

Changes to RMDC Community Resource Directory as of 12-2-08

1. **Add:** This was left out of the 08 Directory

Senior Companion Program

Rocky Mountain Development Council

200 South Cruse Avenue, P.O. Box 1717, Helena

457-7300 or 1-800-356-6544 447-1686 (TDD) Fax 447-1629

www.rmhc.net

Provides volunteer opportunities for seniors on limited incomes to provide support services for homebound elderly who, with a little help, are able to maintain their independence and continue living at home. Senior companions also work with the terminally ill, mentally ill, drug and alcohol abusers, and elderly people recently discharged from hospitals. In return, for 20 hours of work per week, senior companions receive benefits that include: a tax-free hourly stipend, transportation to and from work, and paid vacation. Benefits do not effect rent subsidies, food stamps, Social Security payments, etc.

2. **Delete:**

Remove **Heritage House** under Adult Day Care section as Donna Wallace closed her business as of July 1, 2008.

3. **Change:**

Compeer Helena – please change the phone number to 457-7319 page 30

4. **Change:**

RSVP – please change the phone number to 447-1680 page 41

5. **Change:**

A new phone number for **Montana Poison Control** system:

1-800-222-1222

The phone number in the directory will still get people to the right source.

6. **Add:** this was omitted from the '08 Directory:

From Emily McVey, Program Manager of **Montana Youth Homes**

Montana Youth Homes has been providing services to youth in Helena since 1974. The Margaret Stuart Shelter provides short-term shelter for youth between ages 10-18 years old. The Margaret Stuart Shelter also offers a Holdover Site, which is an alternative to detention for young status offenders. The Runaway Program provides food, personal care items housing as well as counseling and guidance to runaway youth and their families. The Jan Shaw Youth Group Home is a long-term youth group home that serves youth 12-18 years old. At JSYH the youth learn essential life skills and a variety of counseling is offered both in and out of the home. We also currently run the Community Juvenile Justice Council and Youth Counseling Connections.

The Community Juvenile Justice Council program allows youth with the opportunity to repair the harm they have caused through a proven Restorative Justice Program rather than being put on probation or serving time in detention.

Youth Counseling Connections is a mental health care referral service for children and youth aged 10 to 18 years. The Youth Counseling Connections provides pro bono mental health counseling for youth whose families are uninsured or lack resources to pay for mental health services.

Our contact information is 449-3038 or 443-2145. Street address is 200 Miller Street. Mailing address is: RMDC PO Box 1717, Helena MT 59624-1717

7. **Add:**

Re: the Prescription Drug PharmAssist Program From the state's website
<http://www.dphhs.mt.gov/prescriptiondrug/index.shtml>

Montana PharmAssist Program:

This part of SB324 is for all Montana citizens that will benefit from a no cost in depth consultation with licensed and credentialed participating pharmacists. The PharmAssist program is open to all Montana citizens, regardless of age or income.

Steps to apply:

- Call and request a Patient Packet: 1-866-913-2323 Toll Free in MT
or
(406) 444-0440 Helena/Out-of-State
Request for a Patient Packet can be made by the patient, healthcare provider(s) or participating pharmacist.
- Complete the entire Patient Packet, sign it and return in the envelope provided or to:
Mountain-Pacific Quality Health
ATTN: Montana PharmAssist
3404 Cooney Drive Helena MT 59602

8. **Add:** a new service

Veterans Family Assistance Centers

Offer information and resource and referral assistance to service members, veterans and families – regardless of branch of service or whether the service was active or reserve. The Montana National Guard opened these Family assistance Centers as a critical element of its nation-leading effort to deal with post traumatic stress injuries.

Helena: 324-3232

Glasgow: 228-2932

Missoula: 329-2180 x111

Billings: 655-6262

Great Falls: 731-4900

Web site: <http://montanaguardfamily.org>

9. **Add:** a new service

Montana Warm Line

This is a service of the Montana Mental Health Association as a hotline to provide services to people across the state who live with mental illness. It provides telephone and internet based support for people who are looking for help but are not in crisis. The hotline is staffed by people who themselves have a mental illness. Callers can speak one-on-one with staff or dial in during group chat sessions. The Warm Line operates from 5:30-9:30 pm Monday through Friday and from 1:00-5:00 pm Saturday. The number is 877-688-3377 and the web site is www.montanawarmline.org.

10. **Add:**

Billings Senior Assessment Clinic through the Billings Clinic for complete physical and neurological assessments. 1-406-238-2500 or 1-800-332-7156