

Roscommon County

Community Resource Guide



Resources assembled by:



Roscommon County – Community Resources 2022

Available at <http://www.mclaren.org/mclaren-physician-partners/resources.aspx>

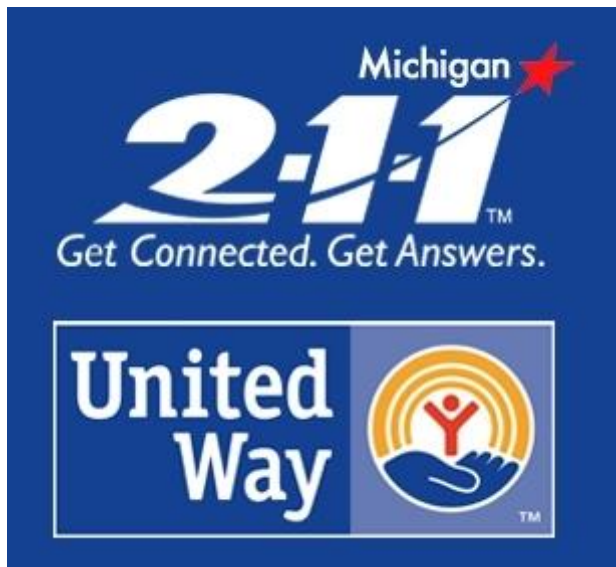
2022

Roscommon
County
Community
Resource
Guide

[A guide to services in your community]

[TABLE OF CONTENTS]

Abuse & Protective Services	[1]
Adult Aging Services	[1]
Animal Support	[2]
County & City Resources	[2]
Disability & Special Needs Resources	[2]
Education & Training	[2-3]
Emergency & Disaster Services	[3]
Employment Assistance	[3]
Financial Assistance	[3-4]
Fitness, Recreation & Rehabilitation	[4]
Food Pantries, Clothing & Household Assistance	[4]
Healthcare Services	[4-5]
Housing Assistance	[5-6]
Legal Assistance	[6]
Parenting & Pregnancy Resources	[6]
Prescription Assistance	[6]
Support Groups	[7]
Transportation	[7]
Tribal Services	[7]
Veterans Affairs	[7]
Volunteer Opportunities	[7]



ABUSE & PROTECTIVE SERVICES

For Emergency Call	911
Children & Adult Protective Services (CPS)	(855) 444-3911
Common Ground Crisis Line	(800) 231-1127
Council on Domestic Violence Gladwin	(989) 426-9413
Crisis Hotline	TEXT Reason to
https://13reasonswhy.info/	741741
Equality Michigan	(313) 537-7000
Faith Trust Institute	(206) 634-1903
HAVEN Crisis Line	(877) 922-1274
Human Trafficking Hotline	(888)-373-7888
	Help@humantraffickinghotline.org
Love Is Respect Hotline	(866) 331-9474
Michigan Coalition to End Domestic & Sexual Violence (MCEDSV)	(517) 347-7000
Narcotics Anonymous 24/7	(800) 230-4085
National Domestic Violence Helpline	(800) 799-7233
National Suicide Prevention Lifeline	(800) 273-8255
RAINN (Rape & Incest National Network)	(800) 656-4673
Stop It Now! Hotline	(888) 773-8368
Suicide Prevention Hotline	(800)-273-8255
Victim Connect (stalking hotline)	(855) 484-2846

ADULT AGING SERVICES

McLaren Home Care	(866) 323-5974
Area on Aging	(800) 858-1637
Department of Human Services Roscommon	(989) 366-2300
Disability Network	(989) 835-4041
HAP Senior Plus	(800) 868-3153
Meals on Wheels	(800) 632-7334
Medicare	(800) 633-4227
Medicare/Medicaid Assistance Program (MMAAP)	(800) 803-7174
Roscommon County Commission On Aging	(989) 366-9168
Social Security Administration	(800) 772-1213
Veterans Affairs Roscommon	(989) 275-6047

Adult Day Services

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

Adult Foster Care

A Place for Mom	(866) 333-6002
Evergreen AFC Home	(989) 821-8533
Mapleview AFC Home Houghton Lake	(989) 387-2568
Quiet Creek AFC	(231) 826-0020
The Horizon Senior Living St. Helen	(989) 389-4900
Woodland AFC Home Houghton Lake	(989) 366-6335

Alzheimer's & Dementia Support

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

Assisted Living

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

ANIMAL SUPPORT

Prudenville	(989) 275-0911
Emergency	
Roscommon	(989) 275-5003
Veterinary Clinic	
The Anti-Cruelty Society	(312) 645-8253

Animal Shelters

Roscommon County Animal Shelter	(989) 366-0260
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COUNTY & CITY RESOURCES

Chamber of Commerce	(989) 366-5644
Houghton Lake	
Chamber of Commerce	(989) 275-8760
Roscommon/Higgins Lake	
Chamber of Commerce 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

DISABILITY RESOURCES

Autism Society of MI	(800) 328-8476
Children's Special Healthcare Services	(800) 359-3722
DHS- Roscommon County	(989) 366-2300
Disability Network	(989) 835-4041
Disability Services Resource Center (DSRC)	(989) 895-5444
GiGi's Playhouse (Down Syndrome Resources)	(847) 885-6149
Medicare/Medicaid Assistance Program	(800) 803-7174
Michigan Commission for the Blind	(800) 292-4200
Michigan Rehabilitation Services	(989) 366-2334
Muscular Dystrophy Association	(800) 572-1717
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
Vocational Rehabilitation	(800) 257-4850
Michigan Commission for the Deaf	

EDUCATION & TRAINING

American Red Cross	(800) 733-2767
Technical Education Center	(989) 386-6614
HRA-Mid Michigan College	

Adult Programs

Houghton Lake Adult Education	(989) 422-6161
Michigan Department of Career Development	(517) 373-8800
Special Education & Early Intervention Services	(888) 320-8384
Tuition Incentive Program	(888) 447-2687

Childcare Centers & Preschools

Bright Beginnings	(989) 422-6161
Charlton Heston Academy	(989) 632-3390
GSRP	
Head Start	(989) 366-0457
Houghton Lake Early Childhood Ed.	(989) 366-2048
Houghton Lake United	(989) 202-4430
Methodist Church-Preschool	
NMCAA Preschool Houghton Lake	(989) 366-2014
NMCAA Preschool Roscommon	(989) 275-6610
Northwood's Childcare	(989) 577-0553
Our Lady of the Lake Preschool	(989) 366-5592
Roscommon Area Public Schools Preschool	(989) 275-6610
Roscommon Co-op Nursery	(989) 275-6686

Colleges/Career Centers

Kirtland Community College	(989) 275-5000
Michigan Reconnect	https://www.michigan.gov/reconnect
MSU Extension Office	(989) 275-5043

Libraries

Houghton Lake Public Library	(989) 366-9230
Lyon Township Branch Library	(989) 821-9111
Richfield Township Public Library	(989) 389-7630
Roscommon Area District Library	(989) 281-1305
Roscommon County Literacy Council	(989) 275-4506

School Districts

Charlton Heston Academy St. Helen	(989) 632-3390
C.O.O.R.ISD	(989) 275-9555
Houghton Lake Community Schools	(989) 366-2035
Houghton Lake Community Education	(989) 422-6161
Roscommon Area Public Schools	(989) 275-6600

Youth Programs

Artesia Youth Park and Community Center	(989) 787-0550
Big Brothers/Big Sisters-Roscommon	(989) 808-1296
Children's Bereavement Network	(989) 619-8666

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
Gerrish Township Fire/Ambulance	(989) 821-9813
Lake Township Fire Department	(989) 422-5315
Markey Township Fire Department	(989) 422-5813
Poison Control	(800) 222-1222
Roscommon Township Fire Hall	(989) 422-3533
Suicide Prevention	(800) 273-8255

Law Enforcement

Denton Police Department	(989) 366-4518
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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

EMPLOYMENT ASSISTANCE

Chamber of Commerce Houghton Lake	(989) 366-5644
Chamber of Commerce Higgins Lake	(989) 275-8760
Chamber of Commerce Roscommon	(989) 275-8760
Chamber of Commerce St. Helen	(989) 389-3725
Michigan Indian Employment and Training Services	(800) 591-8820
Michigan Works-Grayling	(989) 348-5409
Michigan Works Prudenville	(989) 366-5309
Unemployment Office Hotline	(866) 500-0017

FINANCIAL ASSISTANCE

Department of Human Services Roscommon	(989) 366-2300
MSHDA: Step Forward	(866) 946-7432
Roscommon County Veterans Affairs/Services	(989) 275-6047

Tax Assistance

Higgins Lake Tax Service	(989) 302-1247
Jackson Hewitt Tax Service	(231) 932-9125
Northwest Michigan Community Action Agency	(231) 775-9781
My Free Taxes	(866) 698-9435
www.myfreetaxes.com	

FITNESS, RECREATION & REHABILITATION

Body and Soul Health Club	(989) 366-9468
C.R.A.F. Center	(989) 275-4975
Department of Natural Resources	(989) 275-5151

Stone Turtle Yoga (989) 302-7928

Parks & Recreation

Gahagan Nature Preserve (989) 275-3217
Roscommon
Gerrish Community Park (989) 821-1616
Marina
Higgins Lake KOA Campground (989) 275-8151
North Higgins Lake State Park (989) 821-6125
Northern Nights Family (989) 821-6891
Campground
Paddle Brave Camp & Canoe (989) 275-5273
South Higgins Lake State Park (989) 821-6374
Wooded Acres Family (989) 422-3413
Campground

FOOD, CLOTHING & HOUSEHOLD ASSISTANCE

American Red Cross (800) 733-2767
Area on Aging (800) 858-1637
Commodity Supplemental (800) 443-2297
Food Program
Department of Human (989) 366-2300
Services
Emergency Assistance (989) 345-8312
Program
First Congregational Church (989) 275-5055
Food Pantry Roscommon
Good Shepherd Methodist (989) 275-5577
Church
Messiah Lutheran Church (989) 275-8820
Roscommon
Meals on Wheels (800) 632-7334
Roscommon Commission on (989) 275-8421
Aging Senior Center
R.O.O.C. (989) 275-9534
St. Helen We Care Shop (989) 389-1516
St. John Lutheran Church (989) 366-5164
Prudenville
St. Michael's Catholic Church (989) 275-5212
Roscommon
WIC Program-Prudenville (989) 366-9166
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 (800) 232-4636
and Prevention
Children's Special Healthcare (800) 359-3722
Services
Veteran Affairs (844) 698-2311

Clinics & Hospitals

Karmanos Cancer Institute (800) 527-6266
McLaren Home Care (866) 323-5974
McLaren Central Michigan – (989) 773-1166
Ready Care Walk-in Clinic Mt.
Pleasant
McLaren Northern Michigan (800) 248-6777
Petoskey
AuSable Free Clinic (989) 348-0740
County Health Department (989) 366-9166
Mercy Family Care (989) 275-1200
Roscommon
Mid-Michigan Community (989) 422-5122
Health Services Houghton Lake
Urgent Care: Mid-Michigan (989) 422-2181
Health Park

Dental Resources

Dental Lifeline Network (303) 534-5360
Houghton Lake Dental (989) 366-9621
Associates
Houghton Lake Family (989) 422-4099
Dentistry
Michigan Donated Dental (800) 589-2632
Services Program
Mobile Care Group Dental (248) 809-6398
Care for homebound/Nursing
& Assisted Care Facility
Northern Family Dentistry (989) 275-1919
Roscommon
Prudenville Community Health (989) 366-2900
Center
St. Helen Family Dentistry (989) 389-4931

Hearing Assistance

Central Michigan District (989) 366-9166
Health Department
Prudenville
Dynamic Hearing Care Systems (231) 384-6556
Miracle-Ear Hearing Aid (989) 459-3112
Center

Relay Center for Deaf/Hard of Hearing (TTY) (844) 578-6563

Medical Equipment & Loan Closets

ALS of Michigan Equipment (800) 882-5764
Equipment Loan Closet Lincare (989) 366-0100
Houghton Lake Community Center (989) 366-0205
Muscular Dystrophy Association (800) 572-1717
Paralyzed Veterans of America- MI. (800) 638-6782
Sheldon Medical Supply (989) 422-6544
The National Federation of the Blind (410) 659-9314
United Cerebral Palsy Michigan (800) 828-2714

Mental Health & Counseling Services

Common Ground Crisis Line (800) 231-1127
Community Mental Health Houghton Lake (800) 492-5742
Northern Lakes Community Mental Health (989) 366-8550
Narcotics Anonymous 24/7 (800) 230-4085
National Domestic Violence Hotline (800) 799-7233
National Human Trafficking Resource Center (888) 373-7888
Problem Gambling Helpline 24-Hours, 7-days (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

Substance Abuse

Alcoholics Anonymous (800) 356-9996
CDC Hotline (800) 232-4636
Narcotics Anonymous (NA) Hotline (800) 230-4085
National Council of Alcoholism and Drug Dependence (NCADD) (800) 622-2255
SEMCA (800) 686-6543
Substance Abuse Hotline (800) 662-4357

Substance Use Treatment Services 24-hours, 7-days-referral to treatment (800) 834-3393

Vision Resources

Central Michigan District Health Dept. Vision Screening Prudenville (989) 366-9166
Family Eye Care Roscommon (989) 275-4347
Family Eye Care Houghton Lake (989) 422-5731
Grayling Eye Care (989) 348-2833
Lakeside Vision Prudenville (989) 366-7525
Michigan Commission for the Blind (800) 292-4200
National Eye Institute (301) 496-5248
Wal-Mart Vision Center Houghton Lake (989) 366-6344

HOUSING ASSISTANCE

Emergency Shelters & Warming Centers

American Red Cross (800) 733-2767
MSHDA: Step Forward (866) 946-7432
New Dawn Shelter Gladwin (989) 709-6089
Shelterhouse (989) 426-9413
River House Shelter Grayling (989) 348-3169
Roscommon County United Way (989) 275-2067

Heating/Utility Assistance & Home Repairs/Weatherization

Area on Aging (800) 858-1637
Housing Rehab Program Roscommon (989) 275-8306
NEMSCA Utility Assistance (866) 484-7077
NW MI Community Action Agency (800) 432-4121
The Heat and Warmth Fund (800) 866-8429
USDA Rural Development (800) 414-1226
Habitat for Humanity (ReStores) (989) 366-6993

Low Income Housing

Action Agency (800) 443-5518
American Red Cross (800) 733-2767
Habitat for Humanity Prudenville (989) 366-6993
Houghton Heights Manor (989) 422-5427

Houghton Lake Village Apartments	(989) 366-8034
Housing Education/Foreclosure Help	(989) 358-4627
HUD Rental Assistance	(800) 569-4287
Huntington Place Apartments Prudenville	(989) 366-4475
Grayling Housing Commission	(989) 348-9314
MSHDA: Step Forward	(866) 946-7432
Roscommon Apartments	(989) 275-4399
Roscommon Housing Commission	(989) 275-8306
USDA Rural Development	(800) 414-1226

LEGAL ASSISTANCE

34 th Circuit Court/Family Court	(989) 275-8021
82 nd District Court	(989) 275-5312
Center For Civil Justice	(800) 724-7441
Friend of the Court	(989) 275-3121
Legal Services of Northern Michigan	(989) 705-1067
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
Probate Court	(989) 275-5221
Roscommon Juvenile Detention Center	(989) 275-7523
Social Security Administration	(800) 772-1213
Veterans Affairs Roscommon County	(989) 275-6047

iris.custhelp.va.gov

PARENTING/PREGNANCY RESOURCES

Child Safety Seat Inspection Department of Human Services	(866) Seat-Check (989) 366-2300
Friend of the Court	(989) 275-3121
Great Start Collaborative	(989) 275-9566
LA LECHE	(800) 525-3243
Northern Michigan Children's Assessment Center	(989) 275-7145

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
Woman's Resource Center of Northern Michigan 24-Hour Crisis Line	(800) 275-1995

PRESCRIPTION ASSISTANCE

Pharmacies

Kronner Pharmacy	(989) 366-7611
Rite Aid Pharmacy Houghton Lake	(989) 366-9212
Rite-Aid Pharmacy Roscommon	(989) 275-5161
Walgreens Prudenville	(989) 366-5324
Wal-Mart \$4/\$10 prescription program Houghton Lake	(989) 366-9766

Prescription Assistance Programs

Elder Prescription Insurance Program	(866) 755-6479
LifeSource Direct Rx Discount Card- Uninsured/Underinsured MMAP	(800) 803-7174
MiRx Discount Card	(866) 755-6479
RX Outreach	(800) 769-3880
Michigan's Prescription Drug Discount Card- miRx	(866) 755-6479
NeedyMeds	(800) 503-6897
Partnership for Prescription Assistance	www.pparx.org
RxAssist	www.rxassist.org (888) 477-2669

Support Groups

ALS of Michigan	(800) 882-5764
Alzheimer's Association and Helpline	(800) 272-3900
Area on Aging	(800) 858-1637
Common Ground Crisis line	(800) 231-1127
Disability Network of MI	(800) 782-4160

Epilepsy Foundation of Michigan	(800) 377-6226
Equality Michigan	(313) 537-7000
Haven Crisis Line	(877) 922-1274
Love is Respect Hotline	(866) 331-9474
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
River House	(888) 554-3169
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
Women's Health resource line	(800) 994-9662

TRANSPORTATION

Area on Aging	(800) 858-1637
Auto Safety Hotline	(888) 327-4236
Child Safety Seat Inspection	(866) Seat- Check
Crawford County Dial-A-Bus	(989) 348-5409
Mid-Michigan	(989) 366-1509
Transportation Connection	
Roscommon County Transit Authority	(989) 366-5309
Veterans Affairs	(989) 275-6047
iris.custhelp.va.gov	

TRIBAL SERVICES

Department of Civil Rights	(517) 335-3165
Michigan Indian Legal Services	(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
CHAMPVA	(800) 733-8387
Disabled American Veterans	(877) 426-2838
Gladwin Veterans Affairs	(989) 426-4891
Michigan Veterans Affairs	(800) 642-4838
Paralyzed Veterans of America	(800) 638-6782
Roscommon County Veteran Trust Fund	(989) 275-6047
Veteran Affairs	(844) 698-2311
Veterans Administration	(800) 827-1000
Veteran's Crisis Line	(800) 273-8255
Veterans TOLL Free numbers	iris.custhelp.va.gov

VOLUNTEER OPPORTUNITIES

American Red Cross	(800) 733-2767
Area of Aging	(800) 858-1637
Friends with Helping Hands	(989) 275-5577
Roscommon	
Habitat for Humanity	(989) 366-6993
NEMSCA-Senior Volunteer Program	(877) 222-9034
Food Bank Council of Michigan (Pantries)	
www.fbmic.org/resources/find-a-food-bank	
Roscommon County Animal Shelter	(989) 366-0260
United Way Roscommon	(989) 275-2067

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.