

Upper Peninsula Community Resources

American Red Cross

511 Ashmun Street Suite 202
Sault Ste Marie, MI 49783
(906) 632-8111

Boy Scouts-Hiawathaland Council

2210 U.S. 41 South
Marquette, MI 49855
(906) 249-1461

Child & Family Services of the UP

125 Arlington St.
Sault Ste. Marie, MI 49783
906-253-1690

EUP Community Dispute Resolution Center

P.O. Box 505
Sault Ste. Marie, MI 49783
906-253-9840

EUP Learning Center

1808 Ashmun St.
Sault Ste. Marie, MI 49783
906-632-6629

Girl Scouts of the Northwest Great Lakes, Inc

Marquette Service Center
131 W Washington St., Suite C
Marquette MI 49855
906.225.8020 or 888.747.6945 ext. 6011
www.gsnwgl.org

Hospice of the EUP

508 Ashmun Street Suite 120
Sault Ste Marie, MI 49783
(906) 253-3151

Meals on Wheels/Community Action

524 Ashmun Street
Sault Ste Marie, MI 49783
(906) 632-3363

North Star Habitat for Humanity

400 Sheridan
Sault Ste. Marie, MI 49783
(906) 632-6616

Salvation Army

132 W. Spruce Street
Sault Ste. Marie, MI 49783
(906) 632-6521

Boys and Girls Club of Bay Mills

12099 W. Lakeshore Dr.
Brimley, MI 49715
(906) 248-8572

CHAC - Community Health Access Coalition

143 Arlington Street
Sault Ste Marie, MI 49783

Diane Pepler Resource Center

PO Box 636
Sault Ste Marie, MI 49783
(906) 635-0566 (24-hour hotline)

Feeding America (W. MI Food Bank)

815 Meridian St.
Sault Ste. Marie, MI 49783
(906) 632-0348

Hearthside Assisted Living

1501 W. 6th Avenue
Sault Ste. Marie, MI 49783
(906) 635-6911

HOME - Housing Opportunities Made Equal

396 N. State St.
St. Ignace, MI 49781
(906) 643-6239

LUCE County Community Resource & Recreation Center

103 W Helen Street
Newberry, MI 49868
(906) 293-3729

New Hope House/Great Lakes Recovery Centers

301 E. Spruce Street
Sault Ste. Marie, MI 49783
(906) 635-5542

Sault Ste Marie Housing/Safe Haven

608 Pine Street
Sault Ste. Marie MI 49783
(906) 635-5841

SPEAKS Education

7598 N. M-128
PO Box 575
Newberry, MI 49868
906-293-8984

**BHK
COMMUNITY
RESOURCE
GUIDE**



**BHK CHILD
DEVELOPMENT BOARD**

BHK COMMUNITY RESOURCE GUIDE

On the Web:

Additional information about services
for children can be found at:

www.bhkfirst.org

This program is funded in part by the federal Dept. of Health and Human Services, the USDA, and Michigan's Depts. of Human Services and Education. BHK is an equal opportunity service agency/employer.

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4-H Youth Program

(See Michigan State University Extension - Baraga County or Michigan State University Extension - Houghton County)

911

Dial 911 any time you need police, fire or EMS.

Adoption

Copper Country Adoption Resource Group

The CCARG is comprised of people who have or are in the process of adopting, including foster adoptions, open and closed adoptions, and international adoptions. We are a valuable resource to people seeking information about adoption as well as a support system for children and adults who have been touched by adoption. We also focus on public awareness of the joys of adoption. Meeting Times: No regularly scheduled meetings are held. Our core group meets monthly during the day on week days. Family social events are held 3-4 times per year. Workshops and conferences are occasionally held. For more information contact Cindy Hendricks at 482-4808 or Micki Sliva at 482-5954.

Micki Sliva
1524 Ravineside Drive
(906) 482-5954

Adult Education

The Partners in Adult Literacy (PAL) program is available to individuals living in the western six counties of the Upper Peninsula. Program participants learn how to strengthen their position in the workforce or to earn their GED. For more information, contact any of the Western Upper Peninsula Michigan Works offices or BHK Child Development Board at 482-3663 or 1-800-236-5657.

Adult Children of Alcoholics

Dial HELP

A program based on the 12-step Alcoholics Anonymous (AA) philosophy. This program is set up for children who are now adults who were raised in an alcoholic family and may need support. Counseling is also provided. For further information and a list of meetings call: Dial HELP at 482-4357.

609 Sheldon Avenue
Houghton, MI 49931
(906) 482-4357
dialhelp@chartermi.net

Adult Protective Services

Michigan Dept. of Human Services

Administered by the Dept. of Human Services (DHS). Baraga, Houghton and Keweenaw counties: Sue Hood, 200 Quincy Street, Hancock. Phone: 483-

3874. Nights, weekends and holidays: 482-7558.

Jim Aebli
200 Quincy Street
Hancock, MI 49930
(906) 482-0500
aeblij@michigan.gov

AIDS Hotline

See Western U.P. District Health Department.
540 Depot Street
Hancock, MI 49930
(906) 482-7382

Al-A-Teen

Dial HELP
For information call: Dial HELP at 482-4357.
609 Shelden Avenue
Houghton, MI 49931
(906) 482-4357
dialhelp@chartermi.net

Al-Anon

Dial HELP
Family groups are a fellowship of men and women who are husbands, wives or close friends of alcoholics. If you are seeking a solution to problems that come from living with an alcoholic, Al-Anon can help you. Schedule: Sunday - 7:30 p.m. Sacred Heart Church, Calumet; Monday - 7:30 p.m. Gloria Dei Lutheran Church, Hancock; Tuesday - 7:30 p.m. Faith Lutheran, Calumet; Friday - 8 p.m. Grace Lutheran, South Range. For more information, call Dial HELP at 482-4357.
609 Shelden Avenue
Houghton, MI 49931
(906) 482-4357
dialhelp@chartermi.net

Alcohol-Drug Residential Programs

Phoenix House
Usually provided to individuals who have been referred from inpatient and/or outpatient programs. Participants are typically individuals who have repeatedly not made it, even with the help of other community-based programs. Participants are usually those who have a very poor family and home situation or, in some cases, no home at all. These are people who need secure, comfortable living conditions, plus the constant reminder and support regarding their addiction problems. The residential programs provide the clean, comfortable, safe place to live together with constant individual and group support for dealing with their common problems. The average length of stay is three months; how-

ever, very little pressure is exerted to move people out until the person is clearly on stable ground. Another aspect of residential programs is that most programs allow people to come and go for work or training, and encourage steps toward independent living.

P.O. Box 468
Calumet, MI 49913
(906) 337-0763

Alcoholics Anonymous

Is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problems and help others. The primary purpose is to stay sober and help others achieve sobriety. The only requirement for AA membership is a desire to stop drinking. For local meeting locations and time call 482-7778.

(906) 482-7778

Alzheimer Education/Respite Care/Long-Term Care

Copper Country Mental Health Institute

Serving Baraga, Houghton, Keweenaw and Ontonagon Counties, these programs support respite care providers, provide education programs for both family members as well as professional caregivers, and provide respite care for caregivers of person's with Alzheimer's Disease, other dementia illnesses, and other frail elderly. For more information, contact the CCMH Institute at 482-4880; E-mail: theinst@portup.com or www.UPaging.com

900 W. Sharon Avenue
Houghton, MI 49931
(906) 482-4880

American Red Cross

Offers services to the local community including training in adult, child and infant CPR, first aid, rescue breathing and choking as well as disaster training for individuals wishing to serve on a local, regional or national disaster team. Individuals interested in helping to staff the local office on a volunteer basis should call 906-482-8085.

801 N. Lincoln Street
Hancock, MI 49930
(906) 482-8085

wupredcross@pasty.net

AmeriCorps

BHK Child Development Board

The Superior AmeriCorps program, part of the national "domestic Peace Corps," places 57 members in schools, child care centers and other agencies in Baraga, Dickinson, Gogebic, Houghton, Iron, Keweenaw and Ontonagon counties. Members tutor and mentor children, provide after-school activities and build and strengthen local collaborations through volunteer recruitment

and community service projects. Members dedicate one year to serve local communities and in return receive an \$11,000 living allowance, professional training, education loan forbearance, health care benefits and child care benefits if eligible. Upon successful completion of one year of service, members may receive a \$4,725 award for post-secondary education. Superior AmeriCorps received the eighth-annual Governor's Service Award for outstanding National Service Project.

Michelle LaCourt
700 Park Avenue
Houghton, MI 49931
(906) 482-3663
mrlacour@bhkfirst.org
www.superioramericorps.org

Anxiety and Depression Education

Copper Country Mental Health Institute
Information about anxiety and depression including causes, strategies for preventing, and treatment options for children, teens and adults.

Taryn Mack
900 W. Sharon Avenue
Houghton, MI 49931
(906) 482-4880
admindept@cccmh.org

Apria Healthcare

Assists those individuals who are recuperating at home from a recent hospital stay or are in need of respiratory care and/or medical equipment at home. Apria specializes in respiratory therapy equipment such as oxygen, nebulizers, CPAP and ventilator therapy. Apria also rents and sells hospital beds, walkers, wheelchairs and commodes.

Brian Geshel
704 W. Sharon Avenue
Houghton, MI 49931
(906) 482-3041
www.apria.com

Arts

Community Arts Center
Community Arts Center has three free galleries open to the public. The Artists' Market Sales Gallery represents local and regional artists. Kerredge Gallery has month-long exhibitions featuring visiting artists, local artists and group and theme-oriented shows. Republic Youth Art Gallery has month-long shows by youth. The Center offers art classes for people of all ages. Adult classes are offered in clay, watercolor, drawing, fiber arts and photography in the fall, winter and spring. Youth classes are offered year round: Preschool ages 3-5; Kids Make Art ages 6-9; Kids Make Art Focus ages 8-11; Van Gogh-ing

Somewhere ages 10-16; Art Rocks - Open Studio ages 13-16. Summer Arts Camp is a week-long arts exploration program for children entering 3rd through 6th grades. It is held the first two weeks in August.

126 Quincy Street
Hancock, MI 49930
(906) 482-2333
ccarts@chartermi.net

Assessment Service: Coordinating Agency

Western U.P. Substance Abuse Services Coordinating Agency
A point of entry for the regional substance-abuse service system. This service evaluates individuals and recommends appropriate options when a problem is identified. Western Upper Peninsula Substance Abuse Services Coordinating Agency, Inc.
Bonnie Khoury
903 W. Memorial Drive
Houghton, MI 49931
(906) 482-7473
kimgreen@ccisd.k12.mi.us

Asset Development

Copper Country Mental Health Institute
Provide education and activities utilizing the Search Institute's 40 Developmental Assets.
Taryn Mack
900 W. Sharon Avenue
Houghton, MI 49931
(906) 482-4880
projects@portup.com

BHK Child Development Board

A non-profit agency offering child development, health and family services in Baraga, Houghton and Keweenaw counties. BHK provides free preschool for 3, 4 and 5 year olds and low-cost year-round childcare for children 6 weeks to 6 years old at safe, licensed centers around the Copper Country. Home-based preschool is also available. Additional services provided by BHK include:

- High school/GED completion assistance
- After-school and summer programs in cooperation with public schools
- Health and developmental screenings for children birth to 5
- Support and fitness services for pregnant women
- Toy Libraries and a mobile Toymobile with loaner books, toys and other developmental materials
- Playgroups for parents/caregivers and their children
- Special interest groups for parents
- Superior AmeriCorps (see listing under “AmeriCorps”)

700 Park Ave.
Houghton, MI 49931
(906) 482-3663
(800) 236-5657
bhk@bhkfirst.org
www.bhkfirst.org

Baraga County Hospice, Inc.

Care is interdisciplinary to meet the patient's or family's physical, emotional, social, financial and spiritual needs. This is a coordinated effort involving professionals, family, close friends, trained volunteers and St. Vincent de Paul. It is governed by an eight-member Board of Directors.

Lee Meter
913 Meador
L'Anse, MI 49946
(906) 524-6426

Baraga County Shelter Home

A domestic violence center providing 24-hour crisis phone, crisis intervention, non-resident and resident counseling and support groups. Also available: a residential shelter, child care, counseling, information, referrals and transportation. The center also provides advocacy with law enforcement, legal, housing, medical and other pertinent agencies. Call for an appointment, or just drop in. Director's office located at 120 E. Broad Street, Apt. 9, L'Anse. Crisis Line: 524-7078; Victim's Advocate Phone: 524-4111; Fax: 524-7572.

Char Kangas
120 E. Broad Street
L'Anse, MI 49946
(906) 524-5017
bcshlter@yahoo.com

Baraga-Houghton-Keweenaw Community Action Agency

Is a locally operated, private non-profit corporation designed to develop, administer and carry out programs that have a direct impact on the causes and instances of poverty. Programs/services provided by CAA include: Home-maker Aide, Michigan Tax Credit Assistance, Outreach, Keweenaw Handicraft Shop, Summer Youth Recreation, Commodity Supplemental Food Program, Information and Referral, Transportation, Weatherization, Food Bank, Income Tax Assistance, Elder Prescription Insurance Coverage (EPIC), Links to Homeownership, Home Injury Control, Emergency Assistance, MSHDA, Homeless Prevention, Temporary Assistance for Needy Families (TANF), Medicare/Medicaid Assistance Program, Gifts for the Elderly, Books, Surplus Food Commodities, Food Pantry, Senior Center Organizer, Card Laminating, Respite Care, Home Care, Chore Service, Roof Repair/Replacement and Furnace Repair/Replacement. Houghton County: Business Office – 926 Dodge Street, Houghton. Phone: 482-5528; Fax: 482-5512; email:

bhkmmmap@skynet.net; Calumet Post Office Basement – Phone: 337-4805;
Baraga County: Baraga Village Offices – Phone: 353-6600.

Jean LaBerge
926 Dodge Street
Houghton, MI 49931
(906) 482-5528

bhkmmmap@skynet.net

Barbara Kettle Gundlach Shelter Home

Crisis intervention and advocacy for victims of domestic violence and their children. Emergency shelter, food and clothing for residents, 24-hour crisis phone, individual and group counseling for residents and nonresidents. Fax: 337-0966

P.O. Box 8
Calumet, MI 49913
(906) 337-5623

bkghome@pilot.msu.edu

www.msu.edu/user/bkghome/

Basic Training for Pregnancy

Portage Health System

For expectant mothers, regular exercise and proper nutrition are key elements for a healthy pregnancy. If you are in your first trimester we encourage you to take this class, which takes place quarterly.

Nikki Kulppi
500 Campus Drive
Hancock, MI 49930
(906) 483-1516

Nkulppi@portagehealth.org

Bay Cliff Health Camp

A residential summer therapy center serving children between the ages of 3 and 17 with physical disabilities and/or speech/language disorders. The camp, which has a capacity for 180 children, has one seven-week therapy session. The following services are provided: physical therapy, occupational therapy, speech therapy, music therapy, instructional classes for the hearing impaired and for the visually impaired, recreation, swimming, nature, arts and crafts, dental and medical services. U.P. families are only charged a registration fee, however, contributions are accepted. Serving all counties in the Upper Peninsula.

P.O. Box 310
Marquette, MI 49855
(906) 345-9314

baycliffhc@aol.com

www.baycliff.org

Bereavement

Compassionate Friends, Copper Country Chapter

A self-help group offering friendship and understanding to parents who are experiencing grief upon the death of a child, to help foster the physical and emotional health of bereaved parents and siblings. Help is offered on a one-to-one basis. Call Ruth Jean at 482-3783 or Judy at 482-5104.

Ruth Jean Barkell

(906) 482-3783

gbarkell@ccisd.k12.mi.us

Big Brothers Big Sisters of the Western U.P.

A program of the Good Will Farm Association, Inc., BBBS is a nonprofit youth mentoring organization dedicated to providing one-to-one friendship, guidance, and opportunities to children and youth. Big Brothers Big Sisters believes in building the strengths of children and youth and helping them grow into confident, competent, and caring individuals. The local agency offers three core programs: TRADITIONAL PROGRAM: Adult Mentors from throughout the community are matched to a child and spend one-to-one, quality time with that child on a consistent basis engaging in safe, fun activities of their choice, developing a friendship with the child. HIGH FIVE MENTORING: High Five is a school-based program matching high school mentors to elementary school students. The one-to-one matches meet once a week during a class period for the length of the school year. Academics serve as a vehicle to developing a consistent relationship based on friendship. TEAM MENTORING: Big Brothers Big Sisters partners with youth-serving organizations and other groups to deliver site-based mentoring programs throughout our communities. BBBS looks to these groups to provide volunteer mentors, youth in need of mentoring and/or a facility to house the mentoring sessions. Each group determines the specific guidelines of its contribution to the program. The program provides a supervised, creative and safe environment for children and volunteers to meet and establish a relationship.

801 Lincoln Dr, Suite 202

Hancock, MI 49930.

PH/FX (906) 487-9855

bbbs@goodwillfarm.com

Breast-feeding Class

Portage Health System

A breast-feeding class is offered to all interested women and their partners on the 2nd Tuesday of each month except for March which will be held on the 3rd Tuesday, from 5:30 p.m. to approximately 8:30 p.m.

Nikki Kulppi

500 Campus Drive

Hancock, MI 49930

(906) 483-1516

Nkulppi@portagehealth.org

Bureau of Worker's and Unemployment Compensation

Provides unemployment insurance benefit information and processes claims for unemployment benefits for workers who become unemployed. Customer Helpline: 1-800-638-3995; Employer Customer Helpline: 1-800-638-3994; To file a new or additional claim call: 1-866-500-0017; To certify call MARVIN: 1-866-638-3993.

www.michigan.gov/bwuc

CPR

Portage Health System

Portage Health System offers the following American Health Association basic life support courses: CPR for Family & Friends - A basic non-credentialed CPR course which teaches adult basic lifesaving techniques; Heartsaver - Adult, Child & Infant CPR; Heartsaver AED - Incorporates CPR and the use of an automatic external defibrillator; Heartsaver FACTS - Includes adult CPR, use of an automatic external defibrillator and basic first aid; Healthcare Provider - Adult, Child and Infant CPR for people in health-related fields; Basic First Aid - Credentialed through the American Heart Association which meets certification standards for OSHA and MIOSHA guidelines. To schedule one of these courses or for information please contact:

Nikki Kulppi

500 Campus Drive

Hancock, MI 49930

(906) 483-1516

Nkulppi@portagehealth.org

Calumet/Laurium/Keweenaw Public Library

57070 Mine Street

Calumet, MI 49913

(906) 337-0311

Caregiver Club

BHK Child Development Board

The Caregiver Club provides support and resources to caregivers of children birth to 5, including grandparents, relatives and friends. Services include informative home visits with child development activities, socialization activities such as playgroups, opportunities to borrow toys, books and other educational materials from BHK Toy Libraries, and special training and educational activities.

Caroline Penny

482-3663 or 800-236-5657

700 Park Ave.

Houghton, MI 49931

cbpenny@bhkfirst.org

www.bhkfirst.org

Catholic Social Services

Marriage, family, and individual counseling from professional counselors are offered. Pre-marriage counseling and help for the unmarried mother and her child are also provided. Service is provided on a non-sectarian basis. Licensed by the State of Michigan for Foster Care and Open Adoption Services. Client fees are based on a sliding scale. Catholic Social Services is a United Way Recipient serving Houghton, Keweenaw and Baraga Counties. Fax: 482-8301.

Jan

616 Sheldon Ave, Suite 211

Houghton, MI 49931

(906) 482-1624

csshtn@up.net

Child and Family Services of the U.P., Inc.

A private, nonprofit organization with its main Upper Peninsula office located in Marquette. The Houghton office provides services to Houghton, Baraga, Keweenaw, Ontonagon, Iron and Gogebic counties. Services include individual and family counseling (through DHS referral, foster care, and adoption). Services include Project SODA, a youth diversion project for 10-17 year olds involved in truancy, runaway, incorrigible behavior and other stressors at home or in school; Families First; and the Supportive Housing Youth Program (SHYP), an 18-month supportive housing program for youth between 16 and 20 who are homeless, living in unstable conditions, and/or otherwise need assistance in becoming independent. Fax: 482-4401.

706 Sharon Ave, Suite 2

Houghton, MI 49931

(906) 482-4488

HoughtonFFSec@miuplink.com

Childbirth Education

Portage Health System

Childbirth education class is consolidated into a one day session. This class is held on Saturday once a month from 9 a.m. to 4 p.m. Some classes will be video conferenced to Ontonagon Memorial Hospital.

Nikki Kulppi

500 Campus Drive

Hancock, MI 49930

(906) 483-1516

Nkulppi@portagehealth.org

Childcare centers

BHK Child Development Board

To register at one of BHK's childcare locations serving Houghton, Baraga and Keweenaw counties, call 1-800-236-5657 or 482-3663. BHK locations include: 1) Portage Family Place, 503 Park Ave., Houghton; 2) Ryan Center, 400 Michigan St., Hancock; 3) Little Gippers Child Development Center, 56264

US Hwy. 41, Calumet; 4) L'Anse Child Development Center, 303 Baraga Ave., L'Anse; 5) BHK Houghton Center, 700 Park Ave., Houghton; 6) June Forest Child Development Center, 106 Lyons St., Baraga.

Childcare referrals

Community Coordinated Child Care (4 C's)

4 C's strives to improve the quality of childcare through education, advocacy and the promotion of high standards. 4 C's helps parents find quality child care. 4 C's also offers assistance in setting up your home program; provides educational opportunities through workshops, conferences, and informational materials; refers parents to area registered and licensed child care home providers and centers; and supports providers in their care-giving profession. Training sessions are open to day-care providers and those interested in becoming providers. Phone: 353-4730 (W), 483-3888 (T, TH, F) or 1-866-424-4532

Rosemary White
26350 Wyandotte
Calumet, MI 49913
whiter4@michigan.gov
www.4c-up.com

Children's Intensive Services

Copper Country Mental Health Institute

Copper Country Mental Health provides services and support for families of mentally ill children (up to age 17) who require a greater level of service intensity than can be provided through their Outpatient Department or School Social Work Program.

Taryn Mack
901 W. Memorial Drive
Houghton, MI 49931
(906) 482-9400
theinst@portup.com

Children's Protective Services

Michigan Dept. of Human Services

Administered by the Dept. of Human Services (DHS), which is involved in protecting children from abuse, neglect and exploitation. Houghton and Keweenaw Counties: Sue Hood, 200 Quincy Street, Hancock. Phone: 483-3874. Nights, weekends and holidays: 482-7558. Baraga County: Jennie Weiger, 108 Main Street, Baraga. Phone: 353-4708. Nights, weekends and holidays: Baraga County Sheriff's Dept., 524-6177. Children's Emergency Protective Services - 24 hrs/day: 1-800-422-4453.

Jim Aebli
200 Quincy Street
Hancock, MI 49930
(906) 482-0500
aeblij@michigan.gov

Children's Special Health Care Services

Western U.P. District Health Department

This program helps pay for medical care for children with certain handicapping conditions which may be chronic or life threatening. Please contact Western U.P. District Health Department.

540 Depot Street
Hancock, MI 49931
(906) 482-7382

Children's Trust Fund

Superior Child Abuse Prevention Council is made up of several individuals, agencies and organizations interested in providing community awareness and education about the prevention of child abuse and neglect. The Council accepts grant applications for special projects geared for the prevention of child abuse.

Taryn Mack
P.O. Box 832
Houghton, MI 49931
(906) 482-4880
projects@portup.com

Christian Counseling

The Rev. Kathryn Salmi

The private practice of Kathryn M. Salmi, M. Div, C.A.C.I., provides counseling services with a strong Christian emphasis to residents of the Copper Country and its surrounding area. Primary issues dealt with are in the areas of addictions, dysfunctional family systems and spiritual issues. Other services provided are that of counseling victims of incest and rape, relationship addictions, eating disorders, post-abortion syndrome, grieving, depression and self esteem. Individual therapy is available for children, adults and senior citizens. Marriage and whole family counseling is also available. Life coaching is a new area that Christian counseling provides services for. Life coaching looks toward the future. The life coach helps individuals, marriages and businesses develop a vision and mission for the future while helping them implement this vision.

Rev. Kathryn Salmi
100 Quincy Street
Hancock, MI 49930
(906) 482-2231

Community Programs

Portage Health System

Programs are offered on a variety of topics throughout the year. Please check the Portage Health System website at www.portagehealth.org for upcoming events.

Nikki Kulppi
500 Campus Drive

Hancock, MI 49930
(906) 483-1516
Nkulppi@portagehealth.org
www.portagehealth.org

Copper Country Intermediate School District

Works to improve communication, cooperation and coordination between school districts, Michigan Department of Education and other agencies. The ISD provides special education services for students with disabilities. Pre-school-age students who are eligible may attend an early childhood special education program designed for young children with disabilities and includes education for parents with children enrolled in the program. Serves Baraga, Houghton and Keweenaw Counties. Fax: 482-1931

Dennis Harbour
809 Hecla Street
Hancock, MI 49930
(906) 482-4250
dharbour@copperisd.org
www.copperisd.org

Copper Country Mental Health Institute

The Institute provides a variety of education, prevention and training programs including: Adult Education Programs; Alzheimer Education/Respite Care and Long-Term Care Initiatives; Asset Development, Anxiety and Depression Education; Elder Abuse Prevention; Guardianship Alternatives Education and Training; Employee Assistance Services; Early Childhood Services; Kinship Care Program; Parent Education and Training; Substance Abuse Education and Prevention; Teen Education and Social Skill Development Programs; and Violence Prevention.

Taryn Mack
901 W. Memorial Drive
Houghton, MI 49931
(906) 482-9400
theinst@portup.com

Copper Country Mental Health Services

Copper Country Mental Health Services provides behavioral health services to residents of Baraga, Houghton, Keweenaw and Ontonagon counties who are severely mentally ill, seriously emotionally disturbed or developmentally disabled. Services/supports are intended to increase independence, improve quality of life and support community integration and inclusion of the persons served. Using a person-centered approach, individuals are encouraged to take an active role in designing their individual treatment plan and supports. CCMHS is committed to providing quality behavioral health services that are accessible and affordable. Medicaid, Medicare and most private insurances are accepted. If you do not have insurance, or your insurance does not cover the

full cost of services, you will be charged using a sliding scale based on your ability to pay. No one is denied services due to their inability to pay. CCMHS offers an array of services/supports including: Emergency services, Outpatient therapy, Residential services, Assertive Community Treatment, Home-based services, Clubhouse, Supported employment, Respite services to families with children with developmental disabilities, Case management, Community Support Services, Prevention services, Jail diversion and Juvenile diversion. After-hours crisis line: 482-4357 or 1-800-562-7622. Accessing services: 482-9404 or 1-800-526-5059. Rice Memorial Center: 901 W. Memorial Dr, Houghton, 482-9400. Rice Memorial Center-CLK Branch: 1125 Calumet Ave, Calumet, 337-5810. Baraga County Center: HC 02, P.O. Box 957, Skanee Road, L'Anse, 524-5885. Ontonagon County Center: 515 Quartz St, Ontonagon, 884-4804. 900 W. Memorial Drive
Houghton, MI 49931
(906) 482-9400
admindept@cccmh.org

Copper Country Reading Council

Serving Baraga, Houghton and Keweenaw counties, the Copper Country Reading Council is a professional organization whose mission is to promote literacy and a love for reading as a means to lifelong learning. The Council supports professional development for all educators and acts as a clearinghouse for information dealing with educational issues including the community at large. Contact: Laurene Ziegler, President
Box 473
Hancock, MI 49930
(906) 487-7351
www.coppercountryreadingcouncil.org

Counselor

Anni Gregor
Anni Gregor offers psychological services to people of all ages. Accepts Medicaid, Medicare and other insurances.
Anni Gregor
4 W. Broad Street
L'Anse, MI 49946
(906) 524-5550
agregor@up.net

Counselor

Jessica Gostlin
Jessica Gostlin, M.A. L.L.P., has a master's degree in clinical psychology. She accepts adults and children. At this time she does not work with child custody cases. She accepts BCBS thru Michigan Tech, Medicaid thru UPHP, United Insurance, One Health, Multiplan, Signa, Kids Care and Wausau Insurance. Her fee for out of pocket is \$50 per session.

Jessica Gostlin M.A. L.L.P.
1205 Sigsbee Street
Hancock, MI 49930
(906) 483-4087
jgostlin@chartermi.net

Dental Program

Western U.P. District Health Department
Provides limited free dental care to children ages 3 years old through 8th grade who meet program eligibility requirements. Call the Western U.P. District Health Department for more information.
540 Depot Street
Hancock, MI 49933
(906) 482-7382

Diabetes Education Program

Portage Health System
Comprehensive education includes a complete assessment, a group class series and individual consultations as needed to meet your personal health goals. Our program has dramatically improved foot, eye and kidney care, and has increased physical activity, use of meal planning and immunizations for flu and pneumonia. Qualifies for reimbursement by Medicaid, Medicare and some other insurances. Financial assistance is available.
Nikki Kulppi
500 Campus Drive
Hancock, MI 49930
(906) 483-1516
Nkulppi@portagehealth.org

Dial HELP

Is a 24-hour crisis intervention center, offering both telephone and walk-in services. This program offers a sexual assault victim support team, support for victims of all crimes, substance abuse prevention, community education and training, community and school prevention programs, short-term counseling, parenting assistance, a resource library and a seven county WATTS service. Phone Numbers: 482-HELP (4357), WATTS 1-800-562-7622. Fax: 482-2502. To volunteer at Dial HELP call 482-4357.
609 Sheldon Avenue
Houghton, MI 49931
(906) 482-4357
dialhelp@chartermi.net

Domestic Abuse Intervention Project Group

Is an intervention group for batterers based on the Duluth Model.
422 Pine Street
Calumet, MI 49913

(906) 337-0763
womenres@up.net

Early Childhood Services

Copper Country Mental Health Institute

Early Childhood Services are home-based and preschool prevention programs offering support to parents and families with children from birth to age 5 who are or may be at risk of experiencing attachment/relationship issues, behavioral, emotional and/or social difficulties. Programs focus on early identification, prevention and early intervention. Promoting optimal social, emotional, cognitive and physical development of children are the desired outcomes. This program offers supportive counseling and home visits for parents, developmental screening and assessment, coordination of services and consultation as well as training for professionals, parents and preschool providers. By enhancing the preschool experience, young children with behavioral difficulties are supported and better prepared for school. Early intervention is key to helping children succeed in school.

Taryn Mack
900 W. Sharon Avenue
Houghton, MI 49931
(906) 482-4880
admindept@cccmh.org

Early On Program

Copper Country Intermediate School District

A program which provides coordinated interagency services, developmental screening and assessment to eligible children from birth to age 3 and their families. An Individualized Family Service Plan is written for each child, and services are based on strengths and needs of the child and family.

Emilie Krznarich
809 Hecla Street
Hancock, MI 49930
(906) 482-7260
emiliek@copperisd.org
www.copperisd.org

Educational Talent Search

Finlandia University

This is a great source for people who are interested in starting college or going back to college. This U.S. Department of Education program is designed to help people get through the “red tape” of getting started. They offer career counseling, interest inventories, financial aid and college application assistance, and campus tours of colleges throughout Michigan to individuals who live in Baraga, Gogebic, Houghton, Iron, Keweenaw, Marquette, and Ontonagon counties.

John Bur

601 Quincy Street
Hancock, MI 49930
(906) 487-7390
jbur@ccisd.k12.mi.us

Elaine Bacon Literacy Program

Volunteer tutors and resource materials are available to anyone wishing to help. The teaching is private on a one-to-one basis at no cost to the student. Those needing help with basic literacy or with English as a Foreign Language are welcome. Contact: Francis Lide at 482-1233 or Andrea Hauge-Bacon at 482-1233.

Andrea Hauge-Bacon
46810 Pilgrim Road
Houghton, MI 49931
(906) 482-1233
abacon@ccisd.k12.mi.us

Employee Assistance Program

Copper Country Mental Health Institute
Employee Assistance Services are directed at assisting employers increase productivity and wellness and reduce personnel and work-site costs. These services provide employees and their families an opportunity to solve problems that could adversely affect their personal lives and their jobs. The Institute provides a wide variety of employee assistance services for employers on a fee-for-service basis.

Taryn Mack
900 W. Sharon Avenue
Houghton, MI 49931
(906) 482-4880
theinst@portup.com

Employment Training Services, LLC

Is located in Hancock and provides vocational training and employment opportunities for individuals seeking integrated community employment. Services include assessments, evaluations, consultations, job development, on-the-job training, coaching and follow up. Training is designed on an individual basis. Service areas include Marquette, Houghton, Baraga, Ontonagon, Gogebic, Delta and Dickenson counties, as well as, other counties located in the Upper Peninsula. Contact Jean or Darlene for further information.

Darlene or Jean
P.O. Box 312
Hancock, MI 49930
(906) 483-0686

Environmental Health

Western U.P. District Health Department

The Western Upper Peninsula District Health Department's Environmental Health Division conducts a number of programs to protect community members from environmental hazards associated with on-site sewage disposal systems, on-site water supply systems, and food service establishments. By utilizing educational materials and by performing inspections, complaint investigations, plan reviews and permitting, Environmental Health Sanitarians work with community members to reduce public health hazards. Environmental Health Division is also a resource for information about indoor air quality issues such as radon and mold, and environmental hazards associated with lead poisoning, Lyme disease and vector control.

540 Depot Street
Hancock, MI 49934
(906) 482-7382

Families First Program

Michigan Dept. of Human Services

An intensive program working with families 20-30 hours per week up to 4-6 weeks. A referral is made through DHS or similar agency for families to be involved in this program. For more information, contact Houghton County DHS at 482-0500, Baraga County DHS at 353-4700, or Keweenaw Tribal Center at 353-8160.

Jim Aebli
200 Quincy Street
Hancock, MI 49930
(906) 482-0500

aeblij@michigan.gov

Family Literacy Program (Even Start)

BHK Child Development Board

This family-literacy program integrates early childhood and adult education. It focuses on three interrelated goals: 1) helping parents become full partners in their children's education; 2) assisting children in reaching their full potential as learners; and 3) providing literacy training for the parents. Eligible participants for Even Start are parents in Houghton, Keweenaw and Baraga counties who do not have a high school diploma and have children under the age of 8. Family Resource Teachers help pregnant teens or new parents to stay in school and older participants to earn a GED. Home visits to participants are an integral part of the program. Assistance with resume development, interview skills and job attainment is provided. Participants are encouraged to take part in activities at BHK Toy Libraries, which include computer labs with Internet access and SkillsBank software as well as playgroups and story hours. To register or learn more, call 482-3663 (Houghton County), 524-7300 (Baraga County), or 1-800-236-5657 (toll-free).

Lisa Schmierer
700 Park Avenue
Houghton, MI 49931

(906) 482-3663
bhk@bhkfirst.org
www.bhkfirst.org

Family Planning

Western U.P. District Health Department

Provides direct care services by a nurse practitioner, including physical exams, screening and treatment for sexually transmitted diseases, birth control, counseling and education. Regularly scheduled clinics. Call the Western U.P. District Health Department for an appointment.

540 Depot Street
Hancock, MI 49935
(906) 482-7382

Family Preservation/Reunification

BHK Child Development Board

This service strives to help families at risk of losing their infant or toddler to the child welfare system to stay intact. Families participate in a two-month residential program with another couple experienced in child development and family life. After successful completion of the live-in portion, families will receive regular home visits that focus on child development, parenting and other issues. To register or learn more, call 482-3663 (Houghton County), 524-7300 (Baraga County), or 1-800-236-5657 (toll-free).

700 Park Avenue
Houghton, MI 49931
(906) 482-3663

bhk@bhkfirst.org
www.bhkfirst.org

Family Wellness Program

BHK Child Development Board

Provides information, support services and fitness activities for the families of children enrolled in BHK preschool and childcare programs. Family Wellness Centers provide separate adult and child exercise areas with age-appropriate strength and cardiovascular equipment. Periodic family-empowering wellness classes cover topics such as money management, stress reduction and nutritious cooking on a budget. Low-cost family memberships are based on income. Free childcare may be provided on site for wellness classes and at specified times for parents using the adult fitness rooms.

700 Park Avenue
Houghton, MI 49931
(906) 482-3663

bhk@bhkfirst.org
www.bhkfirst.org

Father's Groups

BHK Child Development Board

If you're a dad looking for ways to build or enhance your family relationship, one of our Father's Groups might be right for you! These groups meet periodically for discussion and to conduct special events for their families such as holiday parties, breakfasts for mothers and family picnics. For more information, call Mark Cavis at 337-3333.

Mark Cavis

700 Park Avenue

Houghton, MI 49931

(906) 482-3663

bhk@bhkfirst.org

www.bhkfirst.org

Foster Family Services

Good Will Farm

The goal of this program is to increase the number of successful foster care placements (success defined as fewer multiple and far from home placements).

This will be accomplished by providing services to support currently active foster families, and services designed to encourage non-active families to re-enter the foster care arena. Collaboration with Dept. of Human Services will also occur to recruit new families. This program is operated through the Good Will Farm. Contact Linda Sanchez at (906)487-9832 for Houghton and 877-423-2029 for Baraga.

Linda Sanchez

801 N. Lincoln Drive

Hancock, MI 49930

(906) 487-9832

Linda@goodwillfarm.com

Friend of the Court

Make recommendations to the court on divorce cases involving children on custody, parenting time and child support. After the order is entered, the Friend of the Court enforces the court order. The Houghton office covers the counties of Houghton, Baraga and Keweenaw. The Houghton, Baraga and Keweenaw Friend of the Court is located at the Courthouse. Fax: 482-9552.

401 E. Houghton Avenue

Houghton, MI 49931

(906) 482-2102

GED

(See Adult Education or Family Literacy Program)

Good Will Farm

Was formed in 1899. The agency mission is to help children and families build assets through an array of programs in prevention, treatment, and aftercare.

The primary goal is to support youth and families in creating new life cycles and patterns that include hope, opportunity, success, health and happiness. Other Programs: (For more information see each of these program descriptions)

- *Residential Treatment
- *In-Home Family Services
- *Big Brothers Big Sisters
- *Wraparound Program
- *Parenting Time Program
- *Foster Family Services
- *Wheels Program
- *Read to Ride

Mark Lambert
P.O. Box 428
1701 MacInnes Drive
Houghton, MI 49931
(906) 482-0520
mark@goodwillfarm.com
www.goodwillfarm.com

Goodwill Store

Has an objective to empower individuals with special needs to maximize their potential. Retail or Custodial training is provided to individuals with special needs through referrals. In addition, the New Beginnings Program provides clothing to individuals that are referred by DHS. Goodwill also offers low-cost clothing, housewares and furniture to all members of the community.

911 Razorback Drive
Houghton, MI 49931
(906) 482-3680
houghtonstore@chartermi.us

Great Explorations

BHK Child Development Board

This program is an after school and summer enrichment program at five local schools (C-L-K, Chassell, Dollar Bay-Tamarack City, Houghton-Portage and Lake Linden-Hubbell). Activities are available for 2-3 hours after school Monday through Friday and from 7:30am-5:30pm in the summer. The program is open to children in grades 6-8 at C-L-K, grades K-5 at Houghton Elementary and grades K-8 in Chassell, DB-TC and LL-H. Modest user fees will be charged to help operate the program. Discounts and scholarships are available based on family income, number of siblings participating and program usage. For more information contact Cheryl LaRose or Loren Aho at 482-3663 or site coordinators at each school (listed below).

Washington Middle School, Stacy Codere: 337-0311 ext. 3117
Lake Linden Hubbell Schools, Jeremie Moore: 483-3976
Dollar Bay-Tamarack City Schools, Derek Gardner: 483-4609

Houghton Elementary, Erin Carter: 482-5460
Chassell Township School, Senia Kuntze: 523-4691 ext.137

Harbor House

A refuge for women and their children from domestic violence situations. Call 1-800-455-6611 or 906-226-6611, 24 hours a day.
(906) 226-6611

Health and Developmental Screenings

BHK Child Development Board

Children birth to 5 years old are eligible for a free screening, which is designed to give parents a thorough assessment of their child's general health. Screenings include a health history review, physical exam, vision and hearing assessment, immunizations and laboratory testing, as age appropriate. Children's cognitive, motor and language skills also are assessed by teachers and early childhood specialists. Screenings take place each summer at locations around the Copper Country. To register or learn more, call 482-3663 (Houghton County), 524-7300 (Baraga County), or 1-800-236-5657 (toll-free).

Dr. Teresa Frankovich

700 Park Avenue

Houghton, MI 49931

(906) 482-3663

bhk@bhkfirst.org

www.bhkfirst.org

Home Visiting Services

BHK Child Development Board

Families and caregivers with children up to age 5 may receive home visits from a caring early childhood education professional. Parents/caregivers and children take part in fun, educational activities and learn about nutrition and health. Families are encouraged to take part in group activities with other parents such as playgroups and story hours at BHK Toy Libraries, where parents also can borrow developmentally appropriate books, toys, CDs, DVDs and other materials for use at home. To register or learn more, call 482-3663 (Houghton County), 524-7300 (Baraga County), or 1-800-236-5657 (toll-free).

Lisa Schmierer

700 Park Avenue

Houghton, MI 49931

(906) 482-3663

bhk@bhkfirst.org

www.bhkfirst.org

Immunizations

Western U.P. District Health Department

Regularly scheduled clinics for childhood vaccines. Adult immunizations by appointment. Vaccines available to children eligible under the Michigan De-

partment of Community Health Vaccines for Children (VFC) Program. Call the Western U.P. District Health Department for clinic schedules, appointments and fees.
540 Depot Street
Hancock, MI 49936
(906) 482-7382

In-Home Family Services

Good Will Farm

This program provides an array of treatment services as an alternative to out-of-home placement and as aftercare for youth returning home from residential placements. Treatment planning, counseling, mentoring, advocacy and community services coordination are major components. This program is operated by the Good Will Farm.

Darren Kinnunen

801 N. Lincoln Drive

Hancock, MI 49930

(906) 281-0999

darren@goodwillfarm.com

Infant Mental Health

Copper Country Mental Health Institute

The Infant Mental Health Program is a home-based prevention project. It offers support to pregnant women and families with children ages 0-3 who are or may be at risk of experiencing attachment and relationship issues. The program focuses on early identification and prevention of issues affecting the attachment and relationship between parents and children. Promotion of optimal social, emotional, cognitive and physical development of children is the desired outcome for the Infant Mental Health Program. The Infant Mental Health Program offers supportive counseling and home visits for parents, developmental screening and assessment, coordination of services as well as consultation and training for professionals, parents and childcare providers.

Taryn Mack

900 W. Sharon Avenue

Houghton, MI 49931

(906) 482-4880

admindept@cccmh.org

International Neighbors

We meet to have fun, make friends and learn more about world cultures. Currently, we have women in our group from four continents, of various backgrounds and traditions. We're a nonprofit, independent, volunteer organization that's been around since 1970. We meet Thursdays during the academic year at the Portage Lake United Church, 1400 E. Houghton Ave. in Houghton at 9:30a.m. Questions? Call a Neighbor...Cindy Harrison (482-4412), or Andrea Hauge-Bacon (482-1233).

Cindy Harrison
1120 E. 7th Avenue
Houghton, MI 49931
(906) 482-4412
gharriso@up.net

Kermit's Keweenaw Kids

A youth recreation program for youth between the ages of 8 and 16. Keweenaw County residency is required. Youth must be registered to participate.

Kathy McEvers
HC1 Box 607
Eagle Harbor, MI 49950
(906) 337-1927

Keweenaw Bay Indian Community

KBIC Donald LaPointe Health & Human Services
KBIC Donald LaPointe Health & Human Services: 102 Superior Avenue,
Baraga
Medical Clinic M-F 8:00-4:30 Phone: 353-8700
Dental Clinic - Phone: 353-8787
Social Worker M-F Individual & Family Counseling-Phone: 353-8666 ext.
4510 or ext. 4557
Psychologist (Youth & Family Services) - M,T,Th Phone: 353-8666 ext. 4510
or 4535
Community Health Nurses Services - Phone: 353-8666 ext. 4536
Community Injury Control - AIDS - Phone: 353-8666 ext. 4519
Diabetic Program - R.N. - Phone: 353-8666 ext. 4519 or 4559
Optical/Audiological services - Phone: 353-8666 ext. 4531 or 4524
VOCA - Victims of Crime Assistance - Phone: 353-8666 ext. 4533
Keweenaw Bay Head Start Program - Phone: 524-6626
WIC Program - 353-8666 ext. 4527
Healthy Start - 353-8666 ext. 4543
Denise LaPointe
102 Superior Avenue
Baraga, MI 49908
(906) 353-8666

KBIC Commodity Food Program

Keweenaw Bay Indian Community
Susie Crawford
107 Beartown Road
Baraga, MI 49908
(906) 353-8161

KBIC Day Care Center

Keweenaw Bay Indian Community

Kelly Shelifoe
107 Beartown Road
Baraga, MI 49908
(906) 524-6624

KBIC Early Head Start

Keweenaw Bay Indian Community
Parent Education Services 524-6626
Susie Crawford
107 Beartown Road
Baraga, MI 49908
(906) 353-6626

KBIC Tribal Court

Keweenaw Bay Indian Community
Bradley Dakota/Chief Judge
107 Beartown Road
Baraga, MI 49908
(906) 353-8124
tcbrad@up.net

Keweenaw Bay Tribal Center

Keweenaw Bay Indian Community
Keweenaw Bay Tribal Center: 107 Beartown Road, Baraga 353-6623 (main phone)
(a) Children's Protective Services - ext. 4201 or 353-8160
(b) Family First Program - ext. 4201 or 353-8160
(c) Juvenile Justice Worker - ext. 4201 or 353-8160
(d) Michigan Indian Child Welfare Agency - ext. 4201
(e) General Assistance - ext. 4206 or 353-8137
(f) Tribal Education Program - Higher Education - ext. 4117
(g) Tribal Police - ext. 4122 or 353-6626. Emergency: 524-6161
Susie Crawford
107 Beartown Road
Baraga, MI 49908
(906) 353-6623

Keweenaw Bay Ojibwa Community College

Keweenaw Bay Indian Community
Debbie Parrish
Superior Ave.
Baraga, MI 49908
(906) 353-8161

Keweenaw Family Resource Center

A local, non-profit organization. Services include "Welcome Baby " bags con-

taining information on community resources, given to families with newborns at the 2 local hospitals, a home visitor program offering support to families with children from birth to 3 years, “Mommy, Daddy and Me” playgroups, a Baby Closet, in which gently used baby and maternity clothing and baby items are passed on, and parenting education opportunities. Playgroups meet weekly at Trinity Episcopal Church and Portage Lake United Church in Houghton, Gloria Dei Lutheran Church in Hancock and Keweenaw Kids in Laurium.

Cathy Benda

203 E. Montezuma Ave.

Houghton, MI 49931

(906) 482-9363

cbenda@chartermi.net

www.kfrckids.org

Keweenaw Home Nursing & Hospice

A CHAP accredited, Medicare and Medicaid certified, skilled home care and hospice agency. This agency works with all physicians in the area and has a staff which includes registered nurses, physical therapists, speech therapists, occupational therapists, social worker, home care aides, and volunteers. Support groups are available for grief and bereavement, Parkinson’s, and cancer. Speakers from Keweenaw Home Nursing and Hospice are available to the public for a variety of health-related topics.

Mary Jo Crawford

311 Sixth Street

Calumet, MI 49913

(906) 337-5700

maryjo@khn-hospice.com

Keweenaw Home Services, Inc.

A private-duty service agency providing personal care, homemaker service and respite care. Services available 24 hours a day, 7 days a week.

311 Sixth Street

Calumet, MI 49913

(906) 337-9500

Keweenaw Krayons

Offers an after school drop in program where kids can drop in and do art, homework or just hang out in a safe, mentoring environment. We also offer low or no cost art classes with bartering available if needed. This year we have opportunities for gardening in Ahmeek and Mohawk Parks throughout the summer. We host the “Traditions Alive” Program, an interactive, historical role-playing group. We are also presenting three concerts and an opera for the community this summer. We are located on U.S. 41 in Mohawk.

156 Stanton Avenue

Mohawk, MI 49950

(906) 337-4706

kkrayons@chartermi.net
www.keweenawkrayons.com

Keweenaw Memorial Medical Center

205 Osceola Street, Laurium
24 Hour Emergency Department: 337-6500
General Information: 337-6500
Doctors' Offices-First Floor: 337-6560
Doctors' Offices-Second Floor: 337-6580
Doctor's Offices-Lake Linden walk-in Clinic: 296-5040
Pain Management Clinic: 337-4142
Sleep Disorders Center: 337-6519
Infertility Clinic: 337-6560
Fitness Centers: 700 Sharon Ave, Houghton: 482-8201
342 Hecla Street, Laurium: 337-7000
Home Medical Equip & Home Respiratory Care: 337-6557
Elegant Solutions Mastectomy Boutique: 337-6548
Northridge Pines Assisted Living Community-M 203 Calumet: 337-1416
Physical & Occupational Therapy:
700 Sharon Ave, Houghton: 482-8201
342 Hecla Street, Laurium: 337-7000
Respiratory Care: 337-6519
Speech Therapy: 337-7000
Director of Nursing: 337-6547
Laboratory: 337-6550
X-Ray/Radiology/Nuclear Medicine: 337-6531
Diabetes Education: 337-6598
Community Education: 337-6528
KMC Pharmacy Inside KMMC: 337-6575
Lakes Pharmacy-Lake Linden: 296-6341
205 Osceola Street
Laurium, MI 49913
www.kmmc.org

Kinship Care Program

Copper Country Mental Health Institute
The Institute will be offering resource information, education and ongoing social support to relative caregivers and their families in Baraga, Houghton, Keweenaw and Ontonagon counties. The informational website, www.westernupinfo.org, includes a section for kinship care resources and information. A regional education conference is held providing workshop sessions on topics such as legal and court systems, custodial options, financial assistance, health care coverage, advocacy skills, child development and managing challenging behaviors. Ongoing social support for relative caregivers is offered through quarterly support groups with activities offered for both adults and children. It is the intent of these groups to help relative caregivers develop

a network of contacts, emotional support and social support as they confront unique challenges and problems.

Taryn Mack
900 W. Sharon Avenue
Houghton, MI 49931
(906) 482-4880
admindept@cccmh.org

Lamaze Classes

Portage Health System

A six-session weekly class which helps prepare couples for all aspects of having a baby. The classes are taught by RNs with labor and delivery experience. The classes are currently held at the First United Methodist Church in Hancock. Couples are encouraged to register early in their pregnancy. Call for more information.

Nikki Kulppi
(906) 483-1516
Nkulppi@portagehealth.org

L'Anse Area School/Public Library

Linda Cooley
201 4th Street
(906) 524-6213
licooley@laschools.k12.mi.us
www.uproc.lib.mi.us/las

Legal Services of Northern Michigan, Inc.

Legal representation at no cost to low income persons in Baraga, Houghton or Keweenaw counties. Fax: 482-4748.
706 Sharon Avenue
Houghton, MI 49931
(906) 482-3908

Literacy Program

BHK Child Development Board
See Family Literacy Program (Even Start)
700 Park Avenue
Houghton, MI 49931
(906) 482-3663
bhk@bhkfirst.org
www.bhkfirst.org

Little Brothers Friends of the Elderly

Provides services to the elderly free of charge. They serve Houghton and Keweenaw counties as an independent, nonprofit organization. The goal is to help elderly people who are alone, regardless of race, color, or creed. Services in-

clude: visiting volunteers program, medical transportation, holiday parties and hot meal delivery, holiday activities, birthday parties, wood making services, seasonal chore services, public relations, office tasks, summer activities, winter outings, and committee work. Feel free to volunteer. Contact Cathy or Mike Aten at 482-6944.

Mike Aten
527 Hancock Street
Hancock, MI 49930
(906) 482-6944
maten.hou@littlebrothers.org
www.littlebrothers.org

Lutheran Social Services

Offers a spectrum of services in the Upper Peninsula including: adoption & birth parent services, family and marriage counseling, homeless assistance, older adult housing, substance abuse counseling and youth outreach services. For more information, call (906)226-7410 or (800)677-7410. Fax: (906)226-9800.

Marian Stusse
57405 Mine St.
Calumet, MI 49913
(906) 337-1401
mstusse@lsswis.org
www.lsswis.org

Maternal and Infant Support Services

Western U.P. District Health Department
Program for Medicaid eligible, pregnant women and infants under age 1. Provides assistance in learning skills related to nutrition, growth and development, parenting issues and breast-feeding support. For more information contact the Western U.P. District Health Department.

540 Depot Street
Hancock, MI 49937
(906) 482-7382

Michigan Commission for the Blind

Provides a variety of services to persons who are blind or visually impaired. These services cover a wide variety of programs covering the entire age range from students as early as Kindergarten, all the way to older adults in their senior years. All services are provided at no cost to the consumer once eligibility criteria are met. Our Youth Low Vision Program is designed to obtain state certified low vision exams for students from kindergarten through high school graduation. In addition to providing funding for this exam, headborne low vision aids are also provided to the students as needed. Our Vocational Rehabilitation (VR) Program provides transition services to students beginning at age 14 and is geared toward preparing the student for life after high school. Our

VR program also provides employment exploration and training for anyone age 14 and up through adulthood. Our Independent Living (IL) Program is designed to provide training to older adults who do not wish to become employed, but still desire to remain as independent as possible. All of our programs focus on adaptive teaching and training utilizing a variety of adaptive techniques and technologies.

Michael Welch
305 Ludington
(800)-323-2535

Michigan Department of Career Dev. Rehab. Services

Assists individuals with disabilities in preparing for, obtaining and maintaining employment. Intermediate School District, 809 Hecla Street, Hancock. Phone: 482-6045. Marquette District Office: 1-800-562-7860.

Michigan Dept. of Human Services

Financial assistance, including FIP, Medicaid, State Medical Program, Food Assistance Program, emergency assistance, county hospitalization (Houghton County only). Children's Services, including children's protective services, foster home licensing, adoption and foster care placement, community and protective services to delinquent, neglected and/or abused children. Adult Services including the Home Help Services, Community Placement, boarding homes and adult protective services. Volunteer Service Program supports DHS services through the development of programs and the recruiting, training, and supervising of volunteers. For more information on DHS programs and services: www.michigan.gov/dhs

Houghton County DHS: 200 Quincy Street, Hancock; 482-0500

Baraga County DHS: 108 Main Street, Baraga; 353-4700

When making Children's Protective Services referrals during the hours of 7:30 a.m.- 5 p.m., please call 483-3874, and you will be given to Sue Hood, the children's Services Supervisor, who is usually the screener when she is in the office. If she is not available, dial the operator, and she will let you know who the screener is for that day. After 5 p.m., call 482-7558.

Jim Aebli
200 Quincy Street
Hancock, MI 49930
(906) 482-0500
aeblij@michigan.gov
www.michigan.gov/dhs

Michigan State University Extension - Baraga County

Community programs

Provides the communities with research-based, high-quality programming in the areas of Children, Youth, and Family; Agriculture and Natural Resources; and Community and Economic Development. Programs include the Master Gardener program, CHARACTER COUNTS!, Forestry Stewardship and

H.O.T. (Hazards of Tobacco). Many bulletins and videos are available, for loan or purchase, on a variety of topics. The Family Nutrition Program helps individuals, families and groups eligible to receive food stamps to better manage their resources for healthy eating. The 4-H Program offers adult and older teen volunteer leaders an opportunity to positively influence social and personal development and foster a variety of interests of young people ages 5-19 in their community over an extended period. Better Kids Care provides instruction for parents and child care providers. Agricultural and Natural Resources provides educational programs on land use, forestry and gardening. Parenting Programs (Baraga County): How to Talk So Kids Will Listen, Siblings Without Rivalry and Building Strong Adolescents Through Parenting.
Houghton County: 1500 Birch Street, Hancock. Phone: 482-5830
Baraga County: Courthouse Annex, L'Anse. Phone: 524-6300
Bertha Rogers
12 North Third Street
Ontonagon
(906) 524-6300
baraga@msue.msu.edu
www.canr.msu.edu/~baraga/

Michigan State University Extension - Houghton County

Educational programs on a variety of subjects

Michigan State University Extension (MSUE) helps people improve their lives through an educational process that applies knowledge to critical issues, needs and opportunities. Local programs are offered in the following areas: Agriculture and Natural Resources, Children Youth and Family Programs, and Community and Economic Development. They include programs such as Master Gardener, Jr. Master Gardener, Citizenship Planner, Family and Consumer Sciences, Family Nutrition Programs, Youth Development programs and 4-H Club Work. Local Family Nutrition Programs include school programs on nutrition and food safety, budgeting workshops, adult one on ones, food safety classes and other adult group programs. Locally 4-H Youth Development includes a variety of school programs, including Touch the Future, Jump in Food and Fitness, Project F.I.S.H., Teens Action for Citizenship, Leadership, and Service, 4-H Camp, day camps and trips. The local 4-H clubs deliver programs in a variety of ways and works through local volunteers to implement the 4-H projects. The MSUE office is available to answer many questions people in the county might have. Through a regional, statewide and national network many questions may be answered quickly and easily via the internet.

1500 Birch Street
Hancock, MI 49930
(906) 482-5830
msue31@msu.edu

Michigan Technological University

Automated switchboard gets you to all departments, employees and students.

1400 Townsend Drive
Houghton, MI 49931
(906) 487-1885

MTU Preschool

Is a nonprofit, cooperative preschool open to all interested families. Classes are offered for children ages 3-5. Three-year-olds meet two days a week for 2 1/2 hours. Four-year-olds meet three days a week for 3 hours. Programs focus on early learning and school readiness, socialization, and self-expression within a child-friendly environment. Parents have the opportunity to be a part of their child's preschool experience in a variety of ways and have direct input into the operation of the school. Enrollment for fall term begins in the spring and remains open throughout the year as space is available. MTU Preschool is located in the Daniel Heights Community Center on the Michigan Tech campus. Families for whom transportation is a problem are encouraged to contact the school. For information or enrollment forms, call 487-2720 or 482-5193. MTU Preschool is not affiliated with Michigan Technological University.

Terrin Gurtler
2000 Woodmar Drive
Houghton, MI 49931
(906) 487-2720
storer@mtu.edu
www.mtupreschool.org

Nutrition Consultations

Portage Health System
One-on-one Nutrition Consultations for a variety of diseases and diagnoses. Registered dietitians are available to provide a variety of services for universities, schools, support groups and businesses on a wide array of nutrition related topics.

Deb Ragan
500 Campus Drive
Hancock, MI 49930
(906) 483-1149
Dragan@portagehealth.org

Older Adult Programs

Copper Country Mental Health Institute
The Institute provides a variety of older adult programs aimed at promoting healthy aging. Programs include Depression Education, Elder Abuse Prevention Education, Finding Older Adults in Need utilizing the Gatekeeper Model, Guardianship Alternatives, Kinship Care, Person Centered Care Planning and Strategies for Successful Aging.

Taryn Mack
900 W. Sharon Avenue

Houghton, MI 49931
(906) 482-4880
admindept@cccmh.org

Omega House, Inc.

Omega House is a six-bedroom hospice house in Houghton, where people can spend their final days in a homelike environment free from pain and social isolation. Staff members and trained hospice volunteers offer comfort, care and emotional support to guests who are terminally ill and their families. Omega House provides a 'final gift of home.'

920 W. Water Street
Hancock, MI 49930
(906) 482-4438
omegahouse@chartermi.net
www.omega-house.org

Parent Education Programs

Copper Country Mental Health Institute
The Institute offers parent education programs periodically throughout the year. Several multi-session programs, including Families in Action are offered for parents and their young teens. Additionally, Institute staff provide presentations on a variety of topics such as Attention Deficit Hyperactivity Disorder, Communication and helping your child succeed in school.

Taryn Mack
900 W. Sharon Avenue
Houghton, MI 49931
(906) 482-4880
admindept@cccmh.org

Parenting Classes

BHK Child Development Board
Parenting classes for families with children birth to 5 are conducted singly or in series throughout the year on a variety of topics. Topics may include "Common Sense Parenting of Toddlers and Preschoolers," "Siblings Without Rivalry," and "How to Talk so Kids will Listen." Childcare and refreshments are provided at these classes, which take place at sites across the Copper Country. For more information, call 482-3663 or visit www.bhkfirst.org
700 Park Avenue
Houghton, MI 49931
(906) 482-3663
bhk@bhkfirst.org
www.bhkfirst.org

Parenting Time Program

Good Will Farm
This program is designed to provide a safe and interactive environment for

families to spend time together when the court has ordered supervised visitation. The program, through education and support, also assists families in transitioning out of supervised visitation. This program is operated by the Good Will Farm.

Mark Lambert
P.O Box 428
1701 MacInnes Drive
Houghton, MI 49931
(906) 482-0520
mark@goodwillfarm.com

Phoenix House

A long-term residential substance-abuse treatment program for males. Phoenix House also offers outpatient substance abuse treatment at its Calumet location. Phoenix House also operates a Domestic Abuse Intervention Project Group for batterers, based on the Duluth Model, at its Calumet location. All of the programs offered by Phoenix House are available to residents of Houghton and Keweenaw counties.

422 Pine Street
Calumet, MI 49913
(906) 337-0763
womenres@up.net
www.phoenixhouse.com

Playgroups

BHK Child Development Board

Looking for a fun way to spend quality time learning and playing with your child while meeting other parents? Playgroups might be the answer. Playgroups, which are open to all area families with children birth to 5, take place weekly at area churches, BHK Toy Libraries and other sites. Activities include circle time, structured and free play, snacks and "Make It, Take It" projects. To learn more, call 482-3663 or visit www.bhkfirst.org

Caroline Penny
700 Park Avenue
Houghton, MI 49931
(906) 482-3663
bhk@bhkfirst.org
www.bhkfirst.org

Portage Health System

Nikki Kulppi
500 Campus Drive
Hancock, MI 49930
(906) 483-1516
Nkulppi@portagehealth.org

Portage Health System Volunteer Services

Portage Health System

Portage Health System has a volunteer program with structure and direction. Volunteer participation is available in both traditional and nontraditional areas of service. As a volunteer, you become a member of the hospital health care team, providing assistance in promoting the health of the whole person, and the philosophy of the hospital. The program is open to adult men, women and teens who are fourteen years of age and older.

Nikki Kulppi

500 Campus Drive

Hancock, MI 49930

(906) 483-1516

Nkulppi@portagehealth.org

Portage Lake Hospice

Helps families who have a terminally ill family member who would prefer to die at home. It is a volunteer organization which helps the families arrange for care and assistance.

Liz Evenson

500 Campus Drive

Hancock, MI 49930

(906) 482-6466

Pregnancy and Infant Loss Support Group

Hope and Healing – Pregnancy and Infant Loss Support Group is a mutual self-help group meant to bring people together who have experienced the loss of a baby. The group provides emotional support and breaks down the isolation for families by allowing them to be with others who can understand the depth of their grief and can help them find hope and healing. Meetings are held about once a month at Gloria Dei Lutheran Church in Hancock. Anyone with questions can feel free to contact us.

Cindy Zimmerman R.N.

(906) 482-8418

cdzimmerman@pasty.com

Cathy Coponen R.N.

(906) 523-3510

Pregnancy Education and Support (PEAS)

BHK Child Development Board

Pregnant mothers and their partners may take part in the Pregnancy Education and Support (PEAS) program, which provides an informative home visit; fun, educational group meetings; and a safe, gentle exercise program. The PEAS program is a great way to meet others who are expecting a child or adjusting to being new parents. To register or learn more, call 482-3663 (Houghton County), 524-7300 (Baraga County), or 1-800-236-5657 (toll-free).

Dr. Terry Frankovich or Cheryl Mills

700 Park Avenue
Houghton, MI 49931
(906) 482-3663
bhk@bhkfirst.org
www.bhkfirst.org

Pregnancy Services of Houghton County

Provides emotional support, educational resources and practical services for the woman confronted with an unplanned pregnancy. Free pregnancy tests. Learning modules offered on healthy pregnancy, parenting and relationships. Office hours are Monday, Wednesday and Friday, 1:30 p.m. to 5 p.m.

Julie Carlton, Director
616 Shelden Avenue, Suite 207
Houghton, MI 49931
(906) 482-8681
pregserv@pasty.com
www.pregserv.org

Preschool (Head Start/Michigan School Readiness)

BHK Child Development Board

This preschool program is for children ages 3, 4 and 5. Preschool fosters self-confidence and school readiness. Children enjoy socializing with others under the guidance of caring, qualified teachers. Special emphasis is placed on developing emerging literacy skills in children through reading activities, awareness of print and sound and vocabulary building. Children with special needs or disabilities are integrated into regular preschool programs with assistance from professional staff from the Copper Country Intermediate School District, which provides services to address the child's cognitive, motor, speech/language, behavioral or other special needs. There are two primary preschool options: 1) Half-day preschool classes, which meet four days per week during the school year; 2) Home-based programs where children meet as a class in a center one or more times per week and families receive home visits by their child's teacher. There is no cost for half-day and home-based programs. Full-day childcare also is available at a low cost. Priority is given to low- and moderate-income families and children with special needs, but all families are encouraged to register. To register or learn more, call 482-3663 (Houghton County), 524-7300 (Baraga County), or 1-800-236-5657 (toll-free).

700 Park Avenue
Houghton, MI 49931
(906) 482-3663
bhk@bhkfirst.org
www.bhkfirst.org

Preschool Enhancement Project (BEARS)

Copper Country Mental Health Institute

The BEARS/PEP Project is a UP-wide program that was originally developed

in the Copper Country to support young children who are experiencing behavioral, emotional and social difficulties in childcare. Because early intervention is a key to helping children succeed in school, the goal of this project is to increase Behavioral, Emotional and Resiliency Skills (BEARS). By enhancing the preschool experience, young children with behavioral difficulties are supported and better prepared for school. This is a proactive project. Both the parent and the childcare provider must agree to participate. Once a referral is signed, a consultant will observe the child in the childcare or home setting. A meeting will then be set up with the parent and the childcare provider to discuss and develop a plan of action. There is no fee for this service.

Taryn Mack
900 W. Sharon Avenue
Houghton, MI 49931
(906) 482-4880
theinst@portup.com

Preschool Story Hour

Portage Lake District Library

During the school year, Portage Lake District Library offers four six-week long story hour sessions for children ages 3-5. Story hours consist of three or four age-appropriate stories, some simple songs or finger plays and a take-home craft, all centered on a common theme. Registration is required. For more information, contact Kristin Tepsa in the PLDL Children's Room.

Kristin Tepsa
105 Huron Street
(906) 482-4570
www.pldl.org

Project: SODA (Success Oriented Direction and Achievement)

Child and Family Services of the U.P., Inc.

Project: SODA is a voluntary crisis intervention program that assists youth between the ages of 10 and 17 who are dealing with issues such as running away from home, truancy or other stressors at home or in school. SODA Specialists meet with youth to set goals and brainstorm ways in which they may remedy their problems. SODA services are free of charge, confidential and voluntary.

Located in the Cedar Bluff Professional Building
706 Sharon Avenue, Suite 2
Houghton, MI 49931

Contact: Shanna Cherubini (Houghton/Keweenaw SODA)

Phone: 482-4488

Fax: 482-4401

Email: houghtonkeweenawsoda@miuplink.com

Jerry Gagnon (Baraga SODA)

Phone: 482-4488

Fax: 482-4401

Email: baragasoda@miuplink.com

Public Library

Portage Lake District Library

The Portage Lake District Library provides materials and services to help district residents obtain information to meet their personal, educational and professional needs. Special emphasis is placed on providing popular material in a variety of formats for all ages and on stimulating children's interests and appreciation for reading and learning. The library also serves as a reference and community information center.

Hours: Monday, Tuesday and Thursday 10 am - 9 p.m.; Wednesday and Friday 10 am - 5 p.m.; Saturday 12 p.m. - 5 p.m.

105 Huron Street
(906) 482-4570

pdl@pdl.org
www.pdl.org

Read to Ride

Good Will Farm

This is a program in collaboration with the Copper Country Intermediate School District encouraging children and youth to read during the summer. Youth receive one chance for every book to win one of many mountain bikes and helmets awarded in mid-August. This program is operated by the Good Will Farm and the CCISD.

Mark Lambert
P.O. Box 428
1701 MacInnes Drive
Houghton, MI 49931
(906) 482-0520

mark@goodwillfarm.com

Residential Treatment

Good Will Farm

This program focuses on providing a safe, supportive, nurturing environment that encourages girls to reach their potential and successfully return to the community. The major areas of programming are structured living skills, individual and group counseling, therapeutic and challenge activities, school, and asset education. Substance abuse education is also incorporated into treatment weekly. This program is operated by the Good Will Farm.

Mark Lambert
P.O. Box 428
1701 MacInnes Drive
Houghton, MI 49931
(906) 482-0520

mark@goodwillfarm.com

Salvation Army

Provides emergency food, shelter, utility assistance, clothing, bedding, furnishings, crisis and spiritual counseling. Office - 408 Ravine Street, Hancock - 483-3420; Thrift Store - 435 Hancock Street, Hancock - 482-4596. Emergency shelter is available.

Captain Mark Nance
408 Ravine Street
Hancock, MI 49930
(906) 482-3420

School Social Work Program

Copper Country Mental Health Institute

Provides school-based early detection and intervention for elementary school children experiencing behavior and/or emotional problems that interfere with learning. The program targets children from kindergarten through sixth grade and views involvement of the child's family as a crucial element in the treatment process.

Taryn Mack
901 W. Memorial Drive
Houghton, MI 49931
(906) 482-9400
theinst@portup.com

Sexual Assault Emergency Hotline

Dial HELP

Dial HELP, 609 Shelden Avenue, Houghton. Phone: 482-4357

609 Shelden Avenue
Houghton, MI 49931
(906) 482-4357

dialhelp@chartermi.net

Sexual Assault Support Group

Dial HELP

Provides members opportunity to share experiences, examine short and long term effects of assault and discuss various coping strategies and solutions to problems.

609 Shelden Avenue
Houghton, MI 49931
(906) 482-4357

dialhelp@chartermi.net

Shriners' Burns and Crippled Children Institute

Furnishes free skilled services to burned and scarred children where individual treatment would cause financial hardship. Emergency air transportation can be arranged by Ahmed Temple. Fax: 225-1158.

Kimberly Hawkland

128 W. Washington Street
Marquette, MI 49855
(906) 225-1157
busmgrkim@aol.com

Social Security Administration

Assists people in claiming retirement, survivor, disability, supplemental security income and Medicare benefits. Issues social security account numbers and assures that individual social security earnings and records are maintained correctly.

902 Razorback Drive, Suite 3
Houghton, MI 49931
(906) 482-9656
(800) 772-1213
www.ssa.gov

St. Vincent De Paul

Assistance to the needy regardless of race or creed

Has an objective to visit the needy in the hospital or in their homes and provide emergency relief food, clothing, furniture and fuel. We also help with disconnects. There are no religious requirements or restrictions. St. Vincent DePaul Stores: 224 Shelden Avenue, Houghton, 482-8344; 204 Quincy Street, Hancock, 482-7705; 14 S. Main Street, L'Anse, 524-7001.

Mary E. Erva
224 Shelden Avenue
Houghton, MI 49931
(906) 482-8344

Student Health Information and Empowerment (SHINE)

Portage Health System

A student wellness program targeting grades 6-8. Pilot program was introduced in Houghton and Hancock schools in the fall of 1999. Includes a complete annual health risk appraisal, individual or small group review of results, personal goal setting and group programming to address the most common health risks overall.

Nikki Kulppi
500 Campus Drive
Hancock, MI 49930
(906) 483-1516
Nkulppi@portagehealth.org

Substance Abuse Prevention and Education

Copper Country Mental Health Institute

The Institute is involved in a variety of prevention and education initiatives directed at preventing substance abuse. Initiatives include parent education, teen social and life-skill development, asset building and enhancing commu-

nity coalitions to prevent underage drinking. Additionally, education is provided directed at adults and older adults to provide resources and information concerning depression, anxiety, medication usage and other issues related to substance use.

Taryn Mack
900 W. Sharon Avenue
Houghton, MI 49931
(906) 482-4880
projects@portup.com

Substance Abuse Programs

Keweenaw Bay Indian Community

Keweenaw Bay Substance Abuse Services offer treatment at three different levels. The outpatient services are located in Baraga at 427 N. Superior Ave. It offers services Monday through Friday from 8 a.m. to 4:30 p.m. After-hour appointments can be arranged to accommodate the client. Referrals are usually made through the Western Upper Peninsula Substance Abuse Services Coordinating Agency but are not always necessary. Private pay, public funded and insurance clients are welcome. For more information please call (906) 353-8121. Residential and Intensive Outpatient Services are provided at the New Day Treatment Center at 16025 Brewery Road, L'Anse, Michigan. The residential program has been in operation for more than 30 years. It is a co-ed facility that can house up to 19 clients. Referrals are accepted from the entire state of Michigan, Wisconsin and Minnesota. It is a Native American Program, and all people are welcome. Services are mainly funded through IHS and WUPSACA. Publicly funded clients are welcome. The length of stay is 42 days. For more information please call (906) 524-4411 or 1-800-275-5410 or email ndtcmc@up.net

Substance Abuse Services

Western U.P. District Health Department

Alcohol/chemical dependency is a primary disease which affects all who live with it. Services include: teen counseling, school program services and prevention programming in schools and the community. For further information contact the Western U.P. District Health Department.

540 Depot Street
Hancock, MI 49938
(906) 482-7382

Summer Reading Program

Portage Lake District Library

Keep them Reading! Each summer Portage Lake District Library offers a 6 or 7 week long summer reading program to encourage children and young adults to keep reading during the summer months. Children receive incentive prizes as they achieve specified reading goals and participate in a variety of fun and often educational special events. This program is open to all area children in-

cluding pre-readers who are being read to. For more information call the Portage Lake District Library Children's Room at 482-4570.

Kristin Tepsa
105 Huron Street
(906) 482-2129
www.pldl.org

Super Siblings Class

Portage Health System

For 2-6 year olds expecting a new brother or sister. Learn about what your new baby will look like, how to help take care of the baby and see where mom will have the new baby. Adult must attend with the child.

Nikki Kulppi
500 Campus Drive
Hancock, MI 49930
(906) 483-1516
Nkulppi@portagehealth.org

Superior Home Nursing and Hospice

Western U.P. District Health Department

Provides Home Health Care and Hospice Service to people with conditions which cause them to be confined to their homes, who are under the care of a physician and need care which requires the skills of a Registered Nurse, Physical Therapist or Speech Therapist, Occupational Therapist, Medical Social Worker or certified Home Health Aides. Compassionate end of life care is provided through Medicare certified Hospice. Superior Home Nursing and Hospice Division is CHAP accredited, Medicare/Medicaid certified. All insurance is accepted as well. Western U.P. District Health Department.

540 Depot Street
Hancock, MI 49939
(906) 482-7382

Supportive Housing for Youth Program

Child and Family Services of the U.P., Inc.

SHYP is an 18-month supportive housing program that serves youth between the ages of 16 and 20 who are at risk of becoming homeless or are already homeless. SHYP provides both financial and emotional support while teaching participants the skills necessary to live independently.

Located in the Cedar Bluff Professional Building

706 Sharon Avenue, Suite 2
Houghton, MI 49931

Contact: Shanna Cherubini

Phone: 482-4488

Fax: 482-4401

Email: houghtonshyp@miuplink.com

Teen Education & Social Skill Development Programs

Copper Country Mental Health Institute

The Institute provides social and life skills training to students in middle school grades. Programs are primarily offered in school and non-school times, periodically throughout the year. This training utilizes experiential education techniques to enhance learning.

Taryn Mack

900 W. Sharon Avenue

Houghton, MI 49931

(906) 482-4880

projects@portup.com

Think First/Safe Kids Chapter

Portage Health System

Do you need help installing your child's car seat? Fitting his/her helmet correctly? This Copper Country workgroup is working hard to reduce the number of unintentional injuries in children. If you have any questions regarding your child's car seat, bike helmet or other safety concerns please call or look for our booth at local events.

Nikki Kulppi

500 Campus Drive

Hancock, MI 49930

(906) 483-1516

Nkulppi@portagehealth.org

Toy Libraries

BHK Child Development Board

Need a place to learn and play with your child? BHK Toy Libraries are filled with toys, books and other learning materials for in-house use or check out.

The libraries also host playgroups, parent meetings and special activities. Adult Learning Labs with computers are available for parents working to complete their GEDs. Locations include: Keweenaw Kids Company, 414 Hecla Street in Laurium (337-3333); Baraga Toy Library, 106 Lyons Street in Baraga (353-7160); Portage Family Place, 503 Park Avenue in Houghton (483-2195). An additional Toy Library is operated at the Salvation Army office at 408 Ravine St. in Hancock (482-3420). In addition, a traveling Toymobile serves families in remote areas. For more information, call 482-3663 or 800-236-5657 or visit

www.bhkfirst.org

Caroline Penny

700 Park Avenue

Houghton, MI 49931

(906) 482-3663

bhk@bhkfirst.org

www.bhkfirst.org

Toymobile

BHK Child Development Board

The Toymobile travels a regular monthly route around Baraga, Houghton and Keweenaw counties, stopping in rural areas to lend toys, books, videos and other age-appropriate learning materials to families with young children. Materials generally may be checked out for two weeks. For more information, call 482-3663 or visit www.bhkfirst.org

Caroline Penny

700 Park Avenue

Houghton, MI 49931

(906) 482-3663

bhk@bhkfirst.org

www.bhkfirst.org

U.P. Contract Services Inc.

We no longer provide services for Agent Orange Class Assistance program.

We are now an outpatient substance abuse counseling agency licensed by the State of Michigan under Western U.P. Substance Abuse Services Coordinating Agency. Our focus is outpatient substance abuse counseling and trauma recovery work including EMDR therapy. We continue to provide veterans counseling and other trauma survivors, spouses and family members. We have a sliding fee scale based on income. Medicare is accepted under Psychology Associates in Calumet.

Susan Harri

56730 Calumet Avenue, Suite C

Calumet, MI 49913

(906) 337-1065

UPCAP Care Management

UPCAP's Care Management program is designed to assist Upper Peninsula residents who are candidates for nursing home care or are currently in a nursing home. The program is aimed at helping people understand their choices when thinking about remaining in their own home. Teams of nurses and social workers assess the needs of individuals and help families develop a plan of care specifically for their situation. Fax: 482-1385.

1100 Century Way

Houghton, MI 49931

(906) 482-0982

www.upcap.org

Upper Michigan Behavioral Health Service

Psychiatrists, Psychologist, Certified Social Workers, Therapists and Addiction Counselors provide the following services: assessments (both mental health and substance abuse); individual/group therapy, both mental health and substance abuse; psychiatric evaluation and medication management; psychological testing and evaluation; intensive outpatient substance-abuse program.

Hours M-F 8 a.m. to 5 p.m.

Tom Collins
920 Water Street
Hancock, MI 49931
(906) 487-9377
www.mgh.org

Upward Bound

Finlandia University

Upward Bound provides services free of charge to area high school students. Upward Bound is designed to improve college graduation rates in Baraga, Houghton, and Keweenaw Counties. Students enter Upward Bound in the 9th or 10th grade and participate through the summer following high school graduation. Students qualify for services based on family income and parental education levels. Upward Bound offers tutoring and other services, including college field trips, career guidance, personal counseling, and social activities. Upward Bound also features a six-week residential summer program that offers academic courses, paid career work-study positions and a field trip to a major U.S. destination such as Boston, MA, or Los Angeles, CA. Upward Bound is housed by Finlandia University and funded by the U.S. Department Of Education.

Contact: Kim Gundlach, Heidi Mensch, or Nicole Ellet
601 Quincy Street
Hancock, MI 49930
(906) 487-7343, (906) 487-7293, or (906) 487-7259
email: nicole.ellet@finlandia.edu

Vocational Strategies Inc.

Vocational Strategies, Inc. has three distinct programs that provide pre-vocational training, vocational skill development, and supported employment for people with disabilities ages 16 years and older. This is accomplished through a careful mix of human support services and practical hands-on vocational training.

Kevin Store
23390 Airpark Blvd.
Calumet, MI 49913
(906) 482-6142
knstore@vocstrat.org
www.vocstrat.org

Western U.P. District Health Department

Is the local public health department serving the five western U.P. counties, providing environmental health, disease control and health promotion, and a number of personal and community health programs out of four offices. Services For Adults: Adult Health Screening, Senior Screening, Family Planning, Superior Home Nursing and Hospice Division, T.B. Control, Maternal Support

Services, AIDS/HIV Counseling and Testing, STD Testing and follow-up. Services For Children: WIC, Children's Special Health Care Services, Infant Support Services, Immunizations, Vision/Hearing Screening, Dental Health, Substance Abuse School Services & Child Health. Services For Community: Community Health Assessment and data surveillance, Environmental Health Programs, Communicable Disease Control, Community Education and Women's Health which includes Breast Cervical Cancer Programs (BCCCP) for women 40-64 years of age. Skilled Nursing, home health aides, social work, physical and other therapy and end of life care provided through Superior Home Nursing and Hospice Division of the Health Department. Two locations in Houghton-Keweenaw-Baraga: Western U.P. District Health Department: 540 Depot Street, Hancock, 482-7382; Baraga/L'Anse Health Department: 303 Baraga Ave, L'Anse, 524-6142.

Western U.P. Michigan Works

Provides assistance with classroom and on-the-job training. Administers the Welfare to Work programs. Provides information about job openings through the statewide Employment Services at www.michworks.org. Michigan Works Service Center locations: Houghton County – 902 Razorback Drive, Suite 6, Houghton. Phone: 482-6916; Baraga County – American Legion Bldg., 115 N. Front Street, L'Anse. Phone: 524-5300.

Janet

902 Razorback Drive, Suite 6

Houghton, MI 49931

(906) 482-6916

hotonmwa@charter.net

Western U.P. Substance Abuse Services Coordinating Agency

Regional planning and administration office for alcohol and drug prevention and treatment programs in the Western seven counties of the Upper Peninsula. Offering EAP services to employers and technical assistance on proposal development, substance abuse licenser and recipient rights. Fax: 482-3217

Barb Bouwkamp

903 W. Memorial Drive

Houghton, MI 49931

(906) 482-7473

kimgreen@ccisd.k12.mi.us

Wheels Program

Good Will Farm

The Wheels Program provides transportation and opportunity to families of the Copper Country. Used vehicles are solicited for donation, reconditioned by the Automotive Center at the ISD, and donated to families in need. This program is operated by the Good Will Farm.

Mark Lambert

P.O. Box 428

1701 MacInnes Drive
Houghton, MI 49931
(906) 482-0520
mark@goodwillfarm.com

WIC

Western U.P. District Health Department
Women, Infants, and Children. A special supplemental food program. The program provides nutritious foods for pregnant and nursing mothers, infants up to one year and children up to age five. The local WIC program is provided through the Western U.P. District Health Department.
540 Depot Street
Hancock, MI 49939
(906) 482-7382

Women's Wellness

Portage Health System
Join Portage Health System's women's wellness group for its monthly lunch and learn event. The cost for the program is \$5 which includes a buffet lunch, educational presentation and materials.
Nikki Kulppi
500 Campus Drive
Hancock, MI 49930
(906) 483-1516
Nkulppi@portagehealth.org

Wraparound Program

Good Will Farm
The Wraparound program is designed to identify the assets and needs of the whole family and to coordinate comprehensive and unconditional services from the community to "wrap around" the child and family. For each family, a wraparound coordinator works in consort with a Child and Family Team and a Community Team. This program is operated through the Good Will Farm. For the Baraga area contact Pat Carmody or Gail Koski at 524-5544. For the Keeweenaw and Calumet area, contact Linda Sanchez at 487-9832.
Mark Lambert
P.O. Box 428
1701 MacInnes Drive
Houghton, MI 49931
(906) 482-0520
mark@goodwillfarm.com

BHK Child Development Board

700 Park Avenue
Houghton, MI 49931

Phone: (906) 482-3663 or (800) 236-5657

Fax: (906) 482-7329

Email: bhk@bhkfirst.org

Web: www.bhkfirst.org

2005-2006



Web UPCAP

"Providing guidance and support to U.P. residents since 1961"

Site Map



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Overview

What is 2-1-1?

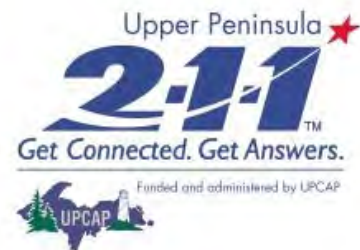
"2-1-1" is an easy-to-remember telephone number that connects people with important community services and volunteer opportunities.

Every hour of every day someone needs essential services such as assistance for a child, aging parent, or the entire family. Faced with the growing number of agencies and help-lines, individuals may have difficulty finding help because they do not know where to start or who to contact. U.P. 2-1-1 opens the door by providing easy access to needed information and assistance.

Mission: *To provide easy accessible, responsive, and professional information and assistance to Upper Peninsula citizens and families in need.*

Why should I call "2-1-1"?

- Free
- Confidential
- Comprehensive
- Accessible 24/7 - 365 days a year
- Current, Local Information updated



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regularly

- Talk with "live" trained & certified Call Specialists

Other Ways to Reach the U.P. 211 Call Center

- "2-1-1" calls must be made within the Upper Peninsula of Michigan
- Rotary Phones: 1-800-305-8137 (toll-free)
- Alternate Numbers & Out of the Area: 1-800-338-1119
- [View U.P. 2-1-1 Commercial](#)

UPCAP

2501 14th Avenue South P.O. Box 606 Escanaba, MI 49829

Phone: (906) 786-4701 / upcapinfo@upcap.org / Office Locations

Web-site Issues: webtech@upcap.org