Payne & Noble County Resource Guide for Case Manager & Client

Stillwater Outpatient Clinic
800 E. 6th Street
Suite B
Stillwater, OK 74074
(405)372-1250

Current as of 4/24/2014, LGK.
Medical Help

Central Oklahoma Association for the Deaf and Hearing Impaired: Hearing aid, sign language training, TDD/TTY equipment, financial assistance. 330 North Classen, Suite 205, OKC. (405) 384-8006.

Cushing Care Clinic: Low-income clinic every 3rd Thursday of the month. Clients must be at or below 135% poverty level and have no health insurance. Must bring proof of residency. No fees. Call Fridays from 9-11am. 1026 N. Linnwood Avenue, Cushing. (918) 225-1377.

Lion’s Club of Stillwater: Provides free eye exams and glasses when consumer submits Lion’s Club application to one of the following agencies: Edwin Fair, Central Oklahoma Community Action Agency, Salvation Army, Oklahoma Department of Human Resources, or Mission of Hope. Processing may take up to a month or more. (405) 624-4093.


Ministries of Jesus: Free eye exams, vouchers for glasses. Call to be placed on waiting list; can take up to a month. Consumer will be called by staff with appointment date and time. Located at 1100 E. 1-33 Frontage Road, Edmond. (405) 340-7400.

Stillwater Community Health Clinic: Call 8-11am on Monday or Wednesday for appointment following day. Able to refill some medications if available on site. Clients must meet low-income requirements. Bring at least one proof of income (pay stub, unemployment, SS, bank statement, award letter, food stamp card, latest income tax form). Does not take Medicaid clients. 3321 West 7th Ave. #29, Stillwater. (405) 743-1377.

Assessments and Disability Services—

ATS/Focus Institute: Diagnostic assessments that stand up in court, mental health evaluations, IQ testing, parenting evaluations. $150, DHS vouchers take 50% off. Medicaid covers 100% assessment costs. Counseling, play therapy, and other services performed. 424 Squires Suite 100M, Stillwater. (405) 372-7935.

Midland Professional Services: Aids individuals through the process of applying for SSI and SSDI. Also available for services if Social Security does not take your claim. 808 NW 81st St., Ste. 200, Oklahoma City. (405) 259-3203.

Overcoming Through the Crisis (OTTC): DUI, court, and ODOT (SAP) assessments on the evenings and weekends. 312 6th Street, Perry. (580) 370-5510 or (405) 762-2958.

SSI Disabled Children’s Program: Help for disabled kids 18 and under. Diapers, formula, adaptive equipment, and professional services. 711 E. Krayler, Stillwater. (405) 962-1721.

Crisis Hotlines

24 hr. Addiction Hotline: (800) 315-2056

HIV/AIDS Hotline: (405) 425-4430

Al-Anon/Alateen Hotline: (800) 344-2666; for friends and relatives of problem drinkers of all ages.

Boys Town National Hotline: (800) 448-3000; advice for parents or children with problems regarding issues from suicide to abuse to aggression to chemical dependency.

Child Abuse Hotline: (800) 522-3511

Childhelp National Child: (800) 422-4453; for the prevention of child abuse. Crisis intervention, info, referrals and support resources.

Covenant House Nineline: (800) 999-9999; for families and kids regarding drugs, abuse, homelessness, running away, and can help relay messages.

Disaster Distress: (800) 985-5990; help and support for natural disaster victims.

Domestic and Sexual Violence Hotline: (800) 522-7233

Eating Disorder Helpline: (800) 931-2237

Gambling Helpline: (800) 522-9054

LGBTQI Youth Suicide Hotline: (866) 4-U-TREVOR or (1-866-488-7386)

Military Veterans Suicide Hotline: (800) 273-8255 ext. 1

NAMI Helpline: (800) 950-6264

Rape Hotline: (405) 943-7273

REACHOUT Helpline: (800) 522-9054; 24 hour crisis line, suicide prevention, and information line.

Suicide Hotline en Español: (800) 273-8255

Suicide Hotline: (800) 784-2433 or (1-800) 273-8255

Edwin Fair 24-hr Crisis Number (answering service picks up calls after 5pm) (800) 366-1343
Food banks

COCIA: All month M-F. Bring SS cards, ID, proof of income. Monday, Wednesday, Friday from 11:30-1pm. No proof/ID/SS needed. 410 S. Lewis, Stillwater. (405)674-2513.

Cowboys with Compassion, The Stillwater Project: Distributed food each even month: February, April, June, August, October, and December. (405)334-2110.

First Assembly of God: Monday through Friday 9am-4pm. 504 E. Walnut, Cushing. (918)225-1223.

First Methodist Church: Monday through Friday 12:30-2:30pm. E. Kirk Street, Perkins. (405)547-2492.

Kaw Street Chapel: Bread distribution Wed. night, clothes closet Tues. afternoon and on request, food distribution 2nd Saturday of each month from 9-11 am. 420 Kaw St. Perry, OK (580)336-5930.

Lost Creek United Methodists Church: 1st Wednesday every month. Also willing to schedule appointments outside of allotted time. 8002 South, Washington, Stillwater. (405)377-0927.

Love Feast: Monday, Tuesday, and Wednesday meals with Wednesday worship service. 2823 S. Husband Street, Stillwater. (405)372-5854.

Ministerial Alliance: Helps with food & utilities. Perry, OK. (580)252-9095.

Mobile Meals: for the elderly and homebound, delivered within Stillwater. 123 West 6th. (405)742-5765.

Oak Grove Baptist: 1st Tuesday of each month. Based on annual income. 420 N. Oak Grove Rd, Cushing. (918)352-3174.

Project Heart/Nutrition Center: Monday-Friday. For people 61 and their spouses. Meals can be delivered. (405)372-1201.

River of Life Pentecostal: 2nd and 4th Thursdays. No requirements. 9040 S. Perkins Rd, Stillwater. (405)372-8855.

Stillwater Church of Christ: 1st Thursday after the 1st Tuesday of each month. Open 10:30am till food runs out. 821 N. Duck, Stillwater. (405)372-7419.

Salvation Army Food Bank: All month M-F. Photo ID, SS cards for every member of household. 1001 S. Lowry, Stillwater. (405)372-1554.

The Storehouse: Every Thursday. Photo ID and proof of address for all visits after 1st visit. 2823 S. Husband Street, Stillwater. (405)372-8584.

Stroud Food Pantry: Every 2nd and 4th Tuesday of the month, 3-5:30pm. 211 N. 3rd Avenue, Stroud. (918)287-0210.

Yale Assembly of God: 1st Monday of month only. 777 Glory Road, Yale. (918)387-4000.

In-patient Psychiatric Hospitals/Centers

Tulsa Area—

Brookhaven Hospital
Family & Children's Services
Lawrence Psychiatric Clinic
Parkside Psychiatric Hospital, kids 6-17
Shadow Mountain Behavioral, kids 4-17
Tulsa Center for Behavioral Health

201 S. Garnett Rd, Tulsa, OK 74128; (918)417-2009
1055 S. Houston Ave W, Tulsa, OK 74127; (918)669-4600
6633 S. Yale Ave, Tulsa, OK 74133; (918)661-8000
1694 E. 11 Street, Tulsa, OK 74120; (918)568-2989
636 S. Sheridan, Tulsa, OK 74119; (918)495-1208
2325 N. Harvard Ave, Tulsa, OK 74114; (918)295-2140

Oklahoma City Area—

Cedar Ridge Psychiatric, ages 6-15
Griffin Memorial Hospital, Norman
Integris Mental Health Center
OK County Crisis Intervention Center
Red Rock Crisis Unit, kids 10-17
Norman Regional Health
Saint Anthony Hospital, kids 8-17

6501 NE 50th, Oklahoma City, OK 73114; (405)245-6111
900 E. Main Street, Norman, OK 73069; (405)321-4830
2601 Spencer Rd, Spencer, OK 73039; (405)427-2441
1201 NE 13th, Oklahoma City, OK 73102; (405)522-8333
900 E. Main, Bldg 53, R 203, Norman, OK 73069; (405)327-4800
901 N. Porter Ave, 8108, Norman, OK 73070; (405)327-5557
1000 N. Lee, Oklahoma City, OK 73102; (405)272-0356

Northeast and Northwest OK—

Northwest Center for Behavioral Health
1222 10th St. Ste 20, Woodward, OK 73801; (580)766-2311 or (800)545-0518
Integris Meadowlakes
2206 S. Van Buren Street, Enid, OK 73703; (800)234-2220 or (405)759-2211, take kid's 17.

Green Country Behavioral Health
6365 West Oklahoma, Muskogee, OK 74401; (918)887-3339
Wagoner Community Hospital & Behavioral Health
1200 West Cherokee St., Wagoner, OK 74467, (918)455-5514

Southwest OK—

Jim Taliaferro
602 SW 38th, Lawton, OK. (580)248-5780
Red Rock Behavioral Health
90N. 31st St., Clinton, OK. (580)323-6021

South/Southeastern OK—

Mental Health Services of Southern Oklahoma
1219 K St. N.W. Suite 2, Ardmore, OK. (580)798-4523
Carl Albert Mental Health
101 E. Monroe, McAlester, OK. (918)426-7800

Mobile Psychiatric Crisis Services (COPES)—
(918)44-4800 for help. This service is free, confidential, and available 24/7. COPES is affiliated with Family & Children's Services out of Tulsa.
Psychiatrists

Stillwater Area Psychiatrists
Susan Cochrane, Assistant Health 143 S. Western Rd. (405)339-2844. She does not take children.
Stephen Greer, M.D. 720 S. Husband St. (405)377-7587.
Dr. Baiba Krisnoki OSU Counseling Services, 320 Student Union, Suite 20. (405)744-5472.
Jeffrey K. McIlroy, M.D. Office in Fairfax: (918)642-3515 Office in Cleveland: (918)642-3100
Psychiatrists in the state of Oklahoma
Dr. Linda Cummings, MD, 715 Grandview Ave, Pawhuska. (918)287-4449.
Dr. Elizabeth Kanipe, MD, 800 North Drive, Alva. (580)337-2800.
Dr. Richard T. Bowden, MD: 100 S. Main St, Suite B, McAlester. (918)423-3700.
Dr. Peter Alan Rao, MD: Franchise in Tulsa. (918)856-3561.
Dr. Marvin Lane Prytton: 2601 NW Expressway, Suite 602 W. OKC. (405)334-5408.

Addiction Treatment—
Community House: 1501 NE 11th Street, Oklahoma City. (405)424-4347. Residential treatment 30 days or more, drug/alcohol, no medical detox, 18 and over. State-assisted program, low/no income welcome.
Cushing Valley Hope: 100 S. Jones, Cushing. (918)225-1736. Medical detox, residential dual diagnosis, 18 and over.
Gateway: 801 S. Main Street, Stillwater. (405)372-0198. Education, prevention, case management and treatment, outpatient. Treats drug and alcohol addiction, gambling, sex, shopping addictions and eating disorders. AD&DAC assessments.
Kiamichi Council on Alcoholism: 104 NE Avenue A, Isdell. (580)286-3303. Residential treatment, detox, alcohol treatment, family program, group or individual therapy.
The Referral Center: 1215 NW 25th Street, OKC. (405)525-2525. Assessments, referrals, and detox services.
Vantage Pointe: 2530 S. Commerce, Ardmore. (580)226-5048. Residential, drug and

Support Groups
Alcoholics Anonymous
Stillwater: (405)377-5803
Ponca: (405)347-2587
Alzheimer's & Dementia Caregiver Support Group
Every 4th Tuesday of the month at 6pm. 1400 S. McElroy Rd, Stillwater. This support group is for caregivers, family & friends. (405)742-4900.
Depression & Bipolar Support Group
Every Tuesday from 7:30-9pm at the 1st Presbyterian Church of Stillwater in the church library. For more info, call Don Brown (405)572-9424.
Kid's Place Grief Support
2 E. 11th St. in Edmond. (405)844-5437
Narcotics Anonymous
(405)377-3317, Hotline: (800)982-0242
Overeaters Anonymous
Mondays at 6pm, Wednesdays at 6:30pm. Hosted at the 1st Christian Church, Room 202. Call Misty at (405)372-4215 for details.
Parkinson's Support Group
1st Tuesday each month at 6pm, at Stillwater Medical's Honda Conference Center. Call Merry Bullock for more information: (405)264-0749.
Therapeutic Book Group
Hosted by Megan Hobart, MLS, LPC. The group discusses a variety of therapeutic books focusing on life's struggles and addressing it in the context of literature. Group meetings in Stillwater. (405)896-3865.

Sexaholics Anonymous
Oklahoma City: (405)424-1400.

Outpatient Counseling and Therapy
Counseling Psychology Clinic at OSU
Marriage and family, individual therapy, evaluations, sliding scale. (405)744-5975.
Focus Institute
Gambling Addiction Counseling
Claudia McGurk, Payne County Counseling. (405)372-0198.
Gateway to Prevention and Recovery (Gateway)
Education, prevention, case management and treatment. Treats drug and alcohol addiction, gambling, sex, shopping addictions and eating disorders. AD&DAC assessments and Outpatient treatment. 801 S. Main Street, Stillwater. (405)372-0198.
Infaith Counseling
Individuals, family, couples, sliding scale fees. (405)634-2840.
Kara Nickum, LMT
Licensed alcohol and drug counselor, licensed Marriage/Family therapy, takes Blue Cross/Blue Shield. 320 Student Union, Stillwater. (918)850-5498.
The Warren Alexander Group
Individuals, families, couples, drug or alcohol abuse, eating disorders, gambling addiction, cutting, paranoia, Medicaid or sliding scale. 1409 S. Main, Stillwater. (405)533-1722.
Resources for Children and Families

**Inpatient Hospitals for Children—**
- CALM Center, kids 10-17: 6216 E. 32nd Pl., Tulsa, OK 74135 (918)304-2256
- Children’s Recovery Center, kids 13-17: 320 12th Ave NE, Norman, OK 73071 (405)364-9004
- Rolling Hills, kids 12-17: 1000 Rolling Hills Ln., Ada, OK 74820 (580)463-3600
- Southwestern Medical, kids 4-18: 5602 W. Lee Blvd., Lawton, OK 73505 (580)536-6077
- Willow Crest Hospital, kids 5-17: 130 A St., Miami, OK 74354 (918)342-1836

**Other Child & Family Resources—**
- Big Brothers/Sisters of Stillwater: 410 S. Lewis, SW (405)821-6277
- CASA Program: advocacy for kids in the courts: 315 W. 6th St, Ste. 205, SW (405)624-2242
- DHS Payne Co. Child Care Services & Welfare: 711 E. Kaydet, SW (405)707-3700
- Kathryn Beaman, PhD, Stillwater: (405)533-3388, 36-39 yrs. old, families, takes Medicaid
- NAMI North Central Chapter: (405)533-5965, Family support during treatment.
- Payne County Family Practice, Stillwater: (405)377-3766. Mediation for families in divorce proceedings, custody disputes, legal issues.
- Payne County Youth Services of Stillwater: (405)377-3380. Individual or family counseling, anger management, sexual abuse group, parenting education, alcohol counseling, drug counseling. Transitional living program for homeless, pregnant or parenting teens, emergency shelter, and Workforce Investment Act program.
- The Saville Center, Stillwater: (405)377-5670 or Hotline: 800-522-3511. Investigates and prevents child abuse.
- Success by 6 Smart Start, Stillwater: (405)377-2786. Resources & referrals helping educate children age 0-6.
- Warner Clinic: 1815 W. 6th, Stillwater: (405)743-7375. Primary care providers, office in extension of Stillwater Medical. Doctors providing health care for kids.
- Wings of Hope Family Crisis Services: Stillwater office: (405)372-2426, 24 hr. number: (800)624-3030. Parenting classes, counseling for battered, housing for abused women and their children. Counseling and support groups also available. Locations in Stillwater, Perry, and Cushing.

**Aging Patients resources**

- Dementia Caregiver Support Group at Life Adult Center: (405)777-2876. Educational topics, support for caregiver, round table discussions. 1st Wednesday of every month, 11:30 am-1pm. Lunch provided, day rate available with advance reservations.
- Dennis for the Disabled & Elderly: (405)742-4892 or 800-522-9552, 6420 N Western, Suite 202, Oklahoma City, OK
- Programs and Services for Older Oklahomans: Senior Adult-info line: 1-800-321-3136
- Stillwater Senior Activity Center: (405)747-8380, 1005 E. 12th Ave., Stillwater. An open recreation center for anyone ages 50 and older.
- Senior Perspectives, Stillwater Medical Center: (405)742-3123, 1306 W 7th Ave., Stillwater. A counseling service for seniors to learn to deal with life changes.
- Senior's Grief Support Group: (405)773-7323. Location varies in Stillwater. Meets the 3rd Friday of every month, 12:00-1:00 pm. Lunch provided.

**Home Health Care—**
- AllAdvantage (DHS program): (405)735-4471 or (405)521-3546. Provides medical services to help people stay at home instead of going to a assisted living facility (Only elderly and physically disabled).
- Carter Health Care: (405)377-2416, 1403 S Main St, Stillwater.
- Companion At Home: (405)282-3402, 5505 W 19th Ave, Stillwater. Private duty home service, private pay or/and insurance only.
- Companion For Home Health: (405)282-3402, 5505 W 19th Ave, Stillwater.
- HomeCare Home Health (May's Homecare): (405)377-4434, 2310 W 7th, Stillwater.
- Stillwater Medical Home Health: (405)536-6978, 214 S Walnut, Stillwater.
- Companion Hospice: (405)282-3402, 5505 W 19th Ave, Stillwater.
- Image Hospice: (405)383-5003, 2311 W 7th Place, Stillwater.
- Judith Karman Hospice: (405)377-8012, 915 South Main Street, Stillwater.

**Low Cost Senior Housing (Independent Living)—**
- Legacy Park Apartments: (405)780-7358, 4998 E Virginia St, Stillwater.
- Oak Creek: (405)880-4001, Stillwater.
- Route Weber Plaza: (405)372-4956, 801 S Lowery, Stillwater.
- Senior Residences of Stillwater: (405)743-7375, 1501 S Main St, Stillwater.
- Stillwater Housing Authority: (405)372-4906, Sliding scale rent, all ages.

**Paratransit Bus—**
- Each bus is equipped with a lift for those passengers that cannot negotiate the steps on the bus, and service is provided at a discount fare for those with disabilities. In addition, we offer a shared ride, curb-to-curb Paratransit service according to the Americans with Disabilities Act (ADA). Transportation is provided utilizing lift-equipped vans. (405)744-2832; Oklahoma State University, 1006 W Hall of Fame, Stillwater.
Shelters, Housing, Utilities, Clothing

Central Oklahoma Community Action Agency (COCAA):
- Home Weatherization Services: in Payne, Logan, Lincoln Counties; to weatherize homes with goal to reduce bills.
- CM Services, Rent/Mortgage Assists: referrals, clothing vouchers (Payne), Food Panniers oftechnology (Payne), Utility Assistance (Lincoln). Logan.
- Mission of Hope: (405) 362-3671, 1804 S Perkins Rd, Stillwater, Jana Nelson, Director, jnelson@coaca.org. Two forms of ID required, no pending warrants, no see offenders, or history of domestic or violent crimes. Open 24/7.

Department of Human Services: (405) 707-3700, 711 N. Krayler, Stillwater. Seasonal energy bill and to people in need. Additional programs: Food Stamps, Temporary Assistance for Needy Families (TANF), Daycare, and Medicaid enrollment.

Iowa Tribal Complex: (405) 547-2402; 4 miles south of Perkins. Assistance with food and rent for Native Americans.

LIFE Adult Day Center: (405) 377-0978, 411 W. Matthews, Stillwater. Adults with special needs or limitations, assistance, therapeutic treatment, life skills.

Stillwater Group Homes: (405) 374-2496, 904 W. 11th, Stillwater. Five residential facilities with staff who provide life skill training, "supported living," and adult companionship programs for developmentally disabled adults. Payne, Pawnee, Lincoln, Noble, and Kay counties.

The Salvation Army: (405) 372-1554, 100 S. Lowery, Stillwater. Monday-Friday 10am to 2pm. Food, utility assistance, and store vouchers.

Stillwater Housing Authority (HUD): (405) 372-4906, 807 S Lowery Street, Stillwater. Housing with rent on a sliding scale, all ages.

Wings of Hope: (405) 372-9922, 24 hr. number: (800) 624-3020, 3800 N. Washington Avenue, Stillwater. Emergency housing (for women and children ONLY) available for up to 30 days (may be increased based on situation), counseling provided during this time, parenting and domestic violence support groups available.

Clothing/Household Items—

Elite Repeat: (405) 377-4462, 711 S. Main, Stillwater. Accepts clothing vouchers.

Karman Korner Resale Shop: (405) 377-6410, 819 S. Main, Stillwater. Vouchers accepted up to $25, free clothing and household items, Tuesday through Saturday.

St. Andrew's Thrift Store: (405) 377-8765, 504 W. 3rd, Stillwater. Vouchers up to $25, clothing and household items available.

Safe Kids Car Seat Program: (405) 271-5695. Call to make appointment (must watch a video). Referral letter needed for Medicaid. Food stamps, TANF or WIC.

Community Education, Support, & Employment

Consumer Credit Counseling: 118 W 8th Avenue, Stillwater. (405) 747-2227.

Family Resource Center: Open M-F 8am-5pm, Saturday 8am-noon. 719 S Walnut, Stillwater. (405) 744-0539. Community info, free lending library, child care info, 24-hour computer lab, nutrition and cooking classes. Designed for OSU families. Resources/info for all.

Indian Education Program: Lincoln Academy, 314 S. Lewis, Stillwater. (405) 531-6357. Meetings: Monday-Friday 8:30am-4pm.

Job Finders: 310 E. 6th, Stillwater. (405) 707-0134. Looking for tradesmen and laborers, same day payment, arrive at 6am with 2 forms of ID. Sign up between 9am-10pm the day before in order to work the following day.

La Leche League of Stillwater: (866) 329-6205. Meets 3rd Tuesday of each month in Stillwater Medical Center’s Honda Room. Information and meetings for breastfeeding mothers. $15 annual membership fee. Call for info.

Legal Aid Services: 312 S. Duck, Stillwater. (405) 547-2481. Legal services provided for low-income clients. Cannot have criminal history.

Life Services of Stillwater: Open M-F 9am-5pm, 1509 W. 8th, Stillwater. (405) 524-3332. Free pregnancy testing, parenting education, diapers, maternity wear. Call to set up appointment.

Payne Co. - DHS: 711 N. Krayler, Stillwater. (405) 707-3700 or (800) 270-0791. Open Monday-Friday 8am-5pm. Adoption, Adult Protective Services, child care benefits, Child Protective Services, food stamps (SNAP), foster care, health/dental help. Temporary Assistance for Needy Families (TANF), utility services (LIHEAP), aging services.

Stillwater Adult Learning Center, GED classes: Mondays & Thursdays 6-8pm. Developmentally disabled GED training, Wednesday 6-8:30pm. ABE & ESL GED training, Monday 6:30-9pm. At Stillwater High School, 1224 N. Hubbard. Stillwater Contact: Holly Frazaker at (405) 531-6399. Classes are free, serves Noble, Pawnee, Payne, and Logan counties.


Stillwater Work Force: 3006 E. 6th Street, Stillwater. (405) 624-1450. Provides job listings and applications for Stillwater and the surrounding area.
Transportation

The BOB Shuttle: (405)744-7100.
Call for reservations Monday-
Thursday 7am-6pm. Shuttle between
Stillwater and Tulsa operating Monday
through Friday. Nonstudents, $13 one way
ticket. Call for shuttle schedule.

The Bus: (405)744-2832. Wheelchair
accessible. Call for schedules and route
times or access schedules online:
thebus.okstate.edu.
Seniors, children under 18, and per-
sons with ADA or Medicare card, 35¢.
General Public, 75¢.

Cimarron Public Transit is available
for the following counties:
Creek/Pawnee: 1(800)789-7314.
Washington & North Osage County:
(918)336-2233.
Kay & West Osage: (580)718-0444.
South Osage County: (918)396-4466.
Call to schedule pick up and drop off.
$1.50 per stop. Available to travel
outside city limits at additional cost.

OSU/Stillwater Paratransit: Not the
OSU Bus. All users must apply for
services first. Call to apply at (405)
744-7116. Schedule a ride at (405)744
-2832. Curb-to-curb Paratransit service
($1.50 one way) with lift-equipped ADA-
compliant vans.

Cowboy Cab: (405)372-8294.

First Capital Trolley: (405)282-6000.
Operates out of Guthrie, travels to
Langston and Stillwater. $3 one way
fare. Is available to travel to rural areas.

Sooner Ride: (877)404-4500. Call to
schedule pick up and drop off. Oper-
ates Mon-Fri 7am-6pm. Must provide
SoonerCare ID and info about appointment.