

Community Resource Guide

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD

A collaborative approach to learning and health



1 in 21 Health Muskegon County

Contact: Jamie (Helsen) Hekker
209 E. Apple Ave.
Muskegon, MI 49442
231-724-1203

1in21@co.muskegon.mi.us
facebook.com/healthymuskegoncounty/
1in21.org

A community-wide initiative to promote healthy behaviors. Provides resources for healthy eating, physical activities, and large community events (Seaway Run and the Big Crunch).

Boys & Girls Club of the Muskegon Lakeshore

Contact: Dakota Crow
425 W. Western Ave.
Muskegon, MI 49441

231-375-5576
info@bgclubmuskegon.com
BGClubMuskegon.com

The Boys & Girls Club of the Muskegon Lakeshore is the safe place to learn and grow – all while having fun. It is the place where great futures are started each and every day.

As a member you will have full access to all of the facilities and programs at the Boys & Girls Club of the Muskegon Lakeshore.

The Boys & Girls Club Youth development strategy is designed to build self-esteem and allow our youth to live full, satisfying, and productive lives. It is important that all programs and activities promote these efforts to their fullest potential. This includes:

Academic Success – graduate from high school ready for college, trade school, military or employment.

Good Character and Citizenship – be an engaged citizen involved in the community, register to vote and model strong character.

Healthy Lifestyles – adopt a healthy diet, practice healthy lifestyle choices and make a lifelong commitment to fitness.

The core program areas that we focus on are: character and leadership development, education and career development, health and life skills, the arts as well as sports, fitness and recreation.

Cost, Transit & Program Types:

Youth Membership: \$5 per year, per member.

Transportation Provided from select schools. Ask today!

Program Type: After School (3-7pm) & Summer Program (9am-6pm). Monday-Friday.

Program Locations:

- Nelson Elementary (After School & Summer)
- Smith-Ryerson Park (Summer)
- Seyferth Park (Summer)
- Sheldon Park (Summer)
- Reese Park (Summer)
- Joe Clifford Park & COGIC Center (Summer)

Eligibility and Referral Information:

The Boys & Girls Club of the Muskegon Lakeshore is open and available to all youth. No child will be turned away because of ability to pay and every child has an opportunity to participate in Boys & Girls Club.

Additional Information for Schools:

The “education equation” is more than schools and parents. A crucial factor is the local community organization, which bridges the gap between academia and home. Youth-serving organizations, such as Boys & Girls Club, serve as partners to both teachers and parents by providing programs and resources to bolster schoolwork.

Call 2-1-1 / Community Access Line of the Lakeshore

Contact: Tanglewood Park
560 Seminole Rd.
Norton Shores, MI 49444

Dial 2-1-1 or 231-733-1155 24 hrs/7 days
211info@call-211.org
call-211.org

Community Access Line of the Lakeshore, Inc. (CALL) is a 501(c)(3) nonprofit agency. CALL helps make the critical connection between individuals and families in need and the appropriate community organization or government agency. Our mission is to increase access to community resources through compassionate and effective information and referral services.

CALL links people and services. 2-1-1 is a simple, three digit telephone dialing code that allows the user to make personal contact with a member of CALL's staff who can provide information, answer questions, and help the caller problem-solve. 2-1-1 allows people to Get Help and Give Help.

We have fielded requests from and regarding youth in need of help with shelter, employment, food, mental health helplines, substance use, LGBT issues, parenting, medical clinics, holiday assistance and volunteering.

Eligibility and Referral Information:

CALL offers 2-1-1 services 24 hours/7 days for all Muskegon County residents. Individuals may also independently search for programs/services using CALL's online resource database available at www.call-211.org.

Anyone may call the 2-1-1 service for information and referral - individuals, school staff, church staff, agencies, medical providers, employers, friends and family members.

Additional Information for Schools:

CALL staff are available to provide additional information about the 2-1-1 service. Schedule a presentation at your location or a visit to our agency to see information and referral in action.

Catholic Charities West Michigan

Contact: Pam Cohn, COO
1095 Third St.
Muskegon, MI 49441

pcohn@ccwestmi.org
ccwestmi.org

- Muskegon Abstinence Partnership (MAP) - (School based and after school programming)
- Teen Parent Program
- Behavioral Health Services

Additional Information for Schools:

Please refer to our website for a comprehensive list of services and programs, and eligibility and referral information.

Community enCompass

Contact: Charlotte Johnson
19 Hartford
Muskegon, MI 49442

231-728-3117 or 231-750-6072
hnp@communityencompass.org
communityencompass.org

YEP (Youth Empowerment Project) is for high school teens. They meet weekly for leadership development to discuss ways that they can become positive leaders in their community. They plan and implement activities in the neighborhood. The YEP's go on college tours and learn about financial empowerment as well. During the summer the teens are employed for summer work experience. Currently we have teens for Muskegon High School, MCEC, Muskegon Covenant Academy, Mona Shores, Orchard View, Reeths-Puffer and Oakridge.

Eligibility and Referral Information:

Must be a high school teen.

Disability Network West Michigan

Contact: Danna Pittman
27 E. Clay Ave.
Muskegon, MI 49442

231-722-0088
dannap@disabilitynetworkwm.org
disabilitynetworkwm.org

We offer transition services, work readiness, soft skills training, self-determination and self-advocacy, leadership skills, family education, accessing healthcare.

Eligibility and Referral Information:

Individual must have a significant disability.

Additional Information for Schools:

DNWM offers group curriculum that are designed to offer training to students on all of the above listed skill areas, soft skills, work readiness skills, self-determination, self-advocacy, leadership skills, how to access and advocate for health care needs.

Good For YOUth

Contact: muskegongoodforyouth@gmail.com
facebook.com/goodforyouth/

Good For YOUth provides training, networking and development opportunities for youth-serving professionals such as teachers, administrators and other school staff. These opportunities include:

Training and consultation: coordinates and hosts trainings on current issues in youth development based on the needs of those who serve children & youth in our community. Training and consultation in trauma informed schools available.

Networking: opportunities for those serving children birth to 26 to network and share ideas and successes and learn about our community's resources.

Eligibility and Referral Information:

Good For YOUth does not provide direct service to youth but rather offers development and networking opportunities for youth-serving professionals.

Great Start Collaborative of Muskegon

Contact: Jane Clingman-Scott
630 Harvey St.
Muskegon, MI 49442

231-767-7285
jclingma@muskegonisd.org
parentville.org

Support healthy development of children birth to five years old so they can be ready for to succeed in school.

Eligibility and Referral Information:

Any child from birth to five years old and their families.

Additional Information for Schools:

Parent Resource guide and Kindergarten Readiness guide is available at Parentville.org.

Hackley Community Care Center

Contact: Ashley Dowdell, School Program Manager hackleycommunitycare.org
231-733-6680

Judy Pruiam, School Program Manager
231-733-6830

School Based Health offered to students ages 5-21 years old including Primary Care, Preventative Health Care, Dental, and Mental Health Services with parental consent. Minor Confidential services offered (those allowed under Michigan law) without consent of a parent/guardian. We also provide adolescent risks assessments, behavioral health group therapy, and coordination with the youth's primary care provider.

Eligibility and Referral Information:

Serving patients ages 5-21 years of age from all school districts! We accept both insured and uninsured patients and can assist students with enrolling into Medicaid or other health insurance when necessary. All students/patients are eligible for services regardless of the ability to pay. Students can be referred by parent, school staff, friends, or self-referral. We can be contacted at any or our school program sites including:

Muskegon High Teen Health Center (231-733-6680)	Muskegon Middle School (231-720-3047)
Oakridge Teen Health Center (231-733-6830)	Muskegon Covenant (231-720-3102)
Marquette Elementary (231-720-2607)	Muskegon Heights High School (231-830-3716)
Nelson Elementary (231-720-2224)	

HealthWest

Contact: Lauren Meldrum 231-724-1111
376 E. Apple Ave. customer.servivces@healthwest.net
Muskegon, MI 49442 healthwest.net

HealthWest has a wide array of services available for children and youth with behavioral health needs. Services include: Infant Mental Health; Community-Based and Home-Based Services; Counseling; Targeted Case Management; Psychiatry; Wraparound; Transition-Age Services; Autism Program; Intellectual and Developmental Disability Services; Occupational Therapy, Speech Therapy, and Physical Therapy; Pharmacy services; Mobile Crisis Services; and Co-Occurring Substance Use Disorder Treatment.

Eligibility and Referral Information:

For individuals seeking supports and services from HealthWest, you can call our Access Center at (231) 720-3200 for a phone screening or to set up an in-person appointment or you can walk in any time to our 376 E. Apple Ave location. All calls are private and confidential. Trained and licensed clinicians will talk with you to determine your needs and eligibility. If you do not qualify for services, our staff will assist you to find other agencies in the community who might be able to help.

The Michigan Department of Community Health (MDCH) sets eligibility criteria for HealthWest services. Services are available to those who:

- Have a behavioral health concern (mental illness, developmental disability and/or substance use disorder.)
- Have Medicaid. If you do not have Medicaid or other insurance, we can help you apply for Medicaid or other insurance.
- Demonstrate medical need for services.

Additional Information for Schools:

HealthWest has community resources available including free Mental Health First Aid classes, suicide prevention classes, diversity trainings, staff available to speak about mental health topics including trauma informed care, Psychological First Aid crisis debriefings, and more. Please feel free to reach out to customer services at (231) 720-3201 or customer.services@healthwest.net for more information.

Mental Health Foundation of West Michigan

Contact: Christy Buck
107 Oakes St. SE
Grand Rapids, MI 49503

616-389-8601
christybuck@themhf.org
beniceonline.com or themhf.org

be nice. Program - this is a mental health initiative designed to spread awareness surrounding the importance of treating people with civility and respect community wide. At the core of be nice. is the understanding that someone's mental health (how they think, act and feel) can be affected by how they are treated by others. The be nice. model - (nice acronym) notice invite challenge empower gives students an action plan that they can utilize to change and save lives.

Eligibility and Referral Information:

All schools in MAISD are eligible. Funding is available through the Muskegon Community Foundation to cover costs of program.

Additional Information for Schools:

In addition to students, the MHF can provide be nice. presentations to parents, faculty, administration and community members.

Muskegon County Department of Health and Human Services

Contact: Donata Kidd, Payments Program Manager
2700 Baker St.
Muskegon MI 49444

231-733-3719
kidd1@michigan.gov
michigan.gov/mdhhs

- Adoption Homeless Youth
- Adoption/Guardianship Assistance Indian Outreach Services
- Adult Protective Services/Adult Services
- Juvenile Justice (JJ)
- Behavioral Health
- Local Contracts
- Child Support
- Medicaid
- Child Welfare Licensing
- Medicare (for parents)
- MiTEAM-support for families
- Michigan Youth Opportunities Initiative (MYOI)
- Community Services Bureau Migrant Affairs
- Children's Protective Services (CPS)
- Office of Workforce Development and Training- parents/teens
- Child Welfare - Medical Programs
- Native American Affairs
- Domestic Violence and Sexual Assault Program
- Parent Aide or Homemaker Aide
- Education & Training Voucher Program (ETV)
- Refugee Services
- Families First
- Supplemental Nutrition Assistance Program
- Family Independence Program (FIP)/Cash Assistance for families
- Veterans Assistance
- Temporary Assistance for Needy Families (TANF)
- Family Incentive Grant (FIG)
- Voluntary Youth Foster Care
- Foster Care
- Volunteer Services
- Home Visitation Services (Infant Mental Health, Early Head Start, etc...)Wraparound

Eligibility and Referral Information:

Contact the following Success Coaches located at one our local schools.

Amber McDonald, Beechnau Elementary (Ravenna)
231-329-5023

Kirsten Vescio, Fruitport Middle
231-329-7739

Dorothy Brown, Cardinal Elementary (Orchard View)
231-329-7726

Danielle Colbert, Holton Elementary
231-329-7733

Alaina Patterson, Ealy Elementary (Whitehall)
231- 329-7752

Takishia Knox, Lakeside Elementary
231-329-7720

Teresa Sandoval, Marquette Elementary
231-329-7736

Amber McDonald, Oakridge Middle
231-329-5023

Debra Holdmann, Mona Shores High School
231-329-7743

Ammi Lara, Oakview Elementary
231-329-7719

Danielle Colbert, NBC Middle School
231-329-7733

Barb Disney, Orchard View Early Elementary
231-329-7745

Jamie Morden, Moon Elementary
231-329-7718

Jennifer Kanaar, Reeths Puffer Elementary
231-329-5049

Shanik Autman, MLK Academy
231-329-7724

Diana Jenkins, Reeths Puffer Middle
231-329-7741

Sina Reaser, MLK Academy
231-329-7728

Jennifer Lopez, Reeths Puffer High
231-329-7755

Jill Neely, Nelson Elementary
231-329-7732

Debra Holdmann, Ross Park Elementary
231-329-7743

Laurie Scarbrough, North Muskegon School
231-329-7749

Jennifer Kanaar, Twin Lake Elementary
231-329-5049

Additional Information for Schools:

To file a child abuse and neglect complaint you may call our Centralized Intake Hotline at 855-444-391

Muskegon Family Care

Contact: Mitze A. Alexander
2201 S. Getty St.
Muskegon Heights, MI 49444

231-739-1739
alexandm@mfc-health.org
mfc-health.org

Our health and dental clinic offer a full range of primary care services to families, including immunizations, and well-child care. We also provide emergency dental care, and dental hygiene visits. Any student in the community who lacks vision insurance and needs an eye exam and glasses can contact us at 231-737-1776 for assistance. We provide transportation, interpretation, and community referral services to patients in need. Our Kick Start Program is offered to children ages 5 - 17 years old who may be having difficulty maintaining a healthy weight and/or a family history of diabetes. The program includes how to make healthy food choices, and physical activity in a fun learning environment. We are recognized as a Patient Centered Medical Home.

Eligibility and Referral Information:

As a Federally Qualified Health Center, we provide medical services regardless of an individual's ability to pay. We accept Medicare, all types of Medicaid, private insurances, and the uninsured who are offered a sliding fee scale for services.

Additional Information for Schools:

We are accepting new patients in both our medical and dental clinics. New patient and new patient referral incentives are available. Call for further information 231-739-9315

Muskegon Oral Health Coalition

Contact: Dr. Jessica Bodenber
5978 S. Harvey St.
Muskegon, MI 49444

231-206-9273
jmboden13@gmail.com
muskegonoralhealth.wordpress.com

Oral Health Education and Dental care - promoting a cavity free Muskegon :)

Muskegon Oral Health Website: Links for what to expect in age group (infants, children, teens). There are also resources for classroom use on the website.

Eligibility and Referral Information:

There are two dental clinics in the Muskegon High School and Oakridge schools that provide dental care to children ages 10-21 years and younger that live in Muskegon county with Medicaid, low income, under-insured, sliding fee, and private insurance. They do not charge any co-pays. The contact number for Muskegon High School is: 231-733-6680 and Oakridge: 231-733-6830.

Additional Information for Schools:

If you would like more information on including oral health care into your curriculum, would like to have someone give an oral health talk to your classroom, or discuss career options/job shadowing in the dental field (dental assistant, hygienist, lab technician or dentist), please email or call Jessica Bodenber.

Muskegon Suicide Prevention Coalition

Contact: Michael Pyne
376 E. Apple Ave.
Muskegon, MI 49442

231-724-6618
michael.pyne@healthwest.net

We offer services for youth as well as adults who serve youth. We have classes such as Mental Health First Aid which gives people skills to assist someone in a mental health crisis, decreases stigma, and lowers the apprehension that some feel about helping a person in a mental health crisis. Mental Health First Aid is an 8 hour class. We also offer QPR-Question, Persuade, Refer. This is a class that teaches the skills one needs when assisting someone who is suicidal. This class is about 1 hour long and teaches the fundamentals about assisting a person who is considering suicide.

Eligibility and Referral Information:

These classes are offered for free in collaboration with several community partners including HealthWest, Public Health, ACES Muskegon, and the Muskegon Area Intermediate School District to name just a few. We will provide these classes throughout the community. We can also come to schools or places of business to train staff. Students can take these classes as well.

Additional Information for Schools:

The Suicide Prevention Coalition and HealthWest are working to bring more training and educational opportunities to Muskegon County. Please visit HealthWest.net for more information. Or search for HealthWest on Facebook.

Muskegon YMCA

Contact: Melissa Wikman
1115 Third St.
Muskegon, MI 49441

231-722-9622
mwikman@muskegonymca.org
muskegonymca.org

The YMCA has a variety of programs including:

Teaching third graders to be Safe Around Water. The YMCA Safety Around Water program includes instruction on water rescue, rip currents, and ice rescue. Classes use both in and out-of-water instruction and are held at one of two pool sites in Muskegon.

Conducting before and after school physical activity programs for kids using evidence-based curriculum as part of the YMCA Healthy Out of School Time programming (HOST).

Teaching kids in schools throughout Muskegon about healthy food and eating habits through the Nutrition in Action program taught during the school day.

Eligibility and Referral Information:

Please contact Melissa Wikman for eligibility.

No More Sidelines

Contact: Corntey
Folkert Community Hub
640 Seminole Rd.
Norton Shores, MI 49441

231-332-3849
nomoresidelines@yahoo.com
nomoresidelines.org

No More Sidelines is committed to its mission of helping children and young adults with special needs to become accepted members of our community and to reach beyond limits set by society. We provide them with the opportunity to participate in sports and community events year-round that nurture friendships.

Eligibility and Referral Information:

We serve individuals six years and older. We require each participant to fill out our No More Sidelines participant packet upon joining.

Additional Information for Schools:

Quarterly we provide newsletters for our participants and families showing our upcoming sporting and community events.

Pathways, MI

Contact: Howard Matthews
412 Century Ln.
Holland, MI 49423

616-396-2301 Ext.145
hmatthews@pathwaysmi.org
pathwaysmi.org

Strengthening Families Program for Parents and their kids (age 10-14). All programs are free of charge.

Additional Information for Schools:

Call for more information at (616) 396-2301 x145 or email us for a flyer at hmatthews@pathwaysmi.org

Planned Parenthood of Michigan

Contact: Rachel Purple and Melissa Jahr
571 E. Apple Ave. Rm 126
Muskegon, MI 49442

231-375-8048 Ext. 2826 (Rachel) or 2827 (Melissa)
rachel.purple@ppmi.org or melissa.jahr@ppmi.org
plannedparenthood.org

Safer Choices is a 15 hour comprehensive, medically accurate sexuality program that teaches topics such as abstinence, refusal skills, anatomy, birth control, condoms, STIs, and HIV/AIDS. The program includes a parent/guardian night and several homework assignments aimed at starting conversations on these topics at home.

In addition to emphasizing the benefits of delaying sexual activity until they are emotionally and physically ready, comprehensive sexuality education also ensures that youth are taught how to protect themselves from sexually transmitted infections and unplanned pregnancy when they do decide to become sexually active.

Eligibility and Referral Information:

Safer Choices is a comprehensive sexuality program designed for youth ages 12-17. Contact Rachel Purple rachel.purple@ppmi.org or visit plannedparenthood.org for more information

Public Health – Muskegon County

Contact: Jill Montgomery-Keast
209 E. Apple Ave
Muskegon, MI 49442

231-724-1293
montgomerykeastji@co.muskegon.mi.us
muskegonhealth.net

Educational Materials

Hyacinthi Mwangu
mwanguci@co.Muskegon.mi.us

Hearing and Vision Screening. Provision of free hearing and vision screening for preschool and school age children. By appointment only. Call 231-724-1394.

Lead Exposure Outreach and Education. Information on preventing and reducing exposure to lead tailored for families of children with elevated lead levels. Call 231-724-6350.

Mental Health First Aid Training. In depth training on learning how to identify and assist adults and youth in mental health crisis. 8-hour training sessions. Available in English and Spanish. 231-724-6350.

Question, Persuade, Refer. Helps people recognize the warning signs of a mental health crisis. 1-hour training sessions. 231-724-6350.

Prime For Life®. Is an evidence-based prevention and intervention program, helps people of all ages learn to reduce their risks of alcohol and drug related problems throughout life.

Family Planning. Planned Parenthood of Michigan contracts with the Michigan Department of Community Health to provide family planning services as well as sexually transmitted infection testing and treatment services in Muskegon County. Call 1-800-230-PLAN for an appointment.

Immunizations. Provides childhood vaccinations as well as HPV, Hepatitis B, Tetanus, Flu and Pneumonia shots. Also provides travel vaccinations. 231-724-1220.

Step Up

Contact: Dick Kamps 231-744-8588
P.O. Box 1626 info@stepupmuskegon.org
Muskegon, MI 49443 stepupmuskegon.org

Housing and mentoring for young women ages 18-24, primarily for those who have aged out of the foster care system.

Eligibility and Referral Information:

Please refer to program description and application on the Step Up website. Program participants must be age 18 or older.

Additional Information for Schools:

The Step Up board is available to further explain the program. Contact them at info@stepupmuskeon.org

The Arc Muskegon

Contact: Margaret O'Toole 231-777-2006
601 Terrace St. Ste. 101 info@arcmuskegon.org
Muskegon, MI 49440 arcmuskegon.org

Effective October 2016 - monthly one hour educational & empowerment seminars

- Specialized Information and Referral
- IEP advocacy and support
- Self-Advocacy program
- Community Resource Guide

Additional Information for Schools:

Partner with Michigan Alliance for Families and a variety of school presentations available.

The Health Project

Contact: Rachel McCoy 231-672-3201
565 W. Western Ave. rachel.mccoy@mercyhealth.com
Muskegon, MI 49440 mchp.org

Eye glasses and hearing aids, healthcare insurance, youth friendly coalition events, education, awareness of health risks associated with tobacco use and alcohol use.

Additional Information for Schools:

Pathways to a Healthy Future! A Pathways program designed specifically for youth ages 12-18. This program assesses youth for health risk factors and then pairs the youth and their family with a Community Health Worker to help them make healthy lifestyle changes to enter adulthood healthy and happy. For more information, please visit us at mchp.org

United Way of the Lakeshore

Contact: K.P. Pelleran
31 E. Clay Ave.
P.O. Box 207
Muskegon, MI 49443

231-722-3134
kp@unitedwaylakeshore.org
unitedwaylakeshore.org

United Way funds the following educational and family support programs:

Third Grade Literacy focus: Lights On Afterschool! Muskegon County afterschool programs; Michigan Education Corps 3rd grade Literacy Program; Dolly Parton Imagination Library; Retired & Senior Volunteer Program (reading tutors); and

Programs for older students: Summer Youth Nonprofit Employment Program (i.e.100 youth served annually in Summers 2012-16); Youth United (service learning and leadership development for at-risk youth); Youth Day of Caring partner with various schools countywide; and

Programs to support increased family functioning: Healthy Families Home Visitation; Money Matters; Voluntary Income Tax Assistance; Emergency Food and Shelter Program; Child Abuse Council program; Homeless Prevention.

Programs aimed at resource and referral services: CALL 2-1-1

Eligibility and Referral Information:

United Way of the Lakeshore funds programs to support the educational and human service needs of children and families. We do not provide direct services, but do fund agencies that provide resources, case management, and referrals to address the basic needs, education, health, and income stability of children and families. Eligibility varies for the programs and is assessed on a case-by-case basis.

Additional Information for Schools:

When a student or family is in need, one of the best resources in our county is to call 2-1-1. We fund that organization to provide human service referrals and resources 24 hours a day, 7 days a week.

Volunteer for Dental Care

Contact: Suzanne Tanis
1200 Ransom St.
Muskegon, MI 49442

231-766-7129
stanis@access-health.org
muskegonvolunteerdental.org

Our program offers services that would directly help the adults who are important in the life of school age children (parents, grandparents, etc.). We are a pay-it forward dental partnership for low income, uninsured adults. We offer free basic dental services and education in exchange for volunteer service completed by program participants. Services include: exams, x-rays, fillings, tooth removal, cleanings and treatment for gum disease. Volunteer work is done at local non-profit organizations.

Eligibility and Referral Information:

To qualify, you must be a Muskegon or Oceana County resident, not have any dental insurance and be 250% of poverty or less. Call to be qualified over the phone and to reserve your spot in dental health class: 231.766.7129

Additional Information for Schools:

Call us with any questions related to oral health, dental care, or to find a dental home for you or your child.