



# RESOURCES

This packet includes important resources from these community partners:

- ECKAN
- Elizabeth Layton Center
- Food Service – USD #368
- Giving The Basics
- Healthy Futures Mobile Dental Clinic
- Health Partnership Clinic
- Olathe Health Family Medicine
- PACA (Paola Association for Church Action)
- Parents as Teachers
- Sleep In Heavenly Peace
- United Way of Miami County
- Yellow Ribbon Program



## We help the entire community

Case Management,  
Outreach/Referrals, Food,  
Utility/Rent Assistance,  
School Supplies, Holidays, Prom

Housing Vouchers

Head Start, Ages 0-5

Affordable Rentals

Weatherization of Existing Homes

Poverty Simulations

Advocacy

**785-242-7450**

**[www.ECKAN.org](http://www.ECKAN.org)**

**Facebook/Twitter/Instagram**



**Helping People.  
Changing Lives.**  
From poverty to self sufficiency

**ECKAN**

East Central Kansas Economic Opportunity Corporation



**Community  
Action**

In 16  
counties

# Other Services Offered at Elizabeth Layton Center

## Basic Services

- Outpatient clinical services for children, adolescents, and adults
- Psychological testing
- Screenings for hospital admissions
- 24-hour emergency services
- Psychosocial and Therapy groups
- Case Management Services at school; a case manager is working out of two different area schools currently, with optional services at others
- Community Support Services
- Medication Management for individuals taking psychotropic medications
- Alcohol and drug evaluation and treatment
- Consultation/Education services
- Individual anger management programs
- Parenting Program services, individual or group, available in-home

## Introduction to ELC Programs

Elizabeth Layton Center has been providing affordable and easily accessible mental health services and programs for the citizens of Franklin County since 1958, and merged with Miami County Mental Health in 2006. Outpatient services for adults, children and adolescents include individual, family, and group treatment. Both group and individual psycho-educational treatment are available.

## Confidentiality

All contacts with the Center are confidential. ELC complies with HIPAA Guidelines and protected health information is never released without a written authorization or under exceptions as allowed by HIPAA and K.S.A. 65-5603 as outlined in the Notice of Privacy Practices and Statement of Client Rights provided at the initial appointment.

## Guarantee

The Elizabeth Layton Center will not deny to any consumer necessary and appropriate services that the Center is required by K.A.R. 30-60-64 to provide, solely because of the consumer's inability to pay the fees charged by the Center for those services. Fees may be adjusted or reduced upon review. Services are available without regard to race, color, national origin, ancestry, sex, age, or disability.

“A GUIDE TO MENTAL HEALTH SERVICES  
FOR CHILDREN AND FAMILIES”

# COMMUNITY BASED SERVICES



25955 WEST 327<sup>TH</sup> STREET  
PAOLA, KANSAS 66071

-----  
TELEPHONE 913.557.9096  
TTY/TDD Kansas Relay 1-800-766-3777

## Office Hours

8:00 a.m. to 8:00 p.m. Monday ~ Thursday  
8:00 a.m. to 5:00 p.m. Friday

AFTER HOURS CRISIS SERVICES 1-800-241-1266

## **ATTENDANT CARE**

This is a one-to-one support in natural locations within the community such as where the person lives, works or socializes. This may include, but is not limited to, direct support and supervision in accomplishing the activities of daily living. This support is provided to the consumer and or the family to maintain daily routines critical to a stable lifestyle.

## **CASE MANAGEMENT**

This service consists of face-to-face contact with an individual in usual community locations where the person lives, works or socializes. The objective of this service is to develop interpersonal relationships, self-care skills, an understanding of emotional-disturbances and life situations to adapt to community settings. A case manager identifies strengths, resources, natural supports, participates in tracking and monitoring progress in meeting goals identified in the treatment plan. These interventions can fall in the areas of achieving levels of concentration, task orientation and the establishment and maintenance of effective communication with others. This support can assist in achieving academic progress, supportive counseling and solution-focused interventions, as well as medication education, with its objective to develop skills for the individual or family to comply. Case management can implement the crisis plan identified or seek support from clinical staff.

## **HOME-BASED THERAPY**

This is a client-centered treatment designed to focus attention and change specifically within the family. In-home therapy is covered only for the purpose of preventing the out-of-home placement of a child under 18 years of age. A home-based intervention does the following:

- Identify treatment goals;
- Provide intensive, in-home services;
- Work in collaboration with community supports, schools, medical professionals and SRS; and
- Demonstrate educationally the understanding of crisis and short-term intensive interventions.

## **PSYCHOSOCIAL TREATMENT GROUP**

This is a self-contained, goal directed group designed to assist families in minimizing or resolving the effects of mental and emotional impairments. Group activities shall assist individuals in daily problem-solving, the improvement of social skills, providing leisure time training, the promotion of health and the enhancement of personal relationships. The maximum number of consumers for each staff is four. Transportation to group activities during the group session is included as a service of the psychosocial treatment group.

## **PARENT SUPPORT AND TRAINING**

A Parent Support Specialist is a parent who is trained to offer information, advocacy, and support to other families who have children with severe emotional or behavioral disorders.

This service benefits the child through activities in their home and community. Activities include coaching and assisting the family with increasing their knowledge and awareness of their child's needs, the process of interpreting choices offered by service providers, schools, IEPs, explanation and interpretations of policies, procedures and regulations that impact the child living in the community, and ensuring the choice/voice of the family is heard. Support is given in the teaching of parenting skills to parents through a group and or individual model to improve or enhance abilities to parent children in a positive, acceptable manner. Services are provided in a teaching, training method and may include role-play, discussion, audio-visual, written materials, homework assignments or other methods.

## **GUIDED INFORMATION FOR FAMILIES TODAY (GIFT)**

G.I.F.T. is a parents group designed to educate and inform parents about resources available in our community as well as rights that are legally theirs while advocating for their children.

## **WRAP AROUND FACILITATION\***

This involves the assessment of the child's and family's strengths and needs. This community-based plan will identify the specific goals, objectives, responsibilities, timelines, outcomes and performances. This will emphasize building collaboration and coordination among family, caretakers, service providers, educators and community resources.

## **INDEPENDENT LIVING/SKILL BUILDING\***

These services are designed to assist youth in acquiring, retaining and improving the self-help, socialization and adaptive skills necessary to reside successfully in home and community-based settings. Activities are designed to foster eventual or intended ability to live independently within a community setting. Activities enhance the child's mastery of social and environmental components related to family, school, work and living in the community. This service includes assistance with development, acquisition, retention, or improvement in skills necessary to enable the individual to reside in a non-institutional setting. This service includes budgeting, shopping, and working, engaging in recreational activities with peers, peer to peer support and appropriate social and work skills to remain in the community. This service is provided by trained staff who will provide modeling, direction and support to children and adolescents.



## SOCIAL, EMOTIONAL & BEHAVIORAL REQUIREMENTS:

For your child to qualify for this program you will complete an assessment called the Devereux Early Childhood Assessment (DECA). This assessment gives us information about your child's protective factors of:

- Initiative: Your child's ability to use independent thought and actions to meet their own needs.
- Attachment: Your child's ability to form mutual, strong, long lasting relationships between peers and adults.
- Self-Control: Your child's ability to experience a range of feelings and express those feelings using words and actions that society considers appropriate

The DECA will be completed every three- six months so we can make sure we are tailoring our classroom interventions, our case management interventions, and our family therapy interventions to benefit your child.

### WHAT TYPES OF INTERVENTIONS:

This program uses only research based effective practices only. Check some of them out at:

[www.lovingguidance.com](http://www.lovingguidance.com)

[www.childtrauma.org](http://www.childtrauma.org)

[www.zerotothree.org](http://www.zerotothree.org)

[www.drdanseigel.org](http://www.drdanseigel.org)

[www.theraplay.org](http://www.theraplay.org)

<http://pcit.phhp.ufl.edu>

[www.heartmath.org](http://www.heartmath.org)

### AGE REQUIREMENT:

This program is for children 2 – until they are in the first grade. Children under the age of 3 will be required to have a care giver attend all programming with them at all times.

### DAYS AND HOURS OF OPERATION:

The days your child attend programming will depend on the growth areas your child is needing matched with our current programming.

### TRANSPORTATION:

We will provide free transportation for the STEPS program. This includes transporting your child to and from group, to and from case management sessions, and to and from parent-child classroom outings! The only exception to this rule is that parent will be required to pick up child from any afterschool programming at our site.

# STEPS PROGRAM

Supportive Therapy Early Prevention Services

THIS PROGRAM IS DESIGNED FOR KIDS AGES 2-7  
YEARS OLD NEEDING TO GROW IN THESE AREAS:

- Attachment Problems
- Emotional Regulation Problems
- Lacks Relaxation Skills
- Low Concentration Level
- Low Structure & Consistency in the home
- Lacks Initiative
- Low Attention Level
- Aggressive Behaviors
- Self – Control Problems
- Lacks Problem Solving Skills
- Behavior Problems
- Poor Social Skills
- Difficulties with Transitions
- Low Tolerance Levels
- Defiant Behaviors
- Lies often



WE WISH YOU WELL

This is a program we believe in and are dedicated to because we know that it works. We are committed to working hard for your child and your family. With all of that said, make sure this is really a program that you believe in too! As a parent in this program we ask you to commit to the following:

1. Your child will attend the STEPS as scheduled.
2. You and your child will complete your STEPS homework weekly.
3. You and your child will meet with a STEPS family case manager once a week.
4. You and your child will meet with a therapist at least once a month for family therapy
5. You and your child will meet with the STEPS team every three months to make sure this STEPS program is working for your child.

We ask that each family commit to all five of these to continue to participate in the STEPS program. We know this program works, but it only works when parents commit to the five things listed above. If you are not able to commit to these five steps then this program is not a good fit for your child and family. This is because we work really hard for our STEPS kids, we dedicate a lot of time, and we need parents to do the same...because, honestly, we are only your child's life a short time....you are in their lives forever!



Smile, Take a Deep Breath, And Relax

## STEPS STAFF COMMITMENT:

1. Meet with you and your child weekly for case management sessions. During this time we will teach you the skills we are teaching your child during the week in STEPS. This are advanced techniques to improve behaviors, emotions, and social skills.
2. Meet with you and your child at least monthly for family therapy. During this time you will be given advanced child management strategies that are specific for your child and family.
3. Tailor our classroom structures, interventions, coping skills, and strategies to your child's specific needs. We only allow six children in the class at a time and we have at least two teachers in the classroom at all times to make sure we give your child a lot of attention and direction.
4. Provide a detailed weekly outline of what your child will be learning in STEPS to benefit social development, to benefit emotional development, and to benefit behaviors. This will be sent home in your child's back pack each week. This outline will also detail your parent homework to complete weekly.
5. Provide a detailed daily report of your child's progress each day. This report will be given to you by the staff when your child is returned to your care. Or, if you are not available, it will be sent in your child's back pack.
6. Meet with you and your child every three months to make sure we all believe this program is helping your child, to make any needed changes to our classroom for your child's progress, to make any changes needed to our case management or family therapy sessions for your child's progress, and to continue to find ways to work together for your child.

*Conscious Discipline® Commitment*

*I dedicate this time to becoming a more conscious, compassionate person.  
Willingly, I provide safety, support, and structure for the children in my care.*

*Remembering always that what I offer to others, I strengthen in myself.*

*My worth depends on seeing the worth in others.*

*May I never forget this*



You may know CPR and the Heimlich maneuver. You can call 911. But can you administer first aid in a mental health crisis?

It's easy to tell when someone is having a heart attack, is choking, or can't breathe. But what does depression look like? Or anxiety? What would you say to a person you know who says they are thinking about suicide? How can you help in a panic attack?

**Mental Health First Aid** is an 8-hour training course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. People across the country - in all 50 states and the District of Columbia - are trained in Mental Health First Aid. They know how to identify, understand, and respond to signs of mental illnesses and addictions.

This course is delivered by certified Mental Health First Aid USA instructors who complete a 5-day training and meet certification requirements.



[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)

# YOU COULD BE THE HELP SOMEONE NEEDS. GET TRAINED.

## MENTAL HEALTH FIRST AID

IN

### Ottawa and Paola, Kansas

LEARN MORE, CONTACT US:



Leslie Bjork, PsyD, LP - Executive Director  
785.242.3780 FrCo – 913.557.9096 MiCo  
800.241.1266 After-Hours Crisis  
[www.laytoncenter.org](http://www.laytoncenter.org)

Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.



[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)



# MENTAL HEALTH FIRST AID™



[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)





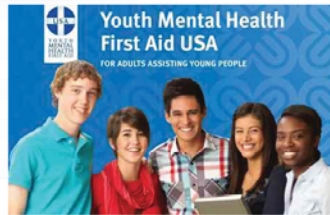
## 4 REASONS TO BECOME A MENTAL HEALTH FIRST AIDER

- 1. To be prepared:** Just as you learn CPR, learn how to help in a mental health crisis
- 2. Mental illnesses are common:** 1 in 5 adults in any given year
- 3. You care:** be there for a friend, family member, or colleague
- 4. You can help:** people with mental illnesses often suffer alone

## COURSE TYPES



**ADULT:** The adult Mental Health First Aid course is appropriate for anyone who wants to learn how to help an individual who may be experiencing a mental health crisis or concern. The course is available in English and Spanish.

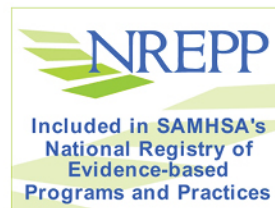


**YOUTH:** Youth Mental Health First Aid reviews the unique risk factors and warning signs of mental health problems in adolescents ages 12-18. It emphasizes the importance of early intervention and covers how to help an adolescent in crisis or experiencing a mental health challenge. The youth course is intended for anyone 16 years or older to learn how to help young people.

## MENTAL HEALTH FIRST AID TEACHES

- Risk factors and warning signs of mental health concerns.
- Information on depression, anxiety, trauma, psychosis, and substance use.
- A 5-step action plan to help someone developing a mental health concern or in crisis.
- Available evidence-based professional, peer, and self-help resources.

Mental Health First Aid is listed in the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices. Studies show that individuals trained in the program increase their knowledge of signs, symptoms and risk factors of mental illnesses and addictions; can identify multiple types of professional and self-help resources for individuals with a mental illness or addiction; increase their confidence in and likelihood to help an individual in distress; and show reduced social distance to individuals with mental illnesses.



ALGEE the koala is the Mental Health First Aid mascot

## WHO TAKES THE COURSE?

The course helps anyone who wants to learn how to provide initial help to someone who may be experiencing symptoms of a mental illness or in crisis. The course gives people tools to help friends, family members, colleagues, or others in their community.

- College/university leaders
- Educators/school administrators
- Human resources professionals
- Nurses/physician assistants/primary care workers
- Public safety personnel
- Members of faith communities
- Social services staff and volunteers
- Policymakers
- Substance abuse professionals
- Social workers



**WHOLE  
GRAIN**

**22g or more  
per serving**

**WholeGrainsCouncil.org**

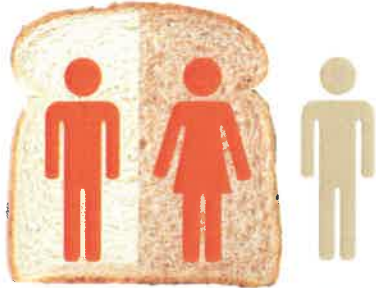
**EAT 48g OR MORE OF  
WHOLE GRAINS DAILY**



# WHOLE GRAIN MOMENTUM

## WHOLE GRAINS ARE THE NEW NORM

**2 OUT OF 3** people make at least **HALF** their grains **WHOLE**



**4 OUT OF 5** of those who **NEARLY ALWAYS CHOOSE WHOLE GRAIN FOODS** have



## WHICH WHOLE GRAINS TOP THE CHARTS?

### WHOLE GRAIN BREAD

People eat whole grain bread **MORE OFTEN** than refined



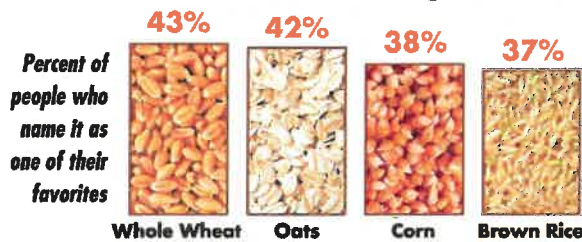
### WHOLE GRAIN CEREAL

People eat whole grain cereal **MORE OFTEN** than refined



### WHOLE GRAIN FAVORITES

Despite the rising popularity of "ancient grains," like quinoa, teff and farro, the **MOST POPULAR** whole grains are

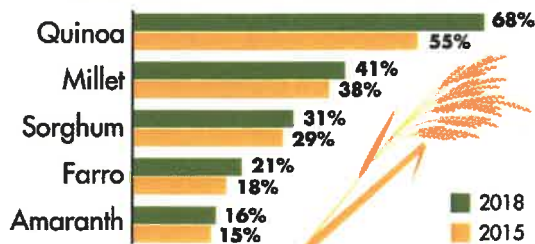


## WHY ARE WHOLE GRAINS SO POPULAR?



## ANCIENT GRAINS ARE ON THE RISE!

### % WHO HAVE HEARD OF IT



### MOST POPULAR

Most popular **ANCIENT GRAINS** among those who have tried them:



Oldways 2018 Whole Grains Consumer Insights Survey

Based on an August 2018 national survey of 1,500 adults.

© 2018 Oldways







10 tips Nutrition Education Series



Based on the Dietary Guidelines for Americans

# Choosing whole-grain foods

Whole grains are important sources of nutrients such as zinc, magnesium, B vitamins, and fiber. There are many choices available to make half your grains whole grains. But whole-grain foods should be handled with care. Over time and if not properly stored, oils in whole grains can cause spoilage. Consider these tips to select whole-grain products and keep them fresh to eat.

## 1 Search the label

Whole grains can be an easy choice when preparing meals. Choose whole-grain breads, breakfast cereals, and pastas. Look at the Nutrition Facts labels and ingredients lists to find choices lower in sodium, saturated fat, and added sugars.



## 2 Look for the word "whole" at the beginning of the ingredients list

Some whole-grain ingredients include whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, and whole rye. Foods that say "multi-grain," "100% wheat," "high fiber," or are brown in color may not be a whole-grain product.

## 3 Choose whole grains at school

Prepare meals and snacks with whole grains at home so your kids are more likely to choose whole-grain foods at school.



## 4 Find the fiber on label

If the product provides at least 3 grams of fiber per serving, it is a good source of fiber. If it contains 5 or more grams of fiber per serving, it is an excellent source of fiber.

## 5 Is gluten in whole grains?

People who can't eat wheat gluten can eat whole grains if they choose carefully. There are many whole-grain products, such as buckwheat, certified gluten-free oats or oatmeal, popcorn, brown rice, wild rice, and quinoa that fit gluten-free diet needs.

## 6 Check for freshness

Buy whole-grain products that are tightly packaged and well sealed. Grains should always look and smell fresh. Also, check the expiration date and storage guidelines on the package.

## 7 Keep a lid on it

When storing whole grains from bulk bins, use containers with tight-fitting lids and keep in a cool, dry location. A sealed container is important for maintaining freshness and reducing bug infestations.



## 8 Buy what you need

Purchase smaller quantities of whole-grain products to reduce spoilage. Most grains in sealed packaging can be kept in the freezer.

## 9 Wrap it up

Whole-grain bread is best stored at room temperature in its original packaging, tightly closed with a quick-lock or twist tie. The refrigerator will cause bread to lose moisture quickly and become stale. Properly wrapped bread will store well in the freezer.



## 10 What's the shelf life?

Since the oil in various whole-grain flours differs, the shelf life varies too. Most whole-grain flours keep well in the refrigerator for 2 to 3 months and in the freezer for 6 to 8 months. Cooked brown rice can be refrigerated 3 to 5 days and can be frozen up to 6 months.

Did you know.....?

- 1) Effective July 1, 2019, the USDA's final rule, *Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements*, requires that at least half of the weekly grains offered at lunch and breakfast must be Whole Grain Rich.
- 2) USD368/Paola Food Service Bread Department makes all of its Hot Rolls, Hamburger Buns, Panther Rib Buns, Pumpkin Bread, Pumpkin Chocolate Chip Muffins, Cinnamon Puffs and Cheesy Bread Sticks from scratch. Each of these products contain at least 51% Whole Grain.

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# **Giving the Basics program**

**AVAILABLE AT ALL USD 368 SCHOOLS**



## **Giving the Basics**

Providing Personal Care Products for Human Dignity™

**For more information or to receive assistance,  
please contact USD #368 nursing staff or  
social workers at any building.**

### **Sample of Items Available:**

**Bandages  
Chapstick  
Conditioner  
Deodorant  
Laundry Soap-Pods  
Lotion  
Feminine Products  
Razors  
Shampoo  
Soap-Bar Soap/Body Wash  
Toothbrushes  
Toothpaste**



Is Coming To Our School!



## SERVICES PROVIDED AT SCHOOL:

### FREE Dental Care at School!

**Great News!** Our school has partnered with the Healthy Futures Program through Heartland Community Health Center to offer **FREE** in-school dental care. If your child does not see a dentist regularly or you are looking for a new dentist, simply fill the a consent form.

Healthy Futures accepts Medicaid, Commercial/Private Insurance and the uninsured. There is **NO COST** to you even if your child is uninsured or not fully covered through private insurance. Dental services provided to your child at their school are **FREE**.

#### **EASY & CONVENIENT**

Having your child seen by the in-school dentist saves you valuable time, as well as less time taken from your child's academics. Top quality care is provided by a licensed dentist and hygienist right in the familiar surroundings of school.

Questions: Contact the Healthy Futures Coordinator at 785.841.7297 or [healthyfutures@heartlandhealth.org](mailto:healthyfutures@heartlandhealth.org)

- EXAMS
- CLEANINGS
- X-RAYS
- FILLINGS
- SEALANTS
- FLUORIDE
- BABYTEETH EXTRACTIONS
- SILVER DIAMINE FLUORIDE

Fill out the Healthy Futures consent form and return it to school no later than 2 weeks before the clinic date. You may also access the form at [www.heartlandhealth.org](http://www.heartlandhealth.org)



## Healthy Futures Dental Consent STUDENT INFORMATION

School Name		Grade Level
Student Legal First Name	Middle Initial	Last Name
Date of Birth		Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female
Race: <input type="checkbox"/> American Indian/ Alaskan Native <input type="checkbox"/> Asian <input type="checkbox"/> Native Hawaiian/ Other Pacific <input type="checkbox"/> Black/ African American <input type="checkbox"/> White <input type="checkbox"/> Other Race		
Ethnicity: <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Non-Hispanic or Latino		
Street Address		
City	State	Zip Code
Phone Number		Email
Parent/Guardian Name		Date of Birth

### ALREADY A PATIENT?

<input type="checkbox"/> Check box if student is already an existing patient of: Heartland Community Health Center Douglas County Dental Clinic Bright Smiles Program Friendly Smiles Program
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### INSURANCE INFORMATION

<input type="checkbox"/> No Dental Insurance		
<input type="checkbox"/> KanCare/Medicaid # _____ <input type="checkbox"/> Aetna <input type="checkbox"/> United HealthCare <input type="checkbox"/> Sunflower		
<input type="checkbox"/> Commercial/ Private Insurance		
Insurance Company	Policy #	Group #
Subscriber Name	Subscriber DOB	
Subscriber SSN	Employer	
Insurance Company's Address & Phone #		

## MEDICAL HISTORY

Check all that apply

- |   |   |   |   |
|---|---|---|---|
| <input type="checkbox"/> HIV/AIDS         | <input type="checkbox"/> Blood Disorder | <input type="checkbox"/> Artificial Heart Valve | <input type="checkbox"/> Artificial Joint/ Pins/ Screws |
| <input type="checkbox"/> Diabetes         | <input type="checkbox"/> Heart Disease  | <input type="checkbox"/> Asthma                 | <input type="checkbox"/> Congenital Heart Disorder      |
| <input type="checkbox"/> Heart Murmur     | <input type="checkbox"/> ADD/ADHD       | <input type="checkbox"/> Autism                 | <input type="checkbox"/> Anemia                         |
| <input type="checkbox"/> Seizure Disorder | <input type="checkbox"/> Hepatitis      |   |   |

List other medical conditions or special health care needs

Is your child required by a physician to take a pre-medication (antibiotic) prior to dental treatment?

No

Yes, condition:

## ALLERGIES

Check all that apply

- |                                       |   |                                  |                                |
|---------------------------------------|---|----------------------------------|--------------------------------|
| <input type="checkbox"/> Latex        | <input type="checkbox"/> Amoxicillin/Penicillin | <input type="checkbox"/> Lactose | <input type="checkbox"/> Other |
| <input type="checkbox"/> Other: _____ |   |                                  |                                |

## MEDICATIONS

List all medicines, vitamins, herbs, and home remedies the student is taking.

The Healthy Futures Dental Outreach Team will provide on-site dental care to your child while they are at school. If there are services (listed below) that you do **not** wish for us to perform, please indicate here:

## CONSENT FOR TREATMENT

As parent or legal guardian of the patient named above, I give Heartland Community Health Center permission to provide my child with comprehensive dental care. Comprehensive care includes dental sealants, fluoride varnish, silver diamine fluoride treatment, x-rays, dental cleanings, fillings, pulpotomies, extractions, and numbing of the mouth. I also acknowledge that the Privacy Practices were and are available for my review. This consent is valid until revoked in writing by Parent/Guardian.

I understand that all patient information is protected and will only be exchanged with staff employed/contracted by Heartland Community Health Center and, in certain circumstances, with the school (applicable only if your child's treatment occurs as part of a school-based program). I authorize Heartland to release the information necessary to process insurance claims and authorize payment directly to Heartland.

Parent/Guardian Signature

Date



## Locations & Hours

### Olathe

407 S. Clairborne Rd., Ste. 104, Olathe, KS 66062  
**913-648-2266**

#### Clinic Hours:

Mon-Thu: 7 a.m.-8 p.m.  
Fri: 7 a.m.-6:30 p.m.  
1st and 3rd Sat: 9 a.m.-3 p.m.

#### Pediatric Walk-In Clinic:

Mon-Fri: 7:30 a.m.-Noon

### Shawnee Mission

9119 W. 74th St., Ste. 210, Shawnee Mission, KS 66204  
*Located inside the Shawnee Mission Medical Building*  
**913-648-2266**

#### Clinic Hours:

Mon-Fri: 8 a.m.-5 p.m.

### Paola

1604 Industrial Park Dr., Paola, KS 66071  
**913-294-9223**

#### Clinic Hours:

Mon-Fri: 8 a.m.-5 p.m.

### Ottawa

107 S. Main St., Ottawa, KS 66067  
**913-401-2750**

#### Clinic Hours:

Mon-Fri: 8 a.m.-5 p.m.

**For after hours, call  
913-648-2266  
or toll-free at 855-886-6938**

## NCQA

Our Olathe and Paola sites are recognized by the **National Committee for Quality Assurance (NCQA)** as patient-centered medical homes.



## Services Guide



**At Health Partnership Clinic (HPC),** our experienced and compassionate health care providers are focused on caring for you and your family's medical, dental and behavioral health needs—and becoming your "medical home."



**Health  
Partnership**

CLINIC  
hpcks.org

Our clinics provide quality, integrated health care to children and adults regardless of income or insurance status. In addition, our Shawnee Mission clinic treats only children from newborns (including special need babies) through age 18.

HPC's medical, behavioral health, nursing and dental staff represent all walks of life, cultures and races. Several staff members speak multiple languages fluently, including Spanish.

We're here to provide quality, affordable and comprehensive care—for you and your entire family.

### Medical

Primary care services, acute care, annual physicals, chronic disease management, specialty care and prescription assistance.

### Pediatric

Well and sick child exams, physicals and immunizations.

Pediatric Walk-In Clinic for children under 18 who are sick or need care for minor illnesses or injuries. Open 7:30 a.m. to Noon, Mon-Fri at our Olathe location. **This service is open to the community.**



### Women's Health

Well-woman exams, pap/cervical exams, pregnancy tests and birth control.

### Behavioral Health

Brief assessments, interventions and consultations with pediatric and adult patients. Provides education, behavioral management and treatment for mental health and medical conditions.

Substance abuse services available for individuals 12 years and older who struggle with the misuse of alcohol, illicit/prescription drugs, or other habit forming behaviors. **This service is open to the community.**

### Dental Services

Comprehensive pediatric dental exam/x-rays, cleaning, fluoride, sealants, removal of baby teeth, fillings, baby tooth root canals and dental hygiene education. Limited adult services available.

To receive dental care, patients must first establish care as a medical patient. Limited emergency dental visits available at our Olathe location.

### Community Outreach

Connects patients with additional resources related to homelessness, dental and medical services at local partner organizations.

### Affordable Health Care

KanCare/Medicaid and Health Insurance Marketplace enrollment assistance.

Sliding Fee Discount program to all eligible patients based on household income and family size, same day cash discount and payment plans.

Commercial insurance, KanCare/Medicaid and Medicare accepted.

## Ubicaciones y Horarios

### Olathe

407 S. Clairborne Rd., Ste. 104, Olathe, KS 66062  
**913-648-2266**

#### Horario de la clínica:

Lunes a jueves: 7 a.m.-8 p.m.

Viernes: 7 a.m.-6:30 p.m.

1° y 3° sábado del mes: 9 a.m.-3 p.m.

#### Clínica Pediátrica Sin Previa Cita:

Lunes a viernes: 7:30 a.m.-mediodía

### Shawnee Mission

9119 W. 74th St., Ste. 210, Shawnee Mission, KS 66204  
*Ubicado dentro de Shawnee Mission Medical Building*  
**913-648-2266**

#### Horario de la clínica:

Lunes a viernes: 8 a.m.-5 p.m.

### Paola

1604 Industrial Park Dr., Paola, KS 66071  
**913-294-9223**

#### Horario de la clínica:

Lunes a viernes: 8 a.m.-5 p.m.

### Ottawa

107 S. Main St., Ottawa, KS 66067  
**913-401-2750**

#### Horario de la clínica:

Lunes a viernes: 8 a.m.-5 p.m.

**Fuera del horario de atención, llame al  
913-648-2266  
o llamada gratuita al 855-886-6938**

## NCQA

Nuestro sitios de Olathe y Paola son reconocidos por el **Comité Nacional de Aseguramiento de la Calidad (NCQA)** como hogares médicos centrados en el paciente.



## Guía de Servicios



**En Health Partnership Clinic (HPC),** nuestros experimentados y compasivos proveedores de atención de salud están enfocados en atender las necesidades médicas, dentales y de salud conductual de usted y su familia—y llegar a ser su "hogar médico".



**Health  
Partnership**

CLINIC  
hpcks.org



Nuestras clínicas brindan atención de salud integral y de calidad a niños y adultos sin importar su situación económica o de seguro. Además, nuestra clínica de Shawnee Mission trata solamente a niños, desde recién nacidos (incluyendo bebés con necesidades especiales) hasta los 18 años.

El personal médico, de salud conductual, de enfermería y dental de HPC representa todos los ámbitos de la sociedad, culturas y razas. Varios miembros del personal hablan múltiples idiomas con fluidez, incluyendo el español.

Estamos aquí para proporcionar asistencia de calidad, económica e integral—para usted y toda su familia.

### Servicios Médicos

Servicios de atención primaria, cuidados agudos, exámenes anuales, manejo de enfermedades crónicas, atención especializada y ayuda con recetas médicas.

### Servicios Pediátricos

Exámenes para niños enfermos y sanos, exámenes físicos y vacunas.

Clínica Pediátrica Sin Previa Cita para niños menores de 18 años que están enfermos o necesitan atención para enfermedades o lesiones menores. Abierto de 7:30 a.m. al mediodía, de lunes a viernes en nuestra ubicación en Olathe. **Este servicio está abierto a la comunidad.**



### Salud de la Mujer

Revisión de mujer sana, prueba de Papanicolaou/examen cervical, pruebas de embarazo y control de natalidad.

### Salud Conductual

Evaluaciones breves, intervenciones y consultas con pacientes pediátricos y adultos. Proporciona educación, manejo y tratamiento de problemas médicos y de salud mental.

Servicios disponibles por el abuso de sustancias para personas mayores de 12 años que luchan contra el consumo indebido de alcohol, drogas ilícitas/ medicamentos de venta con recetas u otras conductas adictivas. **Este servicio está abierto a la comunidad.**

### Servicios Dentales

Exámenes dentales pediátricos completos/ radiografías, limpieza, fluoruro, selladores, extracción de dientes de leche, empastes, endodoncia de dientes de leche y educación de higiene dental. Hay disponibles limitados servicios para adultos.

Para recibir atención dental, los pacientes deben primero establecerse como pacientes médicos. Hay disponibles limitados servicios dentales de emergencia en nuestra ubicación en Olathe.

### Extensión Comunitaria

Conecta a los pacientes con recursos adicionales relacionados con la falta de vivienda, servicios dentales y médicos en organizaciones locales asociadas.

### Atención Médica Económica

Asistencia para la inscripción en KanCare/ Medicaid y el Mercado de Seguros Médicos.

Programa de Escala de Descuentos para todos los pacientes elegibles con base en los ingresos del hogar y tamaño de la familia, descuentos en efectivo el mismo día y planes de pago.

Se aceptan seguros comerciales, KanCare/ Medicaid y Medicare.

# Washing Your Hands

Germs that can make you sick are everywhere. Washing your hands can help keep you healthy.

When should I wash my hands?



Before you eat



After sneezing, coughing, or blowing your nose



After going to the bathroom



After playing outside



After playing with animals

## How should I wash my hands?



Wet your hands with water



Add soap

3 Wash for 20 seconds or sing Happy Birthday



Fingers and palms



Back of hands



Fingernails



Between fingers



Base of thumbs



Wrists



Rinse well



Dry your hands

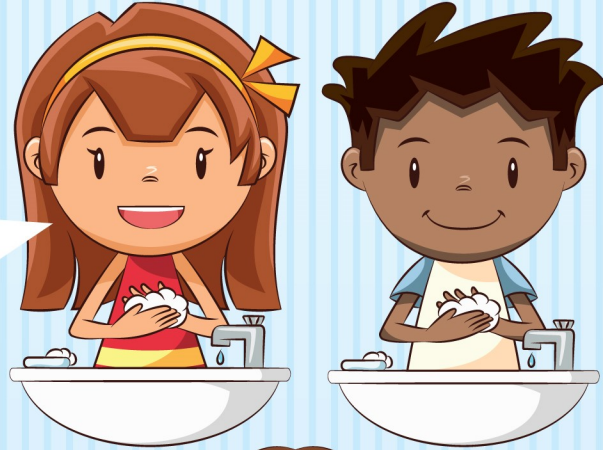
6 Use the same paper towel to turn off the water and open the restroom door



# Lavarse Las Manos

Los gérmenes que pueden enfermarte están en todas partes. Lavarse las manos puede ayudarlo a mantenerse saludable.

¿Cuándo debería lavarme las manos?



Antes de comer



Después de estornudar, toser o sonarse la nariz



Después de usar el baño



Después de jugar afuera



Después de jugar con animales

## ¿Cómo debo lavarme las manos?



1 Moja tus manos con agua



2 Agregar jabón

3 Lavar durante 20 segundos o cantar Feliz cumpleaños



Dedos y palmas



Detrás de las manos



Uñas



Entre los dedos



Base de pulgares



Muñecas



4 Enjuague bien



5 Seca tus manos

6 Utilice la misma toalla de papel para cerrar la llave del agua y abrir la puerta del baño



# Five Helpful Tips for Going Back to School



Brian D. Cooke, MD

With a new school year approaching, it's time for your kids to reconnect with other children outside of your home. With COVID-19 still around, you may have some concerns about your child's safety at school. We have five helpful tips from Brian D. Cooke, MD, a family medicine physician at Olathe Health Family Medicine – Osawatomie, to make this unusual school year a bit easier on everyone!

- 1. Rely on a Routine:** Now more than ever, it is important to structure your day. Consider establishing a routine that involves an appropriate bedtime, healthy meals and a bit of physical activity after school. The American College of Pediatricians suggests school-aged children need 9-11 hours of sleep per night, so remember to stick to a bedtime! Doing it now will make getting back into the school routine much easier.
- 2. Calm Your Child's Stress and Worries:** Many kids might feel anxious about going back to school and getting sick. In hopes of calming these fears, be sure to talk to your child and address any concerns they might have. Answer their questions simply and honestly while also recognizing their feelings. You can set an example by keeping your own worries in check and avoiding speaking of your concerns directly to your child. Watch for any signs of stress or behavior changes that might need to be addressed. These can include trouble sleeping, temper tantrums, a change in eating habits and hyperactivity. Make it a goal to focus on what you can control, rather than the "what ifs" and ensure them we are all in this together!
- 3. Practice Cleanliness:** Remember to teach your kids how to properly wash their hands with soap and water for at least 20 seconds. Try singing the "Happy Birthday" song from beginning to end twice! Additionally, be sure to teach them to cover their coughs and sneezes with a tissue and practice properly wearing a face mask.
- 4. Stay Home When Appropriate:** Most important of all, keep your kids home if they are sick or showing any symptoms of COVID-19. They should also stay home if they have had any close contact with a person who has recently tested positive.
- 5. Take it Step-By-Step:** You may feel as though your child is behind in school and under loads of pressure to catch up. The truth is, everyone else is in the same boat! Remember to slow down and take each day step-by-step.

# MIAMI AND LINN COUNTY

## *Locations*

### **FAMILY MEDICINE LOCATIONS**

#### **La Cygne**

1017 E. Market St.  
La Cygne, KS 66040  
8 a.m. – 5 p.m., Mon. – Fri.  
*Walk-in availability*  
913-757-4575

#### **Louisburg**

102 W. Crestview Circle  
Louisburg, KS 66053  
8 a.m. – 5 p.m., Mon. – Fri.  
*Walk-in availability*  
913-837-4299

#### **Osawatomie**

100 E. Main St.  
Osawatomie, KS 66064  
8 a.m. – 5 p.m., Mon. – Fri.  
*Walk-in availability*  
913-755-3044

#### **Paola**

1318 Kansas Drive  
Paola, KS 66071  
8 a.m. – 4:30 p.m., Mon. – Fri.  
913-557-5678

#### **Spring Hill**

22386 S. Harrison St.  
Spring Hill, KS 66083  
8 a.m. – 5 p.m., Mon. – Fri.  
*Walk-in availability*  
913-355-8321

### **URGENT CARE LOCATION**

#### **Urgent Care - Paola**

1318 Kansas Drive  
Paola, KS 66071  
8 a.m. – 6 p.m., Mon. – Thurs.  
8 a.m. – 5 p.m., Fri.  
8 a.m. – 12 p.m., Sat.  
913-557-5678

### **MIAMI COUNTY MEDICAL CENTER**

2100 Baptiste Dr.  
Paola, KS 66071  
913-294-2327

If you have any concerns this school year, please visit one of our many Olathe Health Family Medicine locations. We offer online scheduling and same-day appointments. For more information, call one of our locations listed above, or go to [olathehealth.org](http://olathehealth.org).

# PACA

Paola Association  
for Church Action

## WE ARE HERE FOR YOU!



### **FOOD:**

Food Bank: Wednesdays, Noon-2:00 pm,  
Call any Paola church or My Father's House (294-3600)

### **EMERGENCY FOOD:**

ECKAN, 785.242.7450, ext. 7640 on  
Mon.- Fri., 9am-4pm. My Father's House  
(294-3600) Sun., Tues., Thurs. 1-4pm

### **UTILITY ASSISTANCE:**

Call Janea at My Father's House  
(294-3600)



75135655





# Parents as Teachers®

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## *Affiliate*

Even though the S.O.S. event will not be an in-person event this year, Parents As Teachers would still like to help you get with your child(ren)'s hearing and vision screenings. If you are interested in having these done please contact us!

(913)294-5599

[callie\\_peace@usd368.org](mailto:callie_peace@usd368.org)



# SLEEP IN HEAVENLY PEACE

“NO KID SLEEPS ON THE FLOOR IN OUR TOWN”

## Bed Request

Our chapter, KS-Kansas City South, serves children between the ages of 3 and 17 in Johnson County and portions of Wyandotte, Douglas, and Miami County. Please complete as much information as possible, this helps us to make deliveries in the order of importance.

Please email this completed form to [rachel.kroh@shpbeds.org](mailto:rachel.kroh@shpbeds.org) or mail it to P.O. Box 587 Gardner, KS 66030

Today's Date: \_\_\_\_\_

Requestor's Name: \_\_\_\_\_

Agency/Organization Making Request (if applicable): \_\_\_\_\_

Parent or Guardian Name: \_\_\_\_\_

Parent or Guardian Phone #: \_\_\_\_\_

Parent or Guardian Email: \_\_\_\_\_

Parent or Guardian Full Address (Street, City, State, Zip Code): \_\_\_\_\_

The date beds are required to be obtained by the court (if applicable): \_\_\_\_\_

Brief description of the situation (without violating privacy): \_\_\_\_\_

Are children waiting on beds to be placed in the home? \_\_\_\_\_

Total number of beds being requested: \_\_\_\_\_

Current sleeping conditions for the children: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

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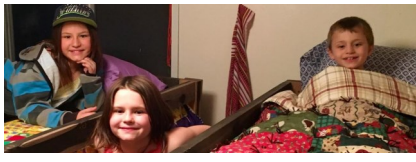
Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

If more than six children list additional children's name, age, and gender here:

Recommendations (number of single beds and/or bunk beds): \_\_\_\_\_

Security concerns (if applicable): \_\_\_\_\_



## REQUEST A FREE TWIN BUNK BED

### Sleep in Heavenly Peace

Is always eager to help families in need, particularly ones whose kids have uncomfortable sleeping arrangements. Unfortunately, we can only help families who are close to our active chapters. Therefore, you must fit the following criteria to receive one of our bunk beds:

#### Location

You must live near one of our active chapters

#### Living Environment

You must have an accessible house or apartment with a room large enough to fit one of our beds (42" x 81")

#### Contact

We must be able to contact you via phone, text or email.

#### Necessary Documents

You'll need to fill out our online SHP Application Form. If your application is accepted, you'll need to sign an Indemnification Release Form (you can do this when your bed arrives).

[ONLINE BED REQUEST](http://www.shpbeds.org/request-bed) [www.shpbeds.org/request-bed](http://www.shpbeds.org/request-bed)

### WAYS TO REQUEST FREE BEDS

#### Bed Recipient

To qualify as a bed recipient, you must be the legal guardian of the child or children receiving the bed. Please submit the online SHP Application Form mentioned above.

#### Referral

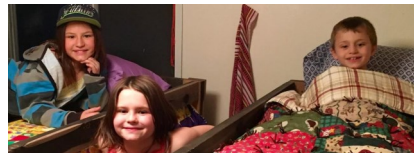
Referring a family for a bed is a big responsibility. Generally, it is through referrals that we find the families who need our beds the most.

If you're a referral, please submit the online SHP Application Form. We also need the ability to reach people who refer a family via phone or text.

#### SELECTING A RECIPIENT

Once we receive an application, our selection committee will review it. Selecting a recipient isn't done on a first-come, first served basis—we make our decisions based on which children need beds the most. We make and deliver beds as supplies and donations allow. When we're out of beds or bedding, we file unselected applications away until we can make more. Unfortunately, we can't guarantee that every applicant will get a bed.

**No Kid Sleeps On The Floor In Our Town**



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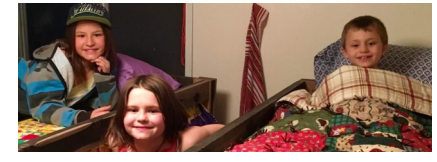
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**No Kid Sleeps On The Floor In Our Town**





UNITED WAY OF MIAMI COUNTY  
[www.unitedwaypaola.org/](http://www.unitedwaypaola.org/)

## PARTNER AGENCIES

- Children's Mercy Hospital - <http://www.childrensmency.org>
- Coalition Against Substance Abuse (CASA) - [http://www.itmattersmico.org/?page\\_id=9](http://www.itmattersmico.org/?page_id=9)
- East Central Kansas Area on Aging (ECKAAA) - <http://www.eckaaa.org>
- East Central Kansas Economic Opportunity Corporation (ECKAN) - <http://www.eckan.org>
- Elizabeth Layton Center - <http://www.laytoncenter.org>
- Foster Grandparents - <http://www.nationalservice.org>
- Heads Up - <http://www.headsupinc.org>
- Miami County 4-H Foundation - <http://www.maraisdescygnnes.k-state.edu/miami-county-4-h-foundation/index.html>
- Miami County Cancer Foundation - <http://www.miamicountycancerfoundation.org>
- Miami County Diabetes Support Group
- Miami County Youth Protection (Morning Out for Mothers) - <https://www.facebook.com/morningoutformothers/?scrlybrkr=cbca80bc>
- My Father's House - <http://www.mfhcs.com>
- Oz Community Garden - <http://www.ocgarden.com>
- PACA - 913-731-4130
- Paola Optimist Club - <https://www.facebook.com/Paola-Optimist-Club-207442499329532/>
- Paola Senior Center - <http://www.miami-county.com/Paola-Senior-Center.html>
- Parents as Teachers - <http://www.usd368.org>
- Tri-Ko - <http://www.tri-ko.com>
- Wildwood Outdoor Education Center - <http://www.wildwoodctr.org>





United Way  
of Miami County

**2-1-1**

United Way 2-1-1 is a free and confidential service that connects people to everyday needs that aren't quite 9-1-1 emergencies. For additional information about United Way 2-1-1 services, dial 2-1-1 or alternatively (816) 474-5112 or toll free at (866) 320-5764.



Alcohol and Drug Abuse



Animal Services



Childcare



Clothing



Community Health Clinics



Counseling



Crisis Intervention Hotlines/Helpines



Donations



Emergency and Homeless Shelters



Employment



Financial Assistance Programs



Food

More services listed on other side



Furniture



Housing for Persons with Disabilities



Housing for Seniors



Legal Assistance



Low Income Community Health Clinics



Low Income Housing



Market Rate Rental Housing



Medical and Dental



Money Management



Recreation



School/Education



Tax Help



Transportation



Utilities




United Way of Miami County



More services listed on other side



# Yellow Ribbon Program



***THIS RIBBON IS A LIFELINE!***  
It carries the message that there are those who care and will help! If you are in need and don't know how to ask for help, take this card to a counselor, teacher, clergy, parent or friend and say:  
***"I NEED TO USE MY YELLOW RIBBON!"***  
© The Yellow Ribbon Program is in loving memory of Michael Emme

**BE-A-LINK® – SAVE A LIFE!**  
*If you have received this Card, it is a Cry for Help:*

- Stay with the person - you are their *lifeline!*
- Listen, *really listen.* Take them seriously!
- Get, or call, help *immediately!*

***It's OK to Ask 4 Help!®***  
1-800-273-TALK (8255)    TEXT HELP TO 741741

YELLOW RIBBON SUICIDE PREVENTION PROGRAM® • 303-429-3530 • [www.yellowribbon.org](http://www.yellowribbon.org)