

# Resources

## Monroe County Safe Community Coalition



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Revised: September 2, 2016

# In Our Surrounding Communities

## Coalitions

### **Monroe County Safe Community Coalition**

Prevention, education and awareness on prescription drugs, marijuana and alcohol

**Meetings:** 2<sup>nd</sup> Tuesday of the month from 9:30 to 11:30 (alternates between Tomah and Sparta – see website for details) No meeting in July and December

**Website:** [www.mcsafecommunities.org](http://www.mcsafecommunities.org)

**Contact:** Natalie Carlisle, Drug Free Communities Coordinator at 608-269-2391 Ext. 5 or [natalie.carlisle@couleecap.org](mailto:natalie.carlisle@couleecap.org)

### **Heroin and Other Illicit Drug Task force of La Crosse County**

Prevention, awareness, and strategies to keep La Crosse County safe

**Meetings:** 4<sup>th</sup> Thursday of every month at the Onalaska City Hall from 1:00 - 2:30

**Website:** <http://www.lacrossecounty.org/hTaskForce.asp>

**Contact:** Al Bliss 608-789-4820 or [abliss@lacrossecounty.org](mailto:abliss@lacrossecounty.org)

### **La Crosse County Prevention Network**

Prevention, education and awareness on prescription drugs, marijuana and alcohol

**Website:** <http://www.lacrossecpn.org/>

**Meetings:** 3<sup>rd</sup> Thursday of the month at Coulee Council on Addictions

**Contact:** Tracy Herlitzke, WI Safe and Health Schools Center Director, CESA#4 608-786-4836 or [therlitzke@cesa4.org](mailto:therlitzke@cesa4.org)

### **Northwoods Coalition**

Formed through a partnership between Marshfield Clinic and several community coalitions in 1995, Northwoods Coalition is the largest and oldest coalition dedicated to substance abuse prevention in Wisconsin.

**Website:** <https://www.northwoodscoalition.org/>

### **Alliance for Wisconsin Youth**

Substance abuse prevention, over 100 Wisconsin coalitions are members of the alliance

**Website:** [www.drugfreealliance.org](http://www.drugfreealliance.org)

## Specialized Workgroups in Monroe County

**Prescription Drug Workgroup** - focusing on the issues in our community around prescription drug and opiate misuse and abuse

**Meetings:** 1st Monday of the month from 12:30 - 2:00 pm at Couleecap in Sparta (217 N. Black River Street)

**Website:** <http://www.mcsafecommunities.org/index.php/meetings>

**Alcohol Workgroup** – Working to reduce youth access to alcohol using evidence based practices and environmental strategies

**Meetings:** 4th Tuesday of the month from 9:30 - 11:00 am at Couleecap in Sparta (217 N. Black River Street)

**Website:** <http://www.mcsafecommunities.org/index.php/meetings>

**Marijuana Workgroup** – working to educate citizens on the science of marijuana and to promote health-first, smart policies and attitudes that decrease marijuana use and its consequences

**Meetings:** 1st Monday of the month from 9:00 - 10:30 am at Couleecap in Sparta (217 N. Black River Street)

**Website:** <http://www.mcsafecommunities.org/index.php/meetings>

**Monroe County Mental Health Workgroup** – Working to improve access to mental wellness services and reduce stigma across the generations

**Meetings:** 1st Thursday of the month from 8:00 – 9:30 am alternating between Mayo Clinic in Sparta and Tomah Memorial Hospital

**Contact:** Jennifer Pederson 608-269-8666

## Other Prevention Services

### **ARCW (AIDS Resource Center of Wisconsin)**

LIFEPOINT Needle Exchange- Safe needle exchange program, HIV counseling and testing.

Laura Runchey, Prevention Supervisor

608-785-9866

505 King Street ; Suite 200, La Crosse WI 54601

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

**CESA #4 (Cooperative Educational Services Agency)**

Alcohol and other drug abuse education and prevention

**Tracy Herlitzke**, WI Safe and Health Schools Center Director, CESA#4,

West Salem, WI 608-786-4836 or [therlitzke@cesa4.org](mailto:therlitzke@cesa4.org)

608-786-4800 (Main Office)

[www.cesa4.k12.wi.us](http://www.cesa4.k12.wi.us)

**Heroin and Other Illicit Drug Task Force of La Crosse County**

Prevention, awareness, and strategies to keep La Crosse County safe

Al Bliss, La Crosse County Health Educator

608-789-4890 or [abliss@lacrossecounty.org](mailto:abliss@lacrossecounty.org)

[www.lacrossecounty.org/hTaskForce.asp](http://www.lacrossecounty.org/hTaskForce.asp)

**Great Rivers 211**

Free, confidential community information, referrals and crisis line services 24/7.

**Website:** [www.greatrivers211.org](http://www.greatrivers211.org)

## Treatment and Counseling

**Gundersen Behavioral Health**

Local campuses in Tomah, Sparta, LaCrosse and Onalaska

To access services, contact their Assessment and Referral team at: 1-800-362-9567 Ext. 57991

Has specialized Day Treatment and Continuing Care Programs for Heroin/Opiate Addiction, Suboxone and Methadone Programs, men's and women's residential treatment programs as well as other levels of outpatient treatment

**Website:** <http://www.gundersenhealth.org/behavioral-health>

**Mayo Behavioral Health**

Local campuses in Tomah, Sparta, and LaCrosse

1-800-362-5454 or 1-608-392-9555

Provides all levels of outpatient services, Suboxone therapy, and men's and women's residential treatment programs

**Website:** <http://www.mayoclinic.org/>

**Scenic Bluffs – Cashton**

238 Front Street

Cashton, WI 54619

Phone: 608-654-5100

### **Monroe County Dept. of Human Services**

Monroe County Dept. of Human Services is a State Certified Outpatient Substance Abuse and Mental Health Clinic, providing services to Monroe County residents at a reduced rate or on a sliding fee scale. Outpatient services are either provided at the department or through contracted services. Residential services are only by contract with various providers. For information contact:

14301 Co. Hwy. B, A-19, Sparta, WI 54656  
Phone: 608-269-8600

### **Ho-Chunk Nation Health Care Center**

Out Patient drug abuse treatment and AODA Services

**Phone:** 608-784-3083 X5409

**Address:** N6520 Lumberjack Guy Rd Black River Falls, WI 54615

**Website:** <http://www.ho-chunknation.com/>

### **La Crosse County Outpatient Mental Health and Substance Abuse Clinic**

La Crosse County AODA (Alcohol and Other Drug Abuse) assessments, individual and group outpatient counseling, referrals and funding for some outpatient AODA services, case management, transitional housing, outreach services and prescribing services. You are eligible if:

- You are a resident of La Crosse County.
- You do not have insurance or you are on Medical Assistance but do not have a doctor.

Service Access Options Team: 608-784-4357

<https://lacrossecounty.org/humanservices/integrated.asp>

### **ATTIC Correctional Facility**

Community corrections programs emphasizing restorative justice. Provide supervision and treatment of correctional clients.

**Phone:** 608-784-3366

**Address:** 811 Rose Street, La Crosse WI 54601

**Website:** <http://www.correctionalservices.org>

### **Hiawatha Valley Mental Health Center**

Substance abuse services

**Phone:** 608-796-1168

**Website:** [www.hymhc.org](http://www.hymhc.org)

### **Veterans Affairs Medical Center – Tomah**

Substance abuse services for veterans

**Address:** 500 E. Veterans Street Tomah, WI 54660

**Phone:** 608-372-1758

**Website:** <http://www.mentalhealth.va.gov/>

**AMS of Wisconsin (Addiction Medical Solutions)**

Provides medication assisted treatment in addition to counseling services designed to improve the quality of life of those suffering from addiction.

**Address:** 9532 East 16 Frontage Road, Suite 100 Onalaska, WI 54650

**Phone:** 608-783-0506

**Website:** <http://amswisconsin.com/>

**Family and Children's Center**

Mental health counselling services

**Address:** 1707 main Street La Crosse, WI 54601

**Phone:** 608-788-6322

**Website:** <http://fcconline.org>

**Coulee Council on Addictions**

Provides confidential assistance, education and services to the community at large, individuals and families impacted by substance abuse and other addictions.

**Address:** 921 West Ave. S. La Crosse, WI 54601

**Phone:** 608-784-4177

**Website:** <http://www.couleecouncil.org/>

**Stein Counseling and Consulting, LTD**

Mental health counseling services

**Phone:** 608-785-7000 x225

**Website:** <http://www.effectivebehavior.com>

**Narcotics Anonymous**

Finding a new way of life for people recovering from addiction.

**Phone:** 1 (866) 579-7534

**Website:** <http://www.wisconsinna.org/>

**Detox Facilities****Contact your local physician**

The patient's local physician may be able to assist them with withdrawal from alcohol/drugs

**Mayo Health System/Fransiscan-Skemp**

700 West Avenue, LaCrosse, WI 54601

Phone: 1-800-362-5454

**Gundersen Health System**

1900 South Avenue, LaCrosse, WI 54601

Phone: 1-800-362-9567

**AMS of Wisconsin (A Certified Methadone Treatment Program)**

9532 E. 16 Frontage Road

Onalaska, WI 54650

Phone: 608-783-0506

FAX: 608-783-0240

(Methadone is a daily dosing program. Individual and group counseling, drug testing, physician and nursing services provided. Is MA certified)

**St. Joseph's Hospital**

Marshfield, WI

Phone: 715-389-7882

**L.E. Phillips-Libertas Treatment Center**

Rehab treatment and services for adults and adolescents.

Does provide detox for heroin/opiate withdrawal. This facility takes Medical Assistance, insurance or private pay

**Phone:** 715-723-5585

**Website:** <http://www.libertascenter.org>

**Address:** 2661 Cty Hwy I, Chippewa Falls, WI. 54729

**Tellurian Detoxification Center**

Wisconsin State Certified Counselors meet individually with each patient to help determine the optimal treatment level for each patient.

**Phone:** 608-223-3311

**Website:** <http://www.tellurian.org/about-us/facilities/detoxification-center/>

**Address:** 29145 Industrial Drive, Madison, WI. 55441

**Hazelden Betty Ford Foundation**

Residential treatment programs based on research and respect.

**Phone:** 1-866-831-5700

**Website:** <http://www.hazeldenbettyford.org>

**Address:** 15251 Pleasant Valley Road, Center City, MN. 55012 or  
11505 36<sup>th</sup> Avenue North, Plymouth MN. 55441

## **Residential Treatment**

### **Mayo Clinic Health System –LAAR House (Women) Scarseth House (Men)**

A facility for clients with substance abuse and/or co-occurring disorders. It is licensed by the State of Wisconsin as a Community Based Residential Facility (DHS 83) to provide Medically Monitored Treatment and Transitional Residential Treatment.

**Phone:** (608) 392-9582

**Website:** <http://mayoclinichealthsystem.org/locations/la-crosse/medical-services/behavioral-health>

### **Gundersen Behavioral Health La Crosse – Unity house**

Unity Houses are inpatient chemical dependency treatment programs specifically designed for men and women, ages 18 and older.

**Phone:** (608) 775-4753

**Website:** <http://www.gundersenhealth.org/behavioral-health/residential-treatment-centers>

### **The CARE Center**

The CARE (Crisis Assessment, Recovery and Empowerment) House offers residential treatment for adults.

608-519-3080

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

## **Transitional Housing Programs**

### **Oxford House La Crosse (Men Only)**

Oxford House La Crosse is a self-run, self-supported recovery house for recovering alcoholics and drug addicts.

**Phone:** 608-519-0604

**Website:** <http://www.oxfordhouse.org/userfiles/file/index.php>

### **Online database of transitional housing**

**Phone:** (800) 334-8893

**Website:** <http://www.transitionalhousing.org/>



## **MONROE COUNTY - AA/Alanon/Reformers Anonymous/SMART Recovery**

**Updated July 2016 \*Meetings subject to change**

### **TOMAH, WI**

#### **AA at the Tomah VA**

- Monday, Wednesday, and Friday at 7pm - Currently in Building 407 Conference Room
- (Note: Meeting previously held on Saturday's at 7pm is now an NA meeting @ above location)

#### **Church of the Nazarene**

- Thursdays at 7pm (AA)
- Women's Group – "Serenity Sisters" – Tuesdays at 5pm

#### **Tomah Baptist Church (Reformers Anonymous)**

- Fridays at 7pm

#### **Tomah Memorial Hospital**

- 6PM Wednesdays (ALANON)

### **Ontario, WI (29330 Hwy. 131, Ontario, WI – 2 miles north of Ontario on Hwy. 131)**

- Monday, Wednesday and Fridays at 7pm (changed from prior schedule)
- Sunday Pancake Breakfast 8-10am with meeting at 10am

### **Sparta, WI**

#### **Masonic Temple (Corner of Court and Montgomery Streets)**

- Every night, 7 nights/week at 7pm
- Monday – Friday at 1pm

#### **Methodist Church (Court Street)**

- **Women's AA** -- Wednesdays at 7pm (Contact Person: Mary at 366-1405)
- **ALANON** – Tuesdays at 7pm (Contact Person: Cheryl at 487-2990)

### **St. John's Episcopal Church (N. Water Street)**

- 10am Saturdays

### **Cashton, WI**

- Tuesdays at 7pm – Trinity Lutheran Church on South Street

### **SMART Recovery (Self-Management and Recovery Training)**

- Fridays at 6pm – Tomah VA – Building 404, Room 1441

## **Help for Students**

### **Viterbo University**

Alcohol and other substance abuse counseling for students.

**Phone:** 608-796-3825

**Website:** <http://www.viterbo.edu/counseling-services/services>

### **Western Technical College**

Brief alcohol screening and intervention for college students.

**Phone:** 1-800-322-9982

**Website:** <http://www.westerntc.edu/Counseling/ATODA.aspx>

### **University of Wisconsin- La Crosse**

Personal and group counseling for persons with alcohol and other substance abuse

**Phone:** 608-785-8073

**Website:** <http://www.uwlax.edu/counseling-testing/>

### **University of Wisconsin La Crosse PRIDE Center**

Safe space for LGBTQ members and allies.

**Phone:** 608-785-8000

**Website:** <http://www.uwlax.edu/Pride-Center>

## **Other Resources**

### **Monroe County Human Services**

**Phone:** 608-269-8600

<http://www.co.monroe.wi.us/departments/human-services>

### **Sparta Area Ambulance**

**Address:** 618 Stelling St, Sparta, WI 54656

**Phone:** (608) 269-7900

**Tomah Area Ambulance**

**Address:** 318 Arthur St, Tomah, WI 54660

**Phone:** (608) 374-7460

**Tri-State Ambulance**

Emergency medical services

**Phone:** 1(800) 527-1200

**Website:** <http://www.tristateambulance.org/>

**La Crosse County Health Department**

Health Education, Nursing, Environmental Health, WIC, Public Health Preparedness and Other Services

**Phone:** 608 785-9872

**Website:** <http://www.co.la-crosse.wi.us/health/>

**La Crosse County Human Services Dept. - Child Protective Services (CPS)**

Protecting the health, safety and welfare of children.

**Phone:** 608-784-HELP (4357)

**Website:** <http://dcf.wi.gov/children/CPS/ctyinfo/lacrs.HTM>

**Essential Health Clinic**

Affordable and confidential sexual and reproductive healthcare

**Phone:** 1 (800) 657-5177

**Website:** <http://www.essentialclinic.org/>

**The Salvation Army- La Crosse**

Emergency shelter, meal plans, and eviction intervention for men, women and children.

**Phone:** 608-782-7377

**Website:** <http://salvationarmylacrosse.org>

## **Runaway and Youth Services**

**Wisconsin Association for Homeless and Runaway Services (WAHRS)**

Temporary shelter and crisis intervention counseling services to runaways and other youth in crisis.

**Phone:** 608-787-7550

**Website:** <http://wahrs.org>

**Lutheran Social Services of WI and Upper MI- La Crosse**

Crisis intervention for youth age 11-17 and their families.

**Phone:** 608-788-5090

**Website:** <http://www.lsswis.org>

**Riverfront, Inc.**

Vocational Rehabilitation

<http://www.riverfrontinc.org>

608-784-9450

**The Parenting Place**

<http://www.theparentingplace.net>

608-784-4357

**Catholic Charities of the Diocese of La Crosse, Inc.**

Working with individuals, families and communities to help meet their needs and address issues.

**Phone:** 608-782-0710

**Website:** <http://cclse.org>

**New Horizons Shelter and Outreach Centers, Inc.**

Shelter for individuals and families who have experienced domestic violence.

**Phone:** 608-791-2610

**Crisis Line:** 1-888-231-0066

**Website:** <http://www.nhagainstabuse.org>

**Couleecap**

Innovative strategies to combat poverty and promote self-sufficiency by providing housing, food, transportation and more.

**Phone:** 608-782-4877

**Website:** <http://couleecap.org>



## Monroe County Medication Drop Boxes

**Sparta Police Department**

121 E Oak St, Sparta, WI 54656

Monday - Friday 7:30 a.m. - 4:30 p.m.

Closed Saturday, Sunday and Legal Holidays

**Tomah Police Department**

805 Superior Ave, Tomah, WI 54660

Monday - Friday 8:00 a.m. - 8:30 p.m.

Closed Saturday, Sunday and Legal Holidays

## Support Groups

### **LEARN to COPE**

A non-profit support network that offers education, resources, peer support and hope for parents and family members coping with a loved one addicted to opiates or other drugs. Learn to cope is a nationally recognized model for peer support and prevention programming.

**Website:** <http://learn2cope.org/>

**Phone:** 508-738-5148

**Email:** [lrc@learn2cope.org](mailto:lrc@learn2cope.org)

### **AMOS**

AMOS (Circle of Support) is an organization that advocates, Mobilizes, and organizes in solidarity for social justice in the 7 rivers region. A Faith Based organization working on social issues locally and statewide. Part of the restorative justice task-force was implementing the circles of support program that works with ex-offenders to provide a stable “circle” of associates for period of 6 months to a year meeting regularly to discuss goals, needs, problems, and triumphs.

**Contact:** Cheryl Peters

**Number:** 608-386-2139

### **Big Rivers Narcotics Anonymous**

Website: [www.bigriversna.org](http://www.bigriversna.org)

Phone: WI: (800) 240-0276

MN: (877) 767-7676

## Parents of Teens

### **I want to prevent my child from using...**

Preventing Teen Abuse of Prescription Drugs Fact Sheet

<http://drugfree.scdn1.secure.raxcdn.com/wp-content/uploads/2014/05/Fact-Sheet-Preventing-Teen-Abuse-of-Prescription-Drugs.pdf>

NIDA Interactive website designed for teens

<http://teens.drugabuse.gov/>

NIH Preventing Drug Use among Children and Adolescents

<https://www.drugabuse.gov/publications/preventing-drug-abuse-among-children-adolescents/acknowledgments>

### **I think my child is using...**

Signs and Symptoms of Drug use

<http://www.narconon.org/drug-abuse/signs-symptoms-of-drug-abuse.html>

For Parents: What to look for

<https://ncadd.org/about-addiction/signs-and-symptoms/what-to-look-for-signs-and-symptoms>

A 5 step guide on what to do if you think your child is using

<http://www.drugfree.org/think-child-using/your-first-step-ask/>

Drug Guide for Parents: Learn the Facts to Keep Your Teen Safe

[http://timetoact.drugfree.org/wp-content/uploads/2014/03/drug\\_chart.pdf](http://timetoact.drugfree.org/wp-content/uploads/2014/03/drug_chart.pdf)

## **I know my child is using...**

A step by step program that helps parents understand what to do when they find out their child is using.

<http://www.drugfree.org/know-child-using/i-know-my-child-is-using/>

Who Can Help My Teen?

<http://drugfree.scdn1.secure.raxcdn.com/wp-content/uploads/2014/05/Who-Can-Help-My-Teen.pdf>

## **Key Online Informational Resources**

**NIDA** (National Institute on Drug Abuse):

<https://www.drugabuse.gov/>

Our mission is to advance science on the causes and consequences of drug use and addiction and to apply that knowledge to improve individual and public health.

**SAHSHA** (Substance Abuse and Mental Health Services Administration):

<http://www.samhsa.gov/>

1-877-726-4727

Leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

**Partnership for Drug-Free Kids:**

<http://www.drugfree.org/>

1-855-DRUGFREE (378-4373)

We work to reduce substance abuse among adolescents by supporting families and engaging with teens.

**NCADD** (National Council on Alcoholism and Drug Dependence):

<https://www.ncadd.org/>

1-800-NCA-CALL (622-2255)

[National@ncadd.org](mailto:National@ncadd.org)

For over 70 years, The National Council on Alcoholism and Drug Dependence, Inc. (NCADD) has been a valuable resource for millions of people struggling with alcoholism and addiction

**WFT (Wisconsin Family Ties)**

<http://www.wifamilyties.org/>

1-800-422-7145

[info@Wifamilyties.org](mailto:info@Wifamilyties.org)

Providing support, education, training and advocacy regarding children experiencing social, emotional, behavioral and mental health problems.

**CADCA (Community Anti-Drug Coalitions of America)**

<http://www.cadca.org/>

1-800-54-CADCA (542-2322)

A national membership organization representing over 5,000 coalitions and affiliates working to make America's communities safe, healthy and drug-free.



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

If you would like to add a resource or feel that one is missing please contact **Natalie Carlisle**, Drug Free Communities Coordinator at **608-269-2391 Ext. 5** or [natalie.carlisle@couleecap.org](mailto:natalie.carlisle@couleecap.org)