

URBANDALE COMMUNITY SCHOOL DISTRICT



PARENT GUIDE TO COMMUNITY RESOURCES

Guía de Recursos para Padres
Vodič za Roditelje u Resurse Zajednice
Updated August 2015

This Parent Guide to Community Resources is designed to provide families with information about a number of local organizations that can help support daily living needs.

If you have questions about any of the resources provided in this guide, or if you have a need that cannot be addressed by one of the provided resources (there are more available), please contact one of the Facilitators of Family Outreach (FFOs)—see page 4. The FFOs have extensive knowledge to help connect families to services.

Please help us keep this guide current. If you find any inaccurate information, please notify one of the FFOs listed on page 4.

Last Updated: August 2015

Esta Guía de Recursos Comunitarios para Padres está diseñada para ayudar a proporcionar a las familias información sobre una serie de organizaciones locales que pueden ayudar a apoyar las necesidades de la vida diaria.

Si tiene preguntas sobre el cualquiera de los recursos indicados en esta guía, o si usted tiene una necesidad que no puede ser abordado por uno de los recursos previstos (hay más disponibles), póngase en contacto con uno de los facilitadores de Alcance Familiar (FFOS) -ver página 4. Los FFOS tiene un amplio conocimiento para ayudar a conectar a las familias a los servicios.

Por favor ayúdenos a mantener esta guía recursos al día. Si encuentra alguna información incorrecta, por favor notifique a uno de los FFOS indicados en la página 3.

Última actualización: Agosto 2015

Ovaj vodič za roditelje sa uputama u Podršku Zajednice je dizajniran da pruži pomoć obiteljima sa informacijama o broju lokalnih organizacija koje mogu pomoći podržati dnevne životne potrebe.

Ako imate pitanja o bilo kojem od resursa što se nalaze u ovom vodiču, ili ako imate potrebu da se ne može riješiti niti jednim od ponuđenih resursa (postoji više njih na raspolaganju), molimo da kontaktirate jednog od voditelja za Porodičnu Saradnju sa Zajednicom -koji su navedeni na stranici 4. Oni imaju široko znanje da pomognu povezivanju obitelji sa uslugama.

Molimo Vas, pomozite nam da održimo ove resurse u vodiču tačnim. Ako nađete bilo koje netačne informacije, molimo Vas da obavijestite jednog od voditelja za Porodičnu Saradnju sa Zajednicom nevedene na stranici br. 3.

Zadnji put ažurirano: Avgust 2015

Table of Contents

Facilitators of Family Outreach (FFO) Services / Facilitadores de Servicio de Alcance Familiar (FFO) / Voditelji usluga za porodičnu saradnju sa zajednicom (FFO).....	4
Coordinator of Student, Family and Community Services (CSFCS) Coordinador de Estudiantes, Familia y Servicios a la Comunidad Koordinator usluga za Učenike, Porodicu i Zajednicu.....	4
Department of Human Services (DHS).....	5
Food / Alimentos / Hrana.....	5
Shelter / Albergue / Prihvatište	5
Shelter / Albergue / Prihvatište	6
Clothing / Vestimenta / Odjeća.....	6
Child Care / Cuido de Niños / Njega za dijete	6
Energy Assistance / Asistencia Económica de Electricidad / Pomoć za Energiju	7
Transportation / Transportación / Prevoz.....	7
Employment / Empleo / Zapošljavanje	7
Hospitals / Hospitales / Bolnice.....	7
Hospitals / Hospitales / Bolnice.....	8
Medical Clinics / Clínicas Médicas / Zdravstvene Klinike.....	8
Medical Clinics / Clínicas Médicas / Zdravstvene Klinike.....	9
Dental Clinics / Clínicas Dentales / Stomatološke Ordinacije.....	9
Dental Clinics / Clínicas Dentales / Stomatološke Ordinacije	10
Vision Clinics / Clínicas de Visión / Očne Klinike	10
Mental Health / Salud Mental / Mentalno Zdravlje	10
Mental Health / Salud Mental / Mentalno Zdravlje	11
Home Repair / Reparación de Vivienda / Kućni popravak	12
Military Family Support / Apoyo a la Familia Militar / Pomoć za Vojne Porodice	12
Parenting Classes / Educación para Padres / Časovi Roditeljstva.....	12
Grief/Loss / Duelo/Perdida / Žalost/Gubitak.....	13
Additional Resource Guides / Guías de Recursos Adicionales / Vodič za dodatne resurse	13

Facilitators of Family Outreach (FFO) Services / Facilitadores de Servicio de Alcance Familiar (FFO) / Voditelji usluga za porodičnu saradnju sa zajednicom (FFO)

Below are the names of Urbandale Community School District staff members who serve as Facilitators of Family Outreach (FFOs). These individuals provide long-term coordination of support services to children, youth, and families whose living conditions place the children and youth at risk of not succeeding in school. Facilitators of Family Outreach Services attend student study team meetings, provide emergency transportation for students and families, and develop, coordinate, and provide workshops and support groups for students and families.

Jessica Marks

515-559-7086

Karen Acres Elementary, Rolling Green Elementary, and Webster Elementary

marksj@urbandaleschools.com

Shawn Karaidos

515-202-8107

Jensen Elementary, Olmsted Elementary and Valerius Elementary

karaidoss@urbandaleschools.com

Heidi Zwick

515-202-8117

Urbandale Middle School

zwickh@urbandaleschools.com

Christy Stroope

515-457-6813

Urbandale High School

stroopec@urbandaleschools.com

Coordinator of Student, Family and Community Services (CSFCS) Coordinador de Estudiantes, Familia y Servicios a la Comunidad Koordinator usluga za Učenike, Porodicu i Zajednicu

The CSFCS coordinates mental health services for children and families. The CSFCS attends building-level problem-solving meetings, provides professional development in the area of mental health, conducts home visits, and connects families to needed resources in the community (housing, food, child care, employment). The CSFCS consults with building administrators and teachers to support students who have mental health issues. The CSFCS acts as the District contact for outside service providers in order to coordinate efforts and better support students and their families.

Michele Hamilton

515-402-8538

hamiltonm@urbandaleschools.com

Department of Human Services (DHS)

Departamento de Servicios Humanos / Odjeljenje za Ljudske Usluge

Ongoing Needs

Accepts applications for food assistance (food stamps), financial assistance (FIP), child care assistance, and Medicaid/Title 19.

515-725-2600
Polk County River Place
2309 Euclid
Des Moines, IA 50310
www.dhs.iowa.gov

General Assistance

Assistance w/ rent, utilities, home repair program, food. Emergency travelers program.
Once every 12 months, with some exceptions.

515-286-2088
2309 Euclid Avenue
Des Moines, IA 50310
<http://www.polkcountyiowa.gov/cfys/services/general-assistance-program/>

Food / Alimentos / Hrana

Urbandale Food Pantry

Provides food assistance and has SNAP applications. Call for hours of operation.

515-251-6688
Cedar Ridge Shopping Center
7611 Douglas Ave. Ste. 31
Urbandale, Iowa 50322

Food Bank of Iowa

515-564-0330
2220 E 17th Street
Des Moines, IA 50316

Shelter / Albergue / Prihvatište

St. Joseph Emergency Shelter

515-282-1235
1535 11st Street
Des Moines, Iowa 50314

Shelter / Albergue / Prihvatište

Hawthorn Hill (women and children only)

515-244-9748
3001 Grand Avenue
Des Moines, Iowa 50312

Family Promise of Greater Des Moines

515-277-7051
4114 Allison Avenue
Des Moines, Iowa 50310

Des Moines Area Interfaith Hospitality Network

515-277-7051
4114 Allison Avenue
Des Moines, Iowa 50310

Clothing / Vestimenta / Odjeća

Clothing Closet

515-457-6800
Urbandale High School
7111 Aurora Avenue
Urbandale, Iowa 50322
Contact: Amber Ruppert

Clothing Closet Satellite Site

515-251-6688
Urbandale Food Pantry
7611 Douglas Ave., Ste. 31
Urbandale, Iowa 50322

Child Care / Cuido de Niños / Njega za dijete

Child Care Resource & Referral

Available to assist families in selecting child care providers who best meet the needs of a child and their family.

877-216-8481

<http://www.iowaccrr.org>

Adventuretime

- Before/after school programs at all six Urbandale elementary schools
- All-day programs at Olmsted Elementary (in-service, recess, or no school days)
- Summer Programs for elementary-aged students
- Three and Four-Year-Old Preschool Programs at Olmsted, Rolling Green, and Webster

515-457-5855

<http://www.urbandalecommunityed.com/adventuretime/home>

Energy Assistance / Asistencia Económica de Electricidad / Pomoć za Energiju

UCAN (Urbandale Community Action Network)
515-278-3999

Transportation / Transportación / Prevoz

DART (Des Moines Area Regional Transit – Bus Service)
515-283-8100
www.ridedart.com

VNS

Children under the age of 21, accompanied by an adult (medical, dental, or mental health appointments only)

515-558-9972

UCAN (Urbandale Community Action Network)
515-278-3999

Employment / Empleo / Zapošljavanje

Iowa Workforce Development
515-281-9619
www.iowaworkforce.org

Hospitals / Hospitales / Bolnice

Broadlawns
515-282-2200
1801 Hickman Rd.
Des Moines, Iowa 50314

Blank Children's Hospital
515-241-5437
1200 Pleasant Street
Des Moines, Iowa 50309

Iowa Lutheran
515-263-5612
700 E. University Avenue
Des Moines, Iowa 50316

Hospitals / Hospitales / Bolnice

Iowa Methodist

515-241-6212
1200 Pleasant Street
Des Moines, Iowa 50309

Mercy Medical Center

515-247-3121
1111 6th Avenue
Des Moines, Iowa 50314

VA Central Iowa Health Care System

515-699-5999
3600 30th Street
Des Moines, Iowa 50310

Medical Clinics / Clínicas Médicas / Zdravstvene Klinike

Broadlawns (Sliding Fee Scale and Title 19)

515-282-2273
1801 Hickman Road
Des Moines, Iowa 50314

Christ the King (Free Clinic)

515-285-2888
5711 SW 9th St.
Des Moines, Iowa 50315
Open Mondays 7-9 PM; Wednesdays (pediatric clinic) 7-9 PM

Corinthian Family Health (Free Clinic)

515-243-4073
814 School Street
Des Moines, Iowa 50309
Open Saturdays 9 AM – 12 PM

DMU Free Clinic (via mobile unit)

3200 Grand Avenue
Des Moines, Iowa 50312
Open 1st and 3rd Sundays 9-11 AM

Grace United Methodist Church (Free Clinic)

3700 Cottage Grove
Des Moines, Iowa 50311
Open Tuesdays 5:30-7:30 PM

Medical Clinics / Clínicas Médicas / Zdravstvene Klinike

Holy Family School (Free Clinic)

1265 E. 9th Street
Des Moines, Iowa 50316
Open 1st Monday of every month 7-9 PM

Islamic Center of Des Moines (Free Medical Clinic)

6201 Franklin Avenue
Des Moines, Iowa 50322
Open Saturdays 9-11 AM

Jim Ellefson Free Medical Clinic

1607 East 33rd Street
Des Moines, Iowa 50317
Open Tuesdays 1-4 PM and Thursdays 5:30-8:30 PM

Mae E. Davis Free Medical Clinic

515-277-1103
Eddie Davis Community Center
1312 Maple Street
West Des Moines, Iowa 50265
Open Tuesdays 7-9 PM

Margaret Cramer Clinic; First Assembly of God Church

515-279-9766 ext 42
2725 Merle Hay Road
Des Moines, Iowa 50310
Open Thursdays 6-8 PM
Registration 5:30-7 PM

St. Luke's Clinic; Polk City United Methodist Church

515-984-6274
1421 W. Broadway
Polk City, Iowa 50226
Open 1st and 3rd Wednesdays 6-8 PM

Dental Clinics / Clínicas Dentales / Stomatološke Ordinacije

I-Smile

515-557-9023
www.ismiledentalhome.iowa.gov

Ocean Dental (Title 19)

515-264-9022
1345 E. University
Des Moines, Iowa 50316

Dental Clinics / Clínicas Dentales / Stomatološke Ordinacije

Des Moines Health Center (Title 19, Hawk-I, sliding scale)

515-244-9136
1111 Ninth Street, Suite 190
Des Moines, Iowa 50314

Broadlawns Dental Clinic (Title 19, sliding scale)

515-282-2421
1801 Hickman Road
Des Moines, Iowa 50314

Vision Clinics / Clínicas de Visión / Očne Klinike

Wylie's Eye Clinic (Title 19)

515-270-8545
5280 Northwest 86th Street
Johnston, Iowa 50131

Christian Eye Clinic

Gives 3 pairs of glasses away at cost every month; need referral from pastor or Facilitator of Family Outreach
515-333-3333
7011 Douglas Avenue
Urbandale, Iowa 50322

Westrum Optometry (Spanish speaking)

515-282-5005
315 East 5th Street, Suite 4
Des Moines, Iowa 50309

Mental Health / Salud Mental / Mentalno Zdravlje

Mercy Behavioral Health

515-271-6111
1111 6th Ave., West Entrance
Des Moines, Iowa 50314
<https://www.mercydesmoines.org/behavioralhealth>

Lutheran Children's Behavioral Health

515-263-5249
700 East University Avenue
Des Moines, Iowa 50316
<https://www.unitypoint.org/desmoines/services-behavioral-and-mental-health.aspx>

Mental Health / Salud Mental / Mentalno Zdravlje

Children and Families of Iowa

515-288-1981
1111 University Avenue
Des Moines, Iowa 50314
<http://www.cfiowa.org>

Orchard Place – Child Guidance Center (Children’s mental health, Title 19, sliding scale)

515-246-3500
808 5th Avenue
Des Moines, Iowa 50312
www.orchardplace.org

Eyerly Ball (Adult mental health, sliding scale)

515-241-0982
945 19th Street
Des Moines, Iowa 50309
<http://www.eyerlyball.org>

Polk County Crisis and Advocacy Services

515-286-3600
Polk County River Place
2309 Euclid Avenue
Des Moines, Iowa 50310
www.polkcountyiowa.gov

Youth Emergency Shelter Services (YESS):

515-282-YESS (515-282-9377)
918 SE 11th Street
Des Moines, Iowa 50309

Alcoholics Anonymous

515-282-8550 (24-hour)
www.aadesmoines.org

Autism Society of Iowa

515-964-4357
www.autismiowa.org

National Alliance on Mental Illness (NAMI)

NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community of hope for all of those in need. Support groups and advocacy.

515-254-0547
<http://www.namiowa.com>

National Suicide Prevention Lifeline

1-800-273-8255
www.suicidepreventionlifeline.org

Home Repair / Reparación de Vivienda / Kućni popravak

Department of Human Services (DHS)

515-875-5566

UCAN (Urbandale Community Action Network)

515-278-3999

Military Family Support / Apoyo a la Familia Militar / Pomoć za Vojne Porodice

Military One Source

Crisis Hotline: 1-800-273-8255 (stateside only)

Stateside Phone: 1-800-342-9647

Overseas Phone: 1-800-342-9647

www.militaryonesource.com

U.S Veterans Center

Re-adjustment counseling for veterans and families. Assistance with getting VA benefits.

515-284-4929

1821 22nd St. #115

West Des Moines, IA 50266

www.va.gov

VA of Central Iowa

515-699-5999

www.centraliowa.va.gov

American Legion Post #663

515-278-8940

6805 Douglas Avenue

Urbandale, Iowa 50322

VFW Post #9127

515-255-9804

4029 Urbandale Aveune

Des Moines, Iowa 50310

Parenting Classes / Educación para Padres / Časovi Roditeljstva

There are many different parenting classes offered throughout the year. Please contact an FFO (list at the start of this guide) to find a class that suits your needs and schedule.

Unity Point – Powell Recovery: Parenting After Addiction

515-263-2424

700 East University Avenue

Des Moines, Iowa 50316

Grief/Loss / Duelo/Perdida / Žalost/Gubitak

Amanda the Panda

515-223-4847
1821 Grand Avenue
West Des Moines, Iowa 50265
www.amandathepanda.org

Hamilton's Funeral Home; Academy for Grief and Loss

515-697-3666
www.hamiltonsfuneralhome.com

Additional Resource Guides / Guías de Recursos Adicionales / Vodič za dodatne resurse

United Way: Information and referral line, offers information about food, housing, employment, child care, transportation, health services, senior services and more.

Dial 211

Visiting Nurse Services of Iowa

Provides a variety of supportive services to meet the health and social service needs of our community.

www.vnsdm.org

Directory: <http://www.vnsdm.org/resources/Community-Resource-Directory-10282014.pdf>

No student enrolled in the Urbandale Community School District shall be excluded from participation in, be denied the benefits of, or be subjected to discrimination in the District's programs on the basis of race, color, creed, sex, religion, marital status (for program), ethnic background, national origin, disability, sexual orientation, gender identity, age (for employment) or socio-economic background (for program). The policy of the District shall be to provide educational programs and opportunities for students as needed on the basis of individual interests, values, abilities and potential.

If you have questions please contact the district office at 11152 Aurora Ave, Urbandale, IA or call 515.457.5000. The district's Equity Coordinators are Dr. Keri Schlueter, Coordinator of Student Services, Mark Lane, Director of Human Resources, and Crista Carlile, Director of Teaching and Learning.