

Alpena County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2021

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

2021

Alpena
County
Community
Resource
Guide

[A guide to service in your community]

[TABLE OF CONTENTS]

Abuse & Protective Services.....	[1]
Adult Aging Services	[1]
Animal Support.....	[1]
Disability & Special Needs Resources	[1]
Education & Training	[1-2]
Childcare Centers & Preschools	[1]
Youth Programs.....	[2]
Emergency & Disaster Services	[2]
Employment Assistance	[2]
Financial Assistance	[2]
Tax Assistance	[2]
Fitness & Recreation	[2]
Food Pantries, Clothing & Household Assistance	[2]
Healthcare Services.....	[2]
Clinics & Hospitals	[2]
Dental Resources.....	[2]
Hearing Assistance	[3]
Medical Equipment & Loan Closets	[3]
Mental Health & Counseling Services	[3]
Pharmacies & Prescription Assistance	[3]
Substance Abuse	[3-4]
Urgent Care.....	[4]
Vision Assistance.....	[4]
Housing Assistance	[4]
Emergency Shelters & Warming Centers.....	[4]
Heating/Utility Assistance & Home Repairs/Weatherization.....	[4]
Low Income Housing.....	[4]
Legal Assistance	[4]
Parenting/Pregnancy Resources	[4]
Transportation.....	[4]
Tribal Services.....	[4]
Veterans Affairs	[5]
Volunteer Opportunities.....	[5]



ABUSE & PROTECTIVE SERVICES

FOR EMERGENCY SERVICES CALL.....911

- Children & Adult Protective Services (855) 444-3911
- Common Ground Crisis Line (800) 231-1127
- HAVEN Crisis Line (877) 922-1274
- Domestic & Sexual Violence Helpline..... (800) 799-7233
- Suicide Prevention..... (800) 273-8255
- National Human Trafficking Resource Center (888) 373-7888

ADULT AGING SERVICES

Adult Day Services

District Health Department..... (989) 356-4507

Adult Foster Care

Holy Family Adult Foster Care..... (989) 340-1360

Alzheimer’s & Dementia Support

- Alzheimer’s Association & Helpline... (800) 272-3900
- Turning Brook..... (989) 354-4200
- Memory care for Alzheimer’s and Dementia Care

Assisted Living

- Turning Brook..... (989) 354-4200
- Assisted living and Independent living

ANIMAL SUPPORT

Animal Shelters

- Alpena County Animal Control..... (989) 354-9841
- Huron Humane Society..... (989) 356-4794
- Sunrise Veterinary Services..... (989) 354-2241
- Emergency veterinarian services

DISABILITY RESOURCES

- Michigan Commission for the Blind... (800) 292-4200
- Vocational Rehabilitation
- Michigan Commission for the Deaf.....(313) 437-7035
- Disability Network of Northern MI.....(866) 869-8600
- Assistance for those with any disability any agewww.dnmichigan.org

EDUCATION & TRAINING

Adult Programs

- Michigan Works RESA Adult Education Service Center(989) 356-3339

Colleges/Career Centers

- Alpena Community College.....(989) 356-9021

Childcare Centers & Preschools

- Alpena Childcare and Development Center.....(989) 354-3213
- All Saints Catholic Preschool.....(989) 354-4911

Libraries

- Alpena County Library..... (989) 356-6188

School Districts

- ACES Academy – Alpena Public Schools Alternative Setting.....(989)358-5170
- Alpena High School.....(989) 358-5200
- Thunder Bay Jr. High School.....(989) 358-5400
- Besser Elementary School.....(989) 358-5100
- Ella M. White School.....(989) 358-5950
- Lincoln Community School.....(989) 358-5900

Youth Programs

- Boys & Girls Club of Alpena.....(989) 356-0214

STARBASE Alpena.....(989) 354-6332
5th & 6th grade science, technology, engineering, and
math program.

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police.....911
Law Enforcement

Michigan State Police –
Alpena Post.....(989) 354-4101
Alpena County Sheriff.....(989) 354-9830
Alpena Police Department.....(989) 354-1800

EMPLOYMENT ASSISTANCE

Unemployment Office Hotline..... (866) 500-0017
Michigan Works! Northeast Consortium
.....(989) 356-3339

FINANCIAL ASSISTANCE

MSHDA: Step Forward (866) 946-7432

Tax Assistance

Thunder Bay Accounting.....(989) 356-3222
H&R Block Alpena, MI.....(989) 356-1532
www.myfreetaxes.com

FITNESS & RECREATION

Parks & Recreation

Alpena Long Lake Park & Campground (989)595-2401
Alpena Pedal & Paddle Rental(989)884-1702

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

Department of Health & Human Services
.....(989) 356-7200
District Health Department #4, Alpena WIC Program
.....(989) 356-4507
St. Vincent de Paul.....(989) 354-3671
Assistance with food and clothing
The Salvation Army.....(989) 358-2769

Assistance with clothing and food – Summer lunch
program for children 18 and under June-August
Alpena Area Senior Citizens Council
.....(989) 356-3585 ext 11

home delivered and congregate meals
Beaver Lake Church.....(989) 379-4123
Food Bank Council of Michigan (appt. only) and
Emergency Services:

www.fbcmich.org/resources/find -a-food-bank
St. Bernard’s Friendship Room.....(989) 354-8018
Soup Kitchen: Mon-Fri 4-5:30pm Sat 2:30-4pm
Alpena Trinity Episcopal Church.....(989) 356-0576
Food Pantry and Sunday Supper 4:00-5:30pm
Under His Wing Christian Fellowship (989) 590-7277
Monthly Food Distribution – Call for eligibility

HEALTHCARE SERVICES

Centers for Disease Control.....(800) 232-4636
Medicare.....(800) 633-4227
Medicare/Medicaid Assistance Program
(MMAAP).....(800) 803-7174

Clinics & Hospitals

Alcona Health Center.....(989) 356-4049
Offers medical, pharmacy, dental, behavioral health,
OB & pediatric care at a sliding scale for qualified
individuals.

MidMichigan Medical Center-Alpena (989) 356-7000
Alpena Express Care & Family Practice (989) 356-2400
MidMichigan Physicians Group Family Medicine
.....(989) 354-2142

MidMichigan Pre Ambulatory COVID testing Center
.....(989) 358-8100
Medical Specialists of Alpena.....(989) 356-3485

Dental Resources

Dental Clinics North-Alpena.....(866) 878-6547
Dental services provided for Medicaid, underinsured
and uninsured with a sliding scale model.

Hearing Assistance

Skoric Hearing Aid Center LLC.....(989) 793-7620
 Miracle-Ear of Alpena, MI(989) 702-2251

Medical Equipment & Loan Closets

ALS of Michigan..... (800) 882-5764
 Equipment loan program for ALS & PLS patients only
 United Cerebral Palsy Michigan..... (800) 828-2714
 Michigan Assistive Technology Loan Fund &
 Michigan Employment Loan Fund
 Michigan Commission for the Blind..(800) 292-4200
 Muscular Dystrophy Association (800) 572-1717
 Medical equipment loan closets in Michigan
 Muscular Dystrophy Association (517) 706-0348
 Patients with Neuromuscular Disease
 All Michigan Counties
 Paralyzed Veterans of America.....(800) 638-6782
 Wheelchairs, power chairs, adaptive sports
 equipment, hoists, lifts, etc.
 Cheboygan County Council on Aging (231) 627-7234

Mental Health & Counseling Services

Problem Gambling Help-Line (800) 270-7117
 24-hours, 7-days
 Behavioral Health Services–MidMichigan Medical
 Center-Alpena.....(989) 356-7242
 Detox, inpatient psychiatric services, outpatient
 psychiatric services, mental health counseling services
 Catholic Human Services.....(989) 356-6385
 Adolescent & adult counseling, screening &
 assessment services, Secretary of State evaluations,
 Alcohol & Drug Highway Safety Education Classes,
 Relapse Prevention Group, Psycho-education,
 Women’s special services, employee assistance
 program, substance abuse prevention services
 Northeast MI Community Mental Health-Alpena
(989) 356-2161
 Comprehensive mental health services to persons
 with developmental disability, severe & persistent
 mental illness or severe & persistent mental illness &
 a substance use counselor, or children with a serious
 emotional disturbance. 24-hour emergency services
 for persons experiencing a mental health crisis.
 Sliding fee scale & Medicaid provider.

National Suicide Prevention Lifeline (800) 273-8255
 Sunrise Centre.....(989) 356-6649
 (Substance abuse rehabilitation program-Alpena, MI)

Pharmacies & Prescription Assistance

Partnership for Prescription Assistance www.pparx.org
 RxAssist..... www.rxassist.org
 Database of medication assistance programs
 LifeSource Direct(866) 340-4748
 Uninsured and Underinsured NeedyMeds
(800) 503-6897
 Resource for medication assistance programs Senior
 Prescription Drug Assistance MMAP (800) 803-7174
 Michigan Medicare/Medicaid Assistance Program
 MiRx Discount Card(866) 755-6479
 For patients without drug coverage
 Walgreens Pharmacy Alpena.....(989) 354-8784
 Le Fave Pharmacy and Home Medical Equipment
(989) 354-3189
 Meijer Pharmacy – Alpena.....(989) 844-6110
 Neiman’s Family Pharmacy-Alpena...(989) 356-2191

Retail Discount Drug Programs

Kroger	ask pharmacist
Meijer	ask pharmacist
(select free prescriptions)	
Target	ask pharmacist
(\$4/ \$10 generics program)	
Sam’s Club	ask pharmacist
(\$4/\$10 prescription program)	
Wal-Mart	ask pharmacist
(\$4/\$10 prescription program)	
Walgreens	ask pharmacist

Substance Abuse

National Council on Alcoholism & Drug Dependence
 (NCADD).....(800)622-2255
 SEMCA (Substance Abuse).....(800) 686-6543
 CDC Hotline.....(800) 232-4636
 Narcotics Anonymous (NA) Hotline..(877) 338-1188
 Substance Abuse Hotline.....(800) 662-4357
 Substance Use Treatment Services...(800) 834-3393
 24-hours, 7-days- referral to treatment
 Catholic Human Services.....(989) 356 6385
 Adolescent & adult counseling, screening &
 assessment services, Secretary of State evaluations,

Alcohol & Drug Highway Safety Education Classes, Relapse Prevention Group, Psycho-education, Women's special services, employee assistance program, substance abuse prevention services
 Northeast MI Community Mental Health(989) 356-2161
 Comprehensive mental health services to persons with developmental disability, severe & persistent mental illness or severe & persistent mental illness and a substance use counselor, or children with a serious emotional disturbance. 24-hour emergency services for persons experiencing a mental health crisis. Sliding fee scale & Medicaid provider Alpena Freedom Recovery Center.....(517) 881-6199

Urgent Care

Walk-In Care.....(989) 354-4406
 Alcona Health Center-Alpena.....(989) 356-4049

Vision Assistance

Vision USA (800) 766-4466
 Assistance with eye exams
 Northern Eye Alpena, MI..... (989) 354-3171

HOUSING ASSISTANCE

Emergency Shelters & Warming Centers

Sunrise Mission-Alpena(989) 356-1277
 Hope Shores Alliance.....(800) 396 9129
 victims and survivors of domestic & sexual assault & their families, safe house
 Alpena American Red Cross.....(800) 691-6059
 Temporary lodging due to house fires or extreme weather conditions - West Branch

Heating/Utility Assistance & Home Repairs/Weatherization

The Heat and Warmth Fund (800) 866-8429
 NEMCSA Low Income Weatherization Program
(989) 358-4700

Low Income Housing

Northwest MI Community Action Agency
 (800) 443-5518
 West Branch USDA Rural Development (989)345-5470
 Northeast MI Community Service Agency (NEMCSA)
 Assistance with homebuyer purchase education,

Alpena County Community Resource Guide 2021 update

budgeting classes, homeownership counseling, low income housing.....(989) 358-4627
 Housing Assessment & Resource Agency (HARA).....(989) 356-3474
 Alpena Department of Health & Human Services
(989) 354-7200
 Alpena Habitat for Humanity(989)356-3509
 Alpena Housing Commission.....(989) 354-3567
 Alpena County Home Improvement Program
(989) 354-9664

LEGAL ASSISTANCE

Legal Aid Legal Service.....(866) 531-6309
 Legal Hotline for Michigan Seniors...(800) 347-5297

PARENTING/PREGNANCY RESOURCES

24-Hour Crisis Line.....(855) 427-2736
 Boys and Girls Club of Alpena(989) 356-0214
 Free youth activities, free daily dinner during the school year, free lunch & snack program during the summer – Ages 6-18
 Alpena Child and Family Services...(989) 356 45677
 Intervention program to keep families together that are at a high risk of separation. DHS referrals only.
 Alpena School Success Program–NEMCSA
(989) 358-5006
 For families with school aged children
 Alpena Options Pregnancy Center.....(989) 354-6089

SUPPORT GROUPS

Epilepsy Foundation of Michigan..... (800) 377-6226

TRANSPORTATION

Dial-A-Ride..... (989) 356-4597
 M-DOT Alpena County..... (989) 356-2231

TRIBAL SERVICES

Department of Civil Rights(517) 335-3165
 Michigan Indian Legal Services.....(231) 947-0122

VETERANS AFFAIRS

Michigan Veterans Affairs..... (800) 642-4838
Veterans Administration..... (800) 827-1000
CHAMPVA..... (800) 733-8387
CHAMPVA Meds by Mail..... (800) 385-0235
Veteran’s Crisis Line (800) 273-8255
Paralyzed Veterans of America(800)638-6782
Support Services for Veteran Families
..... (800) 632-7334
VETERANS Toll Free numbers iris.custhelp.va.gov

VOLUNTEER OPPORTUNITIES

Alpena Senior Citizens Center (989) 356-3585
Youth Volunteer Corps of Alpena(989)358-5245

IS IT AN EMERGENCY?

Clinic Name: _____ Office Phone: _____

AFTER HOURS Phone Number: _____

Our Preferred Urgent Care: _____

Non-Urgent:	TeleHealth	Semi-Urgent:	Urgent:
<p>You should make an appointment with your Primary Care Physician</p> <ul style="list-style-type: none"> • Cold/Flu Symptoms • Earaches • Mild Backaches • Mild Sprains • Rashes • Sore Throat/Cough • Toothaches 	<p><u>(Virtual Visits)</u> Primary Care via Telehealth</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 McLaren Now App mclaren.org/mclarennow</p>	<p>Needs Medical Care and can wait a few hours. You should contact your Primary Care Physician and/or go to Urgent Care Facility for treatment</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 Hospital Emergency Department</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.