li> <li>24/7X365 Clinician Availability</li> <li>Telemonitoring including weight, pulse oximeter, EKG, and blood pressure</li> <li>• In Home Services</li> <li>• Consumer Directed Services - Your Own Caregiver</li> <li>• Home Health</li> <li>Nursing, OT, PT, Home Health Aide, Wound Healing</li> <li>Dieticians, Home Infusion, Telemonitoring and</li> <li>Speech Therapy</li> </ul>	<ul style="list-style-type: none"> <li>• Pharmacy</li> <li>In Home Visits to Identify all Medications in the Home</li> <li>Free Home Delivery</li> <li>• Free Multi-Dose Packaging</li> <li>Ensures the Right Medication is Taken at the Right Time</li> <li>Accepts Medicare/Medicaid/Insurances</li> <li>Call to check for Insurance Companies Coverage</li> </ul>
Rolla Dental Hygiene	573-458-0101 Ext 16116	500 Forum Drive Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Preventive Dental Care</li> </ul>	
Rolla Family Clinic (Serves all 8 Counties)	573-426-5900	1060 South Bishop Rolla, MO 65401 www.rollafamilyclinic.com	<ul style="list-style-type: none"> <li>• Walk In No Appointment</li> <li>• Hours Monday through Friday 9:00 a.m. - 9:00 p.m.</li> <li>• X-Rays and Ultrasounds</li> <li>• Laceration Repair</li> </ul>	<ul style="list-style-type: none"> <li>• Immunizations</li> <li>• DOT Physicals</li> <li>• Any Illness or Injury</li> <li>• Cheaper and Faster than Emergency Room</li> </ul>
Rolla Pregnancy Resource Center (Serves Maries, Pulaski, Phelps and Gasconade Counties)	573-368-5700	1210 East Route 72 Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Free- Pregnancy Tests</li> <li>• Ultra Sounds</li> <li>• Counseling Services</li> <li>• Post-abortive Counseling</li> </ul>	<ul style="list-style-type: none"> <li>• Diapers</li> <li>• Baby Boutique</li> <li>• Parenting Classes</li> </ul>
RX Aid Prescription Assistance (Serves all 8 Counties)	877-610-9360	No Physical Address	<ul style="list-style-type: none"> <li>• Program that can help the Uninsured get Needed Prescriptions at Low Cost or for Free</li> </ul>	

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Organization Name:	Phone	Address	Description
<b>Health</b>			
RX Relief (Serves all 8 Counties)	800-776-0760	No Physical Address	<ul style="list-style-type: none"> <li>• Save up to 75% on Prescription Drugs</li> </ul>
Social Security Administration (Serves Phelps, Crawford, Camden and Pulaski Counties)	800-551-2056	1813 East 10th Street Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Retirement</li> <li>• Medicare Part D Application</li> <li>• Disability</li> <li>• Medicare and Social Security Cards</li> </ul>
The Community Partnership (Serves Gasconade, Crawford, Maries, Pulaski and Phelps Counties)	573-368-2849	1101 Hauck Drive Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Young Parents</li> <li>• Capable Kids and Families</li> <li>• Independent Living</li> <li>• Early Care and Education</li> <li>• Linking Hearts Adoption Fair</li> <li>• Partnership Resale Shop</li> <li>• Linking Adoption - Yearly</li> <li>• Fostering Program</li> </ul>
The Smile Mobile	573-308-5952	1000 West 10th Street Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Free Dental Assistance for Low Income Children</li> </ul>
Tri- County Center for Independent Living (Serves Pulaski and Phelps Counties)	573-368-5933	1420 Highway 72 E Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Advocacy</li> <li>• Ramp/Home Modifications</li> <li>• Equipment Loan</li> <li>• In-Home Services</li> <li>• Disability Awareness</li> <li>• Peer Support</li> </ul>
Tri- Rivers Family Planning (Serves Phelps and Gasconade Counties)	573-364-1509	1032 B Kingshighway Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Pregnancy Tests</li> <li>• Birth Control (Including Plan B)</li> <li>• Well - Woman Exams</li> <li>• Pap Smears</li> <li>• Test and Treatments for STI's</li> <li>• Vaginal Infections &amp; Urinary Tract Infections</li> <li>• Community Education</li> <li>• Links to other Health &amp; Social Services Providers</li> </ul>
Your Community Health Center (Serves all 8 Counties)	573-426-4455	1081 East 18th Street Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Medication Management</li> <li>• Behavioral Care Resources</li> <li>• General Practice Health Care</li> <li>• Dental</li> <li>• Wellness Checks</li> <li>• Immunizations</li> <li>• Show Me Healthy Women</li> <li>• Physicals</li> </ul>

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Organization Name:	Phone	Address	Description
Housing			
ACT	417-733-3586	<a href="mailto:act2help@aol.com">act2help@aol.com</a>	<ul style="list-style-type: none"> <li>• Buy House with Revolving Loan No Interest</li> <li>• Low Income Rentals</li> </ul>
Esther's House (Serves all 8 Counties)	573-646-3293	PO Box 984 Belle, MO 65013	<ul style="list-style-type: none"> <li>• For Women ages 18 - 50, all Backgrounds</li> <li>• Faith Based Residential Program</li> <li>• Struggling with Controlling Issues such as Alcohol and Drug Addictions, Depression, Self-Harm and Aftermath of Physical and Sexual Abuse</li> </ul>
Forum Manor Apartment	573-364-5831	1900 Farrar Drive Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Low Income Apartments</li> </ul>
Geneva House (Serves all 8 Counties)	573-762-9931	180 Highway T Newburg, MO 65550	<ul style="list-style-type: none"> <li>• Men Only Homeless Shelter</li> <li>• Winter Months Only (October - April/May)</li> </ul>
Lighthouse Mission (Serves All 8 Counties)	573-836-5332	20 Show Me Lane Camdenton, MO 65020	<ul style="list-style-type: none"> <li>• Transitional Housing</li> <li>• Recovery Support Services</li> <li>• Reentry Coordination</li> </ul>
Meramac Regional Planning Commission (Serves Crawford, Gasconade, Phelps and Maries Counties)	573-265-4200	4 Industrial Drive St. James, MO 65559	<ul style="list-style-type: none"> <li>• Low Rent Housing</li> <li>• HUD</li> <li>• Applications accepted in the St. James office on the 1st and 3rd Wednesday 8am to 4pm.</li> </ul>
Rolla Apartments	573-364-6820	1101 Mccutchen Drive Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Low Income Apartments</li> </ul>
Rolla Housing Authority	573-364-6460	1440 Forum Drive Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Low Income Apartments</li> <li>• Public and Housing Choice Voucher (Section 8)</li> </ul>

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Organization Name:	Phone	Address	Description
<b>Housing</b>			
State Veterans Home St. James	573-265-3271	620 North Jefferson St. James, MO 65559	<ul style="list-style-type: none"> <li>• Veteran Homes</li> </ul>
USDA Rural Development (Farm Service Agency Serves all 8 Counties)	573-364-1479	1050 East State Route 77 Suite 1 Rolla, MO 65401	<ul style="list-style-type: none"> <li>• 502 Housing Loan Program</li> <li>• 504 Repair Loans and Grants                             <ul style="list-style-type: none"> <li>- Home Repairs</li> <li>- ADA Accessible Issues (Ramps)</li> </ul> </li> </ul>
<b>Income</b>			
Child Support Enforcement	573-368-2250	1111 Kingshighway Suite D Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Child Support Enforcement</li> </ul>
United Way of South Central Missouri	573-364-3577	1311 Kingshighway Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Community Funds</li> <li>• Fundraising and Resource Development Support</li> </ul>
<b>Nutrition</b>			
Abundant Blessings Food Distribution - Newburg, MO	573-762-2955	First Baptist Church 5245 Walnut St. Newburg, MO	<ul style="list-style-type: none"> <li>• Need proof of living in Phelps County</li> <li>• Distribution is the Saturday following the 3rd Wednesday 10am - 12pm</li> <li>• Must bring your own food containers</li> </ul>
Golden Age Center	573-265-7072	1500 West Springfield St. James, MO 65559	<ul style="list-style-type: none"> <li>• Delivers Homebound Once Week (Covers one Week Worth of Meals)</li> <li>• Hot Nutritional Meal</li> <li>• Congregate</li> <li>• Nutritional Classes</li> </ul>
Lucy Wortham Elementary School	573-265-2300	314 South Jefferson St. James, MO 65559	<ul style="list-style-type: none"> <li>• Summer Food Service Program</li> <li>• Summer School</li> </ul>

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Organization Name:	Phone	Address	Description
<b>Nutrition</b>			
Mobile Food Pantry Sothern Cherokee Tribe	573-474-1020	South Central Shrine Club County Road 5200 Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Food Distribution 1st Friday of Every Month 10am - 12pm</li> <li>• Must bring your own food containers</li> <li>• Photo ID, proof of address, Social Security Cards for each family member in household</li> </ul>
Newburg R-II School	573-762-3030	701 Wolf Pride Drive Newburg, MO 65550	<ul style="list-style-type: none"> <li>• Summer Food Service Program</li> <li>• Summer School</li> </ul>
Phelps County Food Distribution Grace Church of Rolla	573-368-3040	12650 US Hwy 63 S Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Food Distribution 3rd Saturday of the Month</li> <li>• 8:30 a.m. - 9:30 Seniors Only</li> <li>• 9:30 a.m. - Noon Everyone Else</li> <li>• Rolla, Edgar Springs and Newburg School Districts Only</li> <li>• Must bring your own food containers</li> </ul>
Rolla Nutrition Site	573-341-2929	1440 Forum Drive Rolla, MO 65401	<ul style="list-style-type: none"> <li>• Meals on Wheels (60 years old and Homebound)</li> <li>• Congregate</li> <li>• 60 Year Old Hot Nutritional Meal at Center</li> </ul>
St. James Middle School	573-265-2300	#1 Tiger St. James, MO 65559	<ul style="list-style-type: none"> <li>• Summer Food Service Program</li> <li>• Summer School</li> </ul>
<b>Transportation</b>			
Ability Express LLC	573-677-5006	571 Dotson Road Cuba, MO 65453	
Logisticare  (Serves all 8 Counties)  Monday - Friday 8:00 a.m. - 5:00 p.m.	866-269-5927	Call Center in St. Louis, MO	<ul style="list-style-type: none"> <li>• Free if Client has Medicaid. Only for Medical Appointments</li> <li>• Must Give 5 Day Notice</li> <li>• Provide Pick-up Address</li> <li>• Provide Drop Off Address</li> <li>• Name of Health Care Provider</li> <li>• Provide Time of Appointment</li> <li>• Provide Medicaid Number</li> <li>• Can Request SKT Transportation</li> </ul>
MO Rides - Meramec  (Serves all 8 Counties)	573-265-2993	Meramec Regional Planning Commission 4 Industrial Drive St. James, MO 65559	<ul style="list-style-type: none"> <li>• Works with Existing Transportation Providers</li> <li>• Will Arrange Transportation Throughout the Service Area</li> <li>• Clients calls MO Rides for the cost of the trip (if any) then pays Transportation Company of their Choice for Ride</li> <li>• Transportation for: Ride to Work, Medical Appointments, Shopping, Church or Anywhere Client Wishes</li> </ul>



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Organization Name:	Phone	Address	Description
Transportation			
<p style="text-align: center;"><b>MOVANS</b> (Serves all 8 Counties)</p>	<p style="text-align: center;">866-5-MOVANS (866-566-8267)</p>	<p style="text-align: center;">PO Box 749 Jefferson City, MO 65102-0749</p>	<ul style="list-style-type: none"> <li>• Register by calling MOVANS</li> <li>• Three Types of Registration: Custody, Court and Order of Protection</li> <li>• Have Offender's ID or Case Number</li> <li>• Write Down 4 Digit PIN and Keep with Them</li> </ul>
<p style="text-align: center;"><b>SKT Transportation, LLC.</b> (Serves all 8 Counties)</p>	<p style="text-align: center;">573-280-6104</p>	<p style="text-align: center;">Iberia, MO 65486</p>	<ul style="list-style-type: none"> <li>• Transportation for Medical Appointments. If Client does not have Medicaid, there will be a Fee.</li> </ul>
<p style="text-align: center;">Southeast Missouri Transportation Service Inc. (Serves Phelps and Crawford Counties)</p>	<p style="text-align: center;">573-364-7687</p>	<p style="text-align: center;">1008 Holloway Street Rolla, MO 65401</p>	<ul style="list-style-type: none"> <li>• Transportation Schedules on Web page</li> <li>• Call Monday - Friday 8:00 a.m. to 11:00 a.m.</li> <li>• Transportation Services Runs Between 9:00 a.m. - 2:00 p.m.</li> <li>• Cost based on locations</li> <li>• Medical Appointments take Precedence over all Other Trips</li> <li>• Long Distance Medical Service MUST be scheduled at least two days in Advance &amp; Must Have at Least 3 Riders to Make the Trip</li> </ul>