

Roscommon County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

Roscommon County – Community Resources 2021
Available at <http://www.mclaren.org/mclaren-physician-partners/resources.aspx>

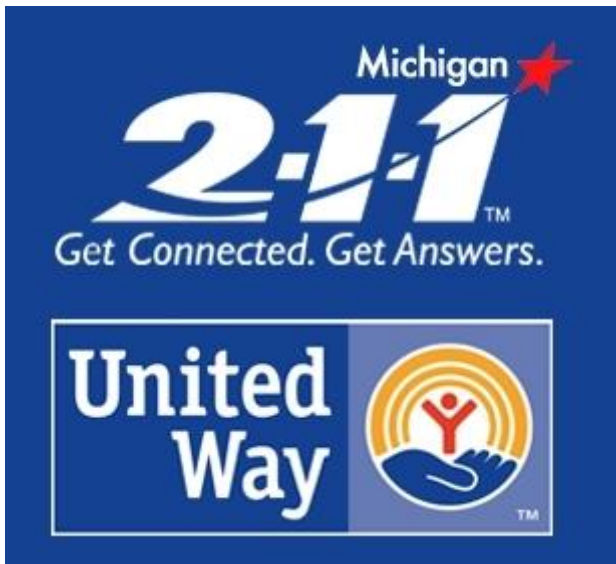
2021

Roscommon
County
Community
Resource
Guide

[A guide to services in your community]

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ABUSE & PROTECTIVE SERVICES

Children & Adult Protective Services
 (CPS)..... (855) 444-3911
 Common Ground Crisis Line (800) 231-1127
 Council on Domestic Violence (989) 426-9413
 Gladwin
 Equality Michigan..... (313) 537-7000
 Faith Trust Institute..... (206) 634-1903
 HAVEN Crisis Line (877) 922-1274
 Love Is Respect Hotline (866) 331-9474
 Narcotics Anonymous 24/7(800) 230-4085
 Michigan Coalition to End Domestic &
 Sexual Violence (MCEDSV)..... (517) 347-7000
 National Domestic Violence Helpline
 (800) 799-7233
 RAINN (Rape & Incest National Network)
 (800) 656-4673
 Stop It Now! Hotline (888) 773-8368
 Victim Connect (stalking hotline)..... (855) 484-2846
 Human Trafficking Hotline.....(888)-373-7888
 – Help@humantraffickinghotline.org
 Suicide Prevention Hotline..... (800)-273-8255
 National Suicide Prevention
 Lifeline..... 800) 273-8255
 Crisis Hotline<https://13reasonswhy.info/>
 Crisis Hotline TEXT Reason to 741741

ADULT AGING SERVICES

Area on Aging(800) 858-1637
 HAP Senior Plus(800) 868-3153
 McLaren Home Care (866) 323-5974
 Roscommon County Commission On Aging-
 Houghton Lake Center (989) 366-9168
 Roscommon Center (989) 275-8421
 St. Helen Center (989) 389-7551
 Department of Human Services..... (989) 275-5107
 Roscommon
 Disability Network..... (989) 835-4041
 Meals on Wheels..... (800) 632-7334
 Medicare (800) 633-4227
 Medicare/Medicaid Assistance Program
 (MMAAP)..... (800) 803-7174
 Social Security Administration (800) 772-1213
 Veterans Affairs (989) 275-7697
 Roscommon – or call(989) 275-6047

Adult Day Services

Commission on Aging in Home
 Services (989) 366-3800
 Horizon Senior Living
 Adult Day Care (989) 246-1000
 St. Helen

Adult Foster Care

Danes Forest (866) 333-6002
 Houghton Lake
 Evergreen Home (866) 333-6002
 Roscommon
 Goodens Lakeview AFC (866) 333-6002
 Prudenville
 Houghton Lake Senior Care (616) 799-4773
 Prudenville
 Mapleview AFC Home..... (989) 387-2568
 Houghton Lake
 The Horizon Senior Living (989) 389-4900
 St. Helen
 Towering Oaks AFC Residence (989) 422-6920
 Houghton Lake
 Woodland AFC Home..... (989) 366-6335
 Houghton Lake

Assisted Living

The Brook of Houghton Lake (989) 422-7200
 The Brook of Roscommon..... (989) 275-4000
 The Horizon Senior Living (989) 389-4900
 St. Helen, Gladwin
 Hilltop Manor Health Care Center – (800)385-2527

Alzheimer's & Dementia Support

Alzheimer's Association & Helpline . (800) 272-3900
Houghton lake Senior Center (989) 366-9168

ANIMAL SUPPORT

Roscommon County Animal
Shelter (989) 366-0260
Prudenville Emergency #.....(989) 275-0911

COUNTY & CITY RESOURCES

Chamber of Commerce
Houghton Lake (989) 366-5644
Roscommon/Higgins Lake (989) 275-8760
St. Helen (989) 389-3725
County Clerk..... (989) 275-5923
County Treasurer (989) 275-5823
Emergency Management..... (989) 275-8740
Friend of the Court..... (989) 275-3121
Michigan Public Service
Commission..... (800) 292-9555
Miss Dig..... (800) 482-7171
Higgins Lake Post Office (989) 821-9713
Houghton Lake Post Office (989) 422-4110
Prudenville Post Office..... (989) 366-5147
Roscommon Post Office..... (989) 275-5580
St. Helen Post Office (989) 389-4240

DISABILITY RESOURCES

Children's Special Healthcare Services
.....(800)359-3722
Dental Lifeline Network (303) 534-5360
or Rest of Michigan (517)347-6994
DHS- Roscommon County..... (989) 366-2300
Disability Network..... (989) 835-4041
Medicare/Medicaid Assistance Program
.....(800) 803-7174
Michigan Commission for the Blind. (800) 292-4200
Vocational Rehabilitation
Michigan Commission for the Deaf . (877) 499-6232
Michigan Rehabilitation Services..... (989) 366-2334
Employment Services
Muscular Dystrophy Association(800)572-1717
Disability Services Resource Center (DSRC)
..... (989) 895-5444
Paralyzed Veterans of America(800) 638-6782

Relay Center for Deaf/Hard of Hearing ...7-1-1
Social Security Administration(800)772-1213
United Cerebral Palsy of MI(800) 828-2714

EDUCATION & TRAINING

Adult Programs

Michigan Department of Career
Development..... (517) 373-8800
Houghton Lake Adult Education (989) 422-6161
American Red Cross(800)733-2767

Childcare Centers & Preschools

Bright Beginnings (989) 422-6161
Houghton Lake
Charlton Heston Academy GSRP..... (313) 647-2817
Preschool St. Helenlocal(989)632-3390
Good Shepherd Child Development
Center..... (989) 275-6971
Roscommon
Head Start (989) 366-0457
Prudenville
Houghton Lake Early Childhood Ed.. (989) 366-2048
Houghton Lake United Methodist
Church-Preschool..... (989) 422-5622
NMCAA Preschool-Prudenville (989) 366-0457
NMCAA Preschool-Roscommon (989) 275-6610
Our Lady of the Lake Preschool (989) 366-5592
Prudenville
Roscommon Area Public Schools..... (989) 275-6610
Preschool
Roscommon Co-op Nursery (989) 275-8665

Community Education

Kirtland's Community Education
Program..... (989) 275-5000
Call for current events/classes
MSU Extension (989) 275-5043
Roscommon
Houghton Lake Alternative Education
..... (989)-422-6161

Libraries

Houghton Lake Public Library (989) 366-9230
Richfield Township Public Library (989) 389-7630
St. Helen
Roscommon Area District Library (989) 281-1305
Roscommon
Roscommon Area District Library-
Lyon Branch..... (989) 821-9111
Higgins Lake

Schools

Charlton Heston Academy (989) 632-3390
St. Helen
Houghton Lake Community
Schools (989) 366-2035
 Collins Elementary (989) 366-2048
 High School (989) 366-2006
 Middle School (989) 366-2018
Houghton Lake Community
Education (989) 422-6161
Adult & Alternative Education
Roscommon Area Public Schools (989) 275-6600
 High School (989) 275-6675
 Middle School (989) 275-6640
 Elementary School (989) 275-6610

Colleges/Career Centers

Kirtland Community College (989) 275-5000
Roscommon
MSU Extension Office (989) 272-5403

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police..... 911
American Red Cross of Northwest
Michigan..... (231) 947-7286
Center for Disease Control and Prevention (CDC)
..... (800) 232-4636
..... TTY (888) 232-6348
Poison Control..... (800) 222-1222
Roscommon Township Fire Hall (989) 422-3533
Markey Township Fire Department .(989)422-5813
Lake Township Fire Department(989)422-5315
Gerrish Township Fire/Ambulance ...(989)821-9813
Suicide Prevention (800) 273-8255

Law Enforcement

Denton Police Department (989) 366-4518

Gerrish Township Police Department
..... (989) 821-5207
Gladwin Police Department (989) 426-7879
Richfield Township Police Department
St. Helen (989) 389-4071
Roscommon Sheriff Department (989) 275-5101
*Non-Emergency (989) 275-0911
State Police Department
 Houghton Lake (989) 422-5103
 Gladwin..... (989) 426-9284

EMPLOYMENT ASSISTANCE

Chamber of Commerce
Houghton Lake (989) 366-5644
Chamber of Commerce
Roscommon (989) 275-8760
Chamber of Commerce- St. Helen ... (989) 389-3725
Chamber of Commerce
Higgins Lake (989) 275-8760
Michigan Indian Employment and Training Services
..... (800)591-8820
Michigan Works (989) 366-8660
Prudenville
Unemployment Office Hotline (866) 500-0017

FINANCIAL ASSISTANCE

Department of Human Services..... (989) 366-2300
Roscommon
MSHDA: Step Forward (855) 646-7432
Roscommon County Veterans
Affairs/Services (989) 275-6047

Tax Assistance

Northwest Michigan Community
Action Agency (231) 775-9781
.....or toll free (800)443-2297
Serving Roscommon County
My Free Taxes(866)698-9435
www.myfreetaxes.com

FITNESS, RECREATION & REHABILITATION

C.R.A.F. Center (989) 275-4975
Community Recreation, Activities and Fitness
Roscommon
Department of Natural Resources... (989) 275-5151
Gahagan Nature Preserve (989) 275-3217
Roscommon
Gerrish Community Park..... (989) 821-1616
Higgins Lake KOA Campground..... (989) 275-8151
Roscommon
North Higgins Lake State Park..... (989) 821-6125
Roscommon
Northern Nights Family Campground
..... (989) 821-6891
Roscommon
Paddle Brave Camp & Canoe (989) 275-5273
Roscommon

South Higgins Lake State Park..... (989) 821-6374
Roscommon
Wooded Acres Family Campground (989) 422-3413
Houghton Lake

FOOD, CLOTHING & HOUSEHOLD ASSISTANCE

American Red Cross(800) 733-2767
Area on Aging (800) 858-1637
Commodity Supplemental Food Program.....(800) 443-2297
Christian HELP Center (989) 348-6046
Grayling, MI
Department of Human Services.....(989) 366-2300
Emergency Food Assistance Program (TEFAP)(800) 443-2297
First Congregational Church
Food Pantry.....(989) 275-5055
Roscommon
Good Shepherd Methodist Church..(989) 275-5577
Free Community Dinners-Roscommon
Kroger Click List..... www.kroger.com
Grocery delivery service
Meijer Curbside..... www.meijer.com
Grocery Delivery Service
Shiptwww.shipt.com
Grocery Delivery Services
Messiah Lutheran Church(989) 275-8820
Free Community Dinner-Roscommon
Project Hope(989) 366-5120
Prudenville
Meals on Wheels.....(800) 632-7334
Roscommon Commission on Aging
Senior Center(989) 275-8421
St. John Lutheran Church(989) 366-5164
Free Community Dinner-Prudenville
St. Michael's Catholic Church(989) 275-5212
Free Community Dinner-Roscommon
St. Vincent DePaul.....(989) 275-5204
Roscommon
Central Michigan District Health Dept.
WIC Program-Prudenville(989) 366-9166
Pregnant and Breastfeeding Women, Infants, children
WIC(800) 942-1636
Food Bank council of Michigan (Pantries)
...www.fbmic.org/resources/find-a-food-bank

HEALTHCARE SERVICES

AIDS Program Hotline(877) 342-2437
Center for Disease Control and Prevention
.....(800) 232-4636
Children's Special Healthcare Services
.....(800)359-3722
Veteran Affairs(844) 698-2311

Clinics & Hospitals

Karmanos Cancer Institute(800) 527-6266
McLaren Home Care (866) 323-5974
McLaren Central Michigan – Ready Care Walk-in Clinic (989) 773-1166
Mt. Pleasant
McLaren Northern Michigan (800) 248-6777
Petoskey
County Health Department.....(989) 366-9166
Mercy Family Care(989) 275-1200
Roscommon
Mid-Michigan Community Health Services(989) 422-5122
Houghton Lake
Urgent Care: Mid-Michigan Health Park(989) 422-2181

Dental Resources

Houghton Lake Dental Associates ... (989) 366-9621
Houghton Lake Family Dentistry..... (989) 422-4099
Northern Family Dentistry(989) 275-1919
Roscommon
St. Helen Family Dentistry.....(989) 389-4931
Woodland Family Dental(989) 821-4746
Roscommon
Prudenville Community Health Center
.....(989) 366-2900

Hearing Assistance

Advantage Audiology and Hearing Center.....(989) 786-0031
Grayling

Central Michigan District Health Department.....(989) 366-9166
Prudenville
Relay Center for Deaf/Hard of Hearing (TTY)(844) 578-6563
Dynamic Hearing Care Systems(231) 384-6556

Medical Equipment & Loan Closets

ALS of Michigan.....(800) 882-5764
Equipment loan program for ALS and PLS patients

Houghton Lake Community Center . (989) 366-0205
 Equipment Loan Closet
 Lincare..... (989) 366-0100
 Houghton Lake
 Muscular Dystrophy Association (800) 572-1717
 Medical equipment loan closets in Michigan
 Paralyzed Veterans of America- MI . (800) 638-6782
 Wheelchairs, power chairs, adaptive sports
 equipment, hoists, lifts, etc.
 Sheldon Medical Supply..... (989) 422-6544
 Houghton Lake
 The National Federation of the Blind
 (410) 659-9314
 United Cerebral Palsy Michigan..... (800) 828-2714
 Michigan Assistive Technology Loan Fund and
 Michigan Employment Loan Fund

Mental Health & Counseling Services

Common Ground Crisis Line (800) 231-1127
 Community Mental Health
 Houghton Lake (800) 492-5742
 Gladwin..... (989) 426-9295
 RAINN (Rape & Incest National Network)
 (800)656-4673
 Northern Lakes Community Mental
 Health..... (989) 366-8550
 Houghton Lake
 Narcotics Anonymous 24/7(800) 230-4085
 National Domestic Violence Hotline (800)799-7233
 National Human Trafficking Resource Center
 (800)622-2255
 Problem Gambling Help-Line (800) 270-7117
 24-hours, 7-days
 SEMCA (800)686-6543
 Stop It Now! Hotline (888) 773-8368
 Substance Abuse Hotline (800) 662-4357
 Suicide Prevention (800) 273-8255

Pharmacies & Prescription Assistance

Kronner Pharmacy (989) 366-7611

 Meijer (989)731-9010
 Ask about free Prescriptions
 Michigan’s Prescription Drug
 Discount Card- miRx..... (866) 755-6479
 Individuals with no prescription drug coverage
 NeedyMeds..... (800) 503-6897
 Information to locate Rx assistance programs
 Partnership for Prescription Assistance

.....www.pparx.org
 Rite Aid Pharmacy
 Houghton Lake (989) 366-9212
 Roscommon..... (989) 275-5161
 RxAssistwww.rxassist.org
 Or call (888)477-2669
 Database of pharmaceutical company assistance
 programs
 Wal-Mart (989) 366-9766
 \$4/\$10 prescription program
 Houghton Lake
 Walgreens (989) 366-5324
 Prudenville
 Ask the Pharmacist about programs offered: Meijer
 Walgreens Walmart Kroger Rite Aid

Substance Abuse

CDC Hotline (800) 232-4636
 Central Michigan Counseling (989) 435-3309
 Narcotics Anonymous (NA) Hotline (800) 230-4085
 Substance Abuse Hotline (800) 662-4357
 Substance Use Treatment Services.. (800) 834-3393
 24-hours, 7-days- referral to treatment
 National Council of Alcoholism and Drug
 Dependence (NCADD)(800)622-2255
 SEMCA (800) 686-6543

Vision Resources

Central Michigan District Health Dept.
 Vision Screening..... (989) 366-9166
 Prudenville
 Family Eye Care
 Roscommon..... (989) 275-4347
 Houghton Lake (989) 422-5731
 Grayling Eye Care (989) 348-2833
 Lakeside Vision..... (989) 366-7525
 Prudenville
 Michigan Commission for the Blind ..(800)292-4200
 Wal-Mart Vision Center (989) 366-6344
 Houghton Lake
 Ausable Eye Care(989) 348-3211
 Grayling
 Harrison Eye Care(989) 539-2020

HOUSING ASSISTANCE

Emergency Shelters & Warming Centers

New Dawn Shelter (989) 709-6089
 Gladwin
 Shelterhouse (989) 426-9413

River House Shelter..... (989) 348-3169
Grayling
Roscommon County United Way(989) 275-2067

**Heating/Utility Assistance & Home
Repairs/Weatherization**

Area on Aging(800) 866-8429
Housing Rehab Program (989) 275-8306
Roscommon
The Heat and Warmth Fund (800) 866-8429
USDA Rural Development(800) 414-1226
Habitat for Humanity (ReStores)(989) 366-6993

Low Income Housing

American Red Cross(800) 733-2767
MSHDA: Step Forward (866) 946-7432
Action Agency (231)533-6569
Habitat for Humanity (989) 366-6993
Prudenville
Houghton Heights Manor (989) 422-5427
Houghton Lake
Houghton Lake Village Apartments . (989) 366-8034
HUD Rental Assistance..... (800) 569-4287
Huntington Place Apartments (989) 366-4475
Prudenville
Roscommon Apartments (989) 275-4399
USDA Rural Development (800) 944-8119

LEGAL ASSISTANCE

34th Circuit Court/Family Court..... (989) 275-8021
82nd District Court (989) 275-5312
Friend of the Court..... (989) 275-3121
Legal Services of Northern Michigan
..... (989) 705-1067
Probate Court..... (989) 275-5221

Roscommon Juvenile Detention Center
..... (989) 275-7523
Center For Civil Justice(800) 724-7441
Legal Services of Eastern Michigan (800) 322-4512
Michigan Department of Civil Rights
.....(517) 335-3165
Michigan Indian Legal Services(231) 947-0122
Michigan Senior Legal Hotline(866) 400-9164
Social Security Administration(800) 772-1213
Veterans Affairs Roscommon County
.....Call (989)275-6047 on line

iris.custhelp.va.gov

PARENTING/PREGNANCY RESOURCES

Woman’s Resource Center of Northern Michigan
24-Hour Crisis Line (800) 275-1995
Department of Human Services..... (989) 366-2300
Friend of the Court..... (989) 275-3121
Roscommon
Great Start Collaborative (989) 275-9566
Northern Michigan Children’s Assessment Center
.....(989) 2757145
Child Safety Seat Inspection (866) Seat-Check
LA LECHE (800) 525-3243
The Family Center for Children and Youth with
Special Health Care Needs(800) 359-3722
WIC(800)942-1636
Women’s Health Resource Line(800)994-9662

Support Groups

ALS of Michigan(800)882-5764
Alzheimer’s Association and Helpline
.....(800) 272-3900
Area on Aging (800) 858-1637
Women’s Health resource line(800)994-9662
Common Ground Crisis line(800)231-1127
Disability Network of MI(800)782-4160
Equality Michigan (313)537-7000
Haven Crisis Line(877)922-1274
Love is Respect Hotline(866)331-9474
Epilepsy Foundation of Michigan(800)377-6226
Narcotics Anonymous 24/7(800)230-4085
National Domestic & Sexual Violence Helpline
.....(800)799-7233
National Human Trafficking Resource Center
.....(888) 373-7888
National Council on Alcoholism and Drug
Dependence (NCADD)(800)622-2255
Parkinson’s(800)852-9781
Problem Gambling Help Line(800)270-7117
RAINN (Rape & Incest National Network)
.....(800)656-4673
SEMCA(800)686-6543
Stop It Now! Hotline(888)773-8368
Substance Abuse Hotline(800)662-4357
Suicide Prevention(800)273-8255
WIC(800)942-1636

TRANSPORTATION

Area on Aging(800) 858-1637
Auto Safety Hotline(888) 327-4236
Child Safety Seat Inspection(866) Seat- Check
Mid-Michigan Transportation
Connection (989) 366-1509
Roscommon County Transit
Authority (989) 366-5309
Veterans Affairs(989)275-6047
Or go on line..... iris.custhelp.va.gov

United Way (989) 275-2067
Roscommon
Grayling Regional Chamber of Commerce
.....(989)348-2921
Habitat for Humanity(989)366-6993

TRIBAL SERVICES

Department of Civil Rights (517) 335-3165
Michigan Indian Legal Services (800) 968-6877
Traverse City, Mi call(231)947-0122
MDHHS Native American Affairs Office.....
.....(517) 335-7782
Michigan Indian Employment and Training Services
.....(800) 591-8820
Michigan Indian Tuition Wavier (517)241-7748
U.S. Office of Indian Education(202)260-3774

VETERANS AFFAIRS

Area on Aging(800) 858-1637
Department of Veteran Affairs (989) 821-6759
Disabled American Veterans..... (877) 426-2838
Gladwin Veterans Affairs (989) 426-4891
Michigan Veterans Affairs..... (800) 642-4838
Michigan Veterans Trust Fund..... (517) 284-5299
Lansing
Paralyzed Veterans of America(800)638-6782
Veteran Affairs(844)698-2311

Roscommon County Veteran Trust
Fund (989) 275-6047
Veterans Administration..... (800) 827-1000

VOLUNTEER OPPORTUNITIES

American Red Cross(800)733-2767
Friends with Helping Hands (989) 275-5577
Roscommon
Area of Aging(800)858-1637
Food Bank Council of Michigan (Pantries)
.....www.fbmic.org/resources/find-a-food-bank
Roscommon County Animal
Shelter (989) 366-0260

IS IT AN EMERGENCY?

Clinic Name: _____ Office Phone: _____

AFTER HOURS Phone Number: _____

Our Preferred Urgent Care: _____

<u>Non-Urgent:</u>	<u>TeleHealth</u>	<u>Semi-Urgent:</u>	<u>Urgent:</u>
<p>You should make an appointment with your <u>Primary Care Physician</u></p> <ul style="list-style-type: none"> • Cold/Flu Symptoms • Earaches • Mild Backaches • Mild Sprains • Rashes • Sore Throat/Cough • Toothaches 	<p><u>(Virtual Visits) Primary Care via Telehealth</u></p> <ul style="list-style-type: none"> • Allergies • Bronchitis • Colds and Flus • COVID Symptoms • Earache • Headache • Hives • Insect Bites • Pink Eye • Rashes • Sinusitis <p>If your provider does not offer Telehealth visits, consider using the <u>McLaren Now App</u> mclaren.org/mclarennow</p>	<p>Needs Medical Care and can wait a few hours. You should contact your <u>Primary Care Physician</u> and/or go to <u>Urgent Care Facility for treatment</u></p> <ul style="list-style-type: none"> • Accidents and Falls • Moderate Sprains • Moderate Backaches • Mild Breathing Difficulty (i.e. Asthma) • Minor Cuts with Controlled Bleeding • Eye Irritation/Redness • Cold/Flu Symptoms WITH fever • Vomiting/Diarrhea with Dehydration • Severe Sore Throat or Cough • Minor Broken Bones or Fractures (fingers/toes) • Skin Rashes and Infections • Urinary Tract Infections • Minor Injuries • Minor Burns 	<p>You should go to your nearest <u>Hospital Emergency Department</u></p> <ul style="list-style-type: none"> • Severe Chest Pain or Difficulty Breathing • Compound Fracture (bone protrudes through skin) • Convulsions/Seizures • Loss of Consciousness • Fever in Newborn (less than 3 months old) • Heavy, Uncontrollable Bleeding • Deep Knife or Gunshot Wounds • Moderate to Severe Burns • Poisoning • Serious Head/Neck or Back Injury • Pregnancy-Related Problems • Severe Abdominal Pain • Signs of Heart Attack (chest pain lasting longer than 2 minutes) • Signs of Stroke (loss of vision, sudden numbness, weakness, slurred speech or confusion) • Suicidal or Homicidal Thoughts/Feelings • Vomiting up Blood

When in doubt, patients who feel their symptoms require immediate medical attention may choose to go to a hospital emergency department, where medical professionals can determine which level of care is required.