




# Mini-Resource Directory



Information on programs and services for  
people seeking mental health, AODA, or  
basic assistance in Racine County



**Racine County Mini-Resource Directory**

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## Racine County Mini-Resource Directory

### Who to Call in Racine County

*If you have questions about programs and services for people who need assistance with mental health or substance abuse concerns:*

**Racine County Crisis Line** **262-638-6741**

*If you have questions about programs and services for adults who are physically or developmentally disabled, are elderly, or are a caregiver of an elder or someone with dementia of any age:*

**Aging and Disability Resource Center  
Of Racine County (ADRC)** **262-833-8777**

### Hotlines and Helplines

*Most hotlines are available 24/7, 365 days per year*

**Community Resources 211** **211 or 866-211-3380**  
**Wisconsin Addiction Recovery Helpline** – access by calling 211

**AIDS (National) Hotline** (also HIV and sexually transmitted diseases) **800-342-AIDS (2437)**

**Adult Protective Services –Racine County** **262-833-8777** 8 to 4:30 M-F  
then contact crisis line below

**Racine County Crisis Line** **262-638-6741**

**Domestic Violence – National Hotline** **800-799-7233**  
**Sexual Assault Services** **262-637-SAFE (7233)**  
**Women’s Resource Center** **262-633-3233** 24-hr crisis

**Poison Control** **800-222-1222**

**Parent Hotline/Youth Crisis line** **800-840-6537**

**Suicide/ Crisis (National)** **800-273-TALK (8255)**  
**Veterans Crisis Line** **800-273-8255** Press #1  
Or text to 838255

## Racine County Mini-Resource Directory

### Food - Racine Meal Sites:

*Free meals, no eligibility requirements, donations accepted*

**All Nation Pentecostal** 262-633-1946  
1502 W 6<sup>th</sup> St, Racine, WI 53404  
Breakfast: M-F 6-8 am when Racine Unified Schools are in session. Use side door.

**Love Inc** 262-763-6226  
480 S Pine St  
Burlington, WI 53105 M – F 5:00 – 6:30 pm  
<http://www.love-inc.net/>

Sunday: **Our Savior Lutheran Church** 2219 Washington Ave 5 – 6 pm  
Monday: **St Luke’s Episcopal Church-Hospitality Center** 614 Main St 5:30 pm  
Tuesday: **St Vincent DePaul**, held at 1032 Grand Ave 5:30 – 6:30 pm  
Wednesday: **Zoe Outreach Ministries** 2130 Racine St 4:30 – 5:30 pm  
Thursday: **St Patrick’s** 1100 Erie St 5:30 – 6:15 pm  
Thursday: **All Nation Pentecostal** 1502 W 6<sup>th</sup> St 5:30 - 6:30 pm  
Saturday: (sack lunches) **First United Methodist** Noon – 12:30 pm

### Food Pantry/Emergency Food Sign Up:

**City of Racine** (East of I-94) 211 or 262-211-3380  
**Love Inc** (West of I-94) 262-763-6226

### FoodShare:

**FoodShare (Food Stamps or SNAP)** 888-794-5820  
Visit in person: 1717 Taylor Ave Racine –or- 209 N Main St. Burlington WI, between 8am-4:30pm M-F or you may call, or apply online at [www.access.wisconsin.gov](http://www.access.wisconsin.gov)  
<http://dhs.wisconsin.gov/foodshare/>

### Health - General Medical Care

#### Health Departments:

*Info about flu shots, blood pressure clinics, immunizations, home visits, and communicable disease programs can be obtained by calling the Public Health Provider of your municipality.*

**Central Racine County Health Department** 262-898-4460  
10005 Northwestern Ave  
Franksville, WI 53126  
<http://www.mtpleasantwi.gov/Health/Index.aspx>  
Covers municipalities outside of the Racine listing (see below)

**Racine Health Department** 262-636-9201  
730 Washington Ave  
Racine, WI 53403  
<http://www.cityofracine.org/Depts/health/>  
Covers the City of Racine, Elmwood Park, and Wind Point

## Racine County Mini-Resource Directory

### Community Clinics:

#### Health Care Network

**262-632-2400**

904 State St, Racine, WI 53404

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

Non-profit agency providing free or low-cost health care to residents of Racine County who are medically uninsured and have a limited income. Services are provided at the Health Care Network office and throughout the County by health care professionals who volunteer their time, offices and skills.

#### Kenosha Community Health Center

**262-656-0044**

Offers two Kenosha locations

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

Not-for-profit charitable organization provides affordable and quality primary medical, dental and behavioral health care. KCHC accepts uninsured patients and provides assistance with insurance applications. All patients are served on a sliding fee scale based on ability to pay.

#### KCHC Mobile Health Clinic – Knapp School

**262-925-1325**

Appointment needed- location- 2701 17th St, Racine-Tuesday, Wednesday, and

Thursday, 8 am to 4 pm. Family Medical Care, General & Sports Physicals, Management of Chronic Diseases (Diabetes, Hypertension, Heart Disease & Obesity), Same Day Sick Visits, Medication Management, Smoking Cessation.

#### Swift Care

**262-637-9438**

1515 S Green Bay Rd (In Great Lakes Dermatology bldg), Racine, WI 53406

<https://swiftcare.business.site/>

Treatment for illnesses and injuries for children and adults. Accepts most insurance, 40% discount for doctor visit (lab and x-ray will also offer discounts) when paid on day of visit with cash or credit card. M-TH 10 – 6 last arrival at 5 pm, Fri 10 – 5 last arrival at 4 pm.

### Medical Expense Assistance:

#### Ascension- Community Care Program

**414-527-5000 or 262-687-2700**

<https://www.mywheaton.org/about-ascension/billing-information/financial-assistance/>

Apply if you receive medically necessary care and show financial need, but do not qualify for other financial assistance programs. Medications are not covered. Call above numbers, or meet with financial counselors at most Racine locations.

#### Aurora - Helping Hand

**800-958-6202**

PO Box 341100, Milwaukee, WI 53234

<http://www.aurorahealthcare.org/contactus/helping-hand/index.asp>

This program is provided for patients of Aurora hospitals and clinics. For low income, those without insurance, and other factors. Medications are not covered.

#### Froedtert/MCW – Patient Assistance Programs

**800-803-8155**

<https://www.froedtert.com/financial-services>

Financial counselors are available to answer your questions regarding programs for which you may qualify if you are uninsured or underinsured.

#### Healthcare.gov

**800-318-2596**

[www.healthcare.gov](http://www.healthcare.gov) - Purchase affordable health insurance.

## Racine County Mini-Resource Directory

### Mental Health America - Wisconsin

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

600 W Virginia St Suite 502, Milwaukee, WI 53204

Information on mental health related patient assistance programs.

414-276-3122

866-948-6483

## Emergency Shelter

### HALO (Homeless Assistance Leadership Org)

262-633-3235

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

2000 DeKoven Ave, Racine, WI 53403

### Transitional Living Center (TLC) Burlington

262-767-1478

482 S Pine St

Burlington, WI 53105

<http://tlcburlington.com/>

### Women's Resource Center

262-633-3233 24-hr crisis

Services for victims or those at risk of domestic violence.

## Additional (non-emergency) Sober Living Resources:

### Abundant Life

262-637-5433

1809 Douglas Ave, Racine, WI 53402

Males and Females, Faith-based AODA help, Not a certified AODA treatment group/facility.

### Buchanan House

262-634-5610

1510 Buchanan St, Racine, WI 53402

Recovery-based/sober living environment, Voluntary clients, males only. Participants must pay rent and find employment.

### Oxford House

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

Recovery-based/sober living environment, voluntary clients, male or female only homes.

Participants must pay rent and find employment.

#### Joe Prott (Men)

262-800-3840

Racine, WI 53405

#### Lena (Women)

262-577-5617

Kenosha, WI 53140

#### Ayers (Men)

262-577-5116

Kenosha, WI 53140

#### Jerry C (Men)

262-564-5115

Kenosha, WI 53143

### Vets Place

262-633-5180

1501 Villa St, Racine, WI 53403

Homeless vets with AODA, psych, or drug issues. Day services and low-income apartments.

Vets with discharge that is NOT a dishonorable one.

## Racine County Mini-Resource Directory

### Veterans Outreach of Wisconsin - Racine

262-221-8350

<http://vetsoutreachwi.us/>

Assists with various needs including housing.

### Health-Substance Abuse Services – Alcohol & Drug Abuse (AODA):

*Has someone you trust suggested you need to speak with a professional about your alcohol or drug use? These agencies are good places to start. **\*If you have insurance begin by calling the number on the back of your insurance card and asking if they have preferred providers of Substance abuse treatment. They can also explain your coverage. Employers often offer EAP programs that help as well.***

## Substance Abuse Counseling and Treatment Resources

### Outpatient Resources

#### Agape Recovery Center

262-767-0441

201 N Pine St, Burlington, WI 53105

<https://www.facebook.com/pages/Agape-Recovery-Ctr/165703456789824>

#### Alcoholics Anonymous

262-554-6611

Central Office - 3701 Durand Ave

262-554-7788 24/7 hotline

Racine, WI 53405

12 Step meetings in various locations around the county.

<http://www.aa.org>

#### Al-Anon of Southeastern WI

414-257-2415

<http://www.al-anon.alateen.org/>

#### Ascension All Saints Mental Health & Addiction Care 262-687-2222

<https://www.mywheaton.org/services/mental-health-addiction/>

Offers comprehensive outpatient counseling, located throughout Southeastern Wisconsin. For information about all services and locations in Racine County call the number listed above.

#### Aurora Behavioral Health

262-763-7766

190 Gardner St

Burlington, WI 53105

<http://www.aurorahealthcare.org/services/behhealth/substanceabuse/index.asp>

Offers a full continuum of substance abuse treatment and related services for children, youth, adults, and families.

#### Behavioral Health Services of Racine County

262-638-6744

1717 Taylor Ave, Racine WI 53403

<https://racinecounty.com/government/human-services/aging-disability-services-division/behavioral-health-services-of-racine-county>

BHS provides a comprehensive array of mental health and substance abuse services including outpatient evaluations, psychotherapy and counseling. BHS has licensed mental health and substance abuse counselors to assist individuals. Also provides services to people who have psychotic disorders requiring services not available through the private sector. Medicare, Medicaid, and most private insurances are accepted, offers sliding fee scale.



## Racine County Mini-Resource Directory

**Behavioral Medicine Center -ProHealth Care** 262-928-4036  
240 Maple Ave, Mukwonago, WI 53149  
<http://www.prohealthcare.org/facility-mukwonago-mukwonago-clinic.aspx>  
Comprehensive array of mental health and substance abuse services including outpatient evaluations, psychotherapy and counseling.

**CleanSlate Outpatient Addiction Medicine** 2620833-9320  
5439 Durand Ave, Ste 103  
Racine WI, 53406  
<https://www.cleanslatecenters.com/racine-wisconsin>  
Opioid and alcohol dependency treatment. Medication assisted treatment.  
No counseling offered.

**Credence Therapy Associates** 262-723-3424  
1 ½ W Geneva St, Elkhorn, WI 53121  
3066 W Main St, East Troy, WI 53120  
<http://www.credencetherapy.com/>  
Confidential, Professional treatment services specialized to meet the needs of the client.

**Family Services of Racine** 262-634-2391  
420 7<sup>th</sup> St, Racine WI 53403  
<http://www.fsracine.org/>  
Various counseling programs for Family, Couples, Men, Women, Children, Veterans and Seniors. Sliding fee scale available.

**Horizon Healthcare** 414-376-5577  
1648 Washington Ave  
Racine, WI 53403  
<http://www.horizonhealthcareinc.com/>  
Offers a full continuum of substance abuse treatment and related services for children, youth, adults, and families.

**Lakeside Family Therapy Services** 262-637-9984  
4810 Northwestern Ave  
Racine, WI 53406  
<http://www.lakesidefamilytherapy.com/>  
Lakeside Family Therapy Services, a licensed mental health and AODA clinic, offers mental health and AODA counseling for individuals, families, and couples of all ages.

**Racine Comprehensive Treatment Center** 262-598-1392  
6233 Banker's Rd Suite 10  
Racine WI 53406  
<https://www.racinctc.com/>  
Medication assisted treatment and counseling.

**Racine County Crisis Line** 262-638-6741  
1717 Taylor Ave, Racine, WI 53403  
<http://racinecounty.com/government/human-services/aging-disability-services-division>  
Access to Racine County's Mental Health and AODA (Alcohol and Other Drug Abuse) services. Provides information and assistance and access to various other programs.

## Racine County Mini-Resource Directory

### Inpatient/Residential Service

Note: For Detox service please go to your local emergency room as a first step.

#### **Roger's Memorial Hospital**

**800-767-4411**

<https://rogersbh.org/what-we-treat/addiction>

Inpatient treatment available in West Allis, Brown Deer, and Oconomowoc, also offers outpatient services.

#### **Teen Challenge of Wisconsin**

**414-748-(HELP) 4357**

<http://www.teenchallengeonline.com/>

Adult & Teen Challenge of Wisconsin is a 1-year live-in Christian program for adults struggling with drugs and alcohol. Includes mentoring, education, and job training. Has men's and women's campuses located in Milwaukee.

#### **Roots Recovery Sober Living Program**

**844-447-6687**

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

Focus on young adults, holistic approach. Milwaukee locations

#### **Rosecrance**

**888-928-5278**

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

Offers comprehensive addiction services for adolescents and adults, including prevention, intervention, detoxification, inpatient and outpatient treatment, experiential therapies, dual-diagnosis care and family education. Various locations, inpatient offered at the Rockford IL Harrison Campus.

#### **Nova Counseling Services**

**800-298-8170**

<https://www.novaoshkosh.com/programs/nova-residential/>

Residential program in Oshkosh Wisconsin.

#### **Salvation Army**

<https://centralusa.salvationarmy.org/usc/adult-rehabilitation-centers>

**Milwaukee** – 324 N Jackson St

**414-276-4316**

**Waukegan** - 431 S Genesee St

**847-662-7730**

Adult Rehabilitation Centers

#### **United Community Center - Substance Use Disorder Programs**

**414-643-8530**

<https://www.unitedcc.org/Default/ProgramsServices/HumanServices.htm>

Bilingual/bicultural substance use disorder treatment program providing continuum of care for Spanish speakers. Trauma informed, dual-diagnosis-capable mental health programs – outpatient and inpatient for men and women.

#### **Mt. Zion House**

**262-249-8934**

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

2330 /Hwy 120, Lake Geneva, WI 53147

Christian rehabilitation center. Serves men and women, has Mt Zion House for Men.

## Racine County Mini-Resource Directory

### Other Resources

#### Addiction Resource Center

833-301-4357

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

**Wisconsin Addiction Recovery Helpline** – access by calling 211

#### Wisconsin Tobacco Quit Line

800-QUIT-NOW

(800-784-8669)

**EN ESPAÑOL: 877-2NO-FUME**

<https://ctri.wisc.edu/quit-line/>

If you're ready to quit smoking or chewing tobacco and you're a Wisconsin resident, simply call. You'll talk to a friendly quit coach who will send you a free two-week supply of quit-tobacco medications, plus help you develop strategies on how to quit that are just right for you.

### Websites of interest:

#### Alcohol Screening (Boston University)

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

#### Community Guide to Quit-Tobacco Programs

<https://www.dhs.wisconsin.gov/tobacco/treatment.htm>

#### Substance Abuse and Mental Health Services Administration

[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

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

[www.laantidroga.com](http://www.laantidroga.com) (Spanish version)

### Mental Health Social Day Program:

#### Friendship Clubhouse

262-636-9393

2000 17<sup>th</sup> St, Racine, WI 53403

<http://racineclubhouse.org/>

The clubhouse model is based on the belief that members are partners in their own recovery, rather than merely the passive recipients of treatment, and that meaningful work and relationships are integral parts of their recovery. Members work side by side with staff to organize and administer, and carry out the program. Success is dependent upon the degree to which members assume responsibility for themselves. All Clubhouses adhere to the set of International Clubhouse Standards.

### Other – Daytime Drop in Center

#### Hospitality Center @ St Luke's Episcopal Church

262-634-5529

614 Main St

Racine, WI 53403

<http://www.stlukesracine.com/hospitalitycenter.htm>

Daytime Drop in program offering hospitality without agenda, to any community member, homeless or near homeless.

## Racine County Mini-Resource Directory

### Mental Health Care and Counseling

*There are times when confiding in friends and family members is not enough. Consider speaking with a professional. **\*If you have insurance begin by calling the number on the back of your insurance card and asking if they have preferred providers of mental health treatment. They can also explain your coverage. Employers often offer EAP programs that help as well.***

**Ascension All Saints Mental Health & Addiction Care 262-687-2222**

<https://www.mywheaton.org/services/mental-health-addiction/>

Offers comprehensive outpatient counseling, located throughout Southeastern Wisconsin. For information about all services and locations in Racine County call the number listed above.

**Advanced Solutions Counseling and Therapy 262-342-4357**

441 Milwaukee Ave  
Burlington, WI 53105

**Aurora Behavioral Health 262-763-7766**

190 Gardner St, Burlington, WI 53105

<http://www.aurorahealthcare.org/services/behhealth/index.asp>

Offers complete mental health treatment options, provided by highly trained professionals in a caring, confidential manner to meet individual and family needs.

**Behavioral Health Services of Racine County 262-638-6744**

1717 Taylor Ave, Racine, WI 53403

<https://racinecounty.com/government/human-services/aging-disability-services-division/behavioral-health-services-of-racine-county>

BHS provides a comprehensive array of mental health and substance abuse services including outpatient evaluations, psychotherapy and counseling. BHS has licensed mental health and substance abuse counselors to assist individuals. Also provides services to people who have psychotic disorders requiring services not available through the private sector. Medicare, Medicaid, and most private insurances are accepted, offers sliding fee scale.

**Catholic Charities 262-637-8888**

1111 Douglas Ave, Racine, WI 53402

<https://www.archmil.org/offices/social-justice/Catholic-Charities.htm>

Counseling services are covered through private self-pay and third-party payers, as well as Medicare, Medical Assistance, and Badger Care. Fees are on a sliding scale. Spanish also.

**Children's Service Society**

Burlington – 480 S Pine St

**414-266-3339**

Racine – 8800 Washington Ave, Mount Pleasant

**262-633-3591**

<https://www.chw.org/medical-care/psychiatry-and-behavioral-medicine>

Serves children and families. Insurance and offers sliding fee scale.

**Clinical Psychology Associates 262-763-9191**

Burlington – 345 Milwaukee Ave

Waterford – 207 N Milwaukee St, Ste B

<http://www.clinicpsych.com/>

Multi-specialty outpatient mental health clinic.

## Racine County Mini-Resource Directory

### **Credence Therapy Associates**

**262-723-3424**

1 ½ W Geneva St, Elkhorn, WI 53121  
3066 W Main St, East Troy, WI 53120

<http://www.credencetherapy.com/>

Confidential, Professional treatment services specialized to meet the needs of the client. Insurance and offers sliding fee scale.

### **DeRose Family Counseling**

**262-633-1235**

316 5<sup>th</sup> St, Racine, WI 53403

<http://www.derosefamilycounseling.com/home2.html>

Multi-specialty outpatient mental health clinic. Has Spanish speaking counselor.

### **Family Services of Racine**

**262-634-2391**

420 7<sup>th</sup> St, Racine, WI 53403

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

Various counseling programs for Family, Couples, Men, Women, Children, Veterans and Seniors. Sliding fee scale available.

### **Hopes Center**

**262-898-2940**

521 6<sup>th</sup> St, Racine, WI 53403

<http://www.racinedominicans.org/hopes-center/>

Mental health counseling and case management for homeless individuals or those facing eviction, with chronic mental illness. Goal is to help transition out of homelessness.

### **Lakeside Family Therapy Services**

**262-637-9984**

4810 Northwestern Ave

Racine, WI 53406

<http://www.lakesidefamilytherapy.com/>

Licensed mental health and AODA clinic, offers mental health and alcohol and other drug abuse (AODA) counseling for individuals, families and couples of all ages.

### **NAMI – Alliance on Mental Illness of Racine County**

**262-637-0582**

2300 DeKoven Ave

Racine, WI 53403

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

Offers various support groups, education, advocacy, referrals, and other resources to help people with a mental illness, their families, and the community. Serves Burlington area also.

### **NuLife Therapy Services, LLC**

**262-456-3712**

6214 Washington Ave, Ste C3

Racine, WI 53406

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

Providing individual, couples and family counseling. Insurance and offers sliding fee scale.

### **Oakwood Clinical Associates**

**262-652-9830**

24804 75<sup>th</sup> St, Paddock Lake, WI 53168

<http://www.oakwoodclinical.com/>

Confidential, Professional treatment services specialized to meet the needs of the client. Insurance and offers sliding fee scale. Second location in Kenosha.

## Racine County Mini-Resource Directory

### **Pathways Consulting**

<http://pathwaysconsultingllc.com/>

Racine 262-456-4056

Burlington 262-652-7222

Pathways Consulting is a private outpatient mental health clinic offering counseling services to adults, children, couples and families. Also, AODA issues at Racine location only. Insurance and offers sliding fee scale.

### **Portis Marriage and Children Counseling Clinic**

262-884-9734

5801 Washington Ave, Ste 110

Mount Pleasant, WI 53406

<http://www.portismarriageandchildrencounseling.mynetworksolutions.com/>

Private outpatient mental health clinic offering counseling services to adults, children, couples and families. Offers rapid response appointments. Insurance and offers sliding fee scale.

### **Professional Services Group**

262-638-2000

800 Goold St

Racine, WI, 53402

<https://www.psgcip.com/index.php>

Treatment for children, adolescents, adults, families and couples

### **Psychiatric Services of Racine**

262-635-5520

8700 Durand Ave #600

Sturtevant, WI 53177

Mental health and counseling services.

### **Racine County Crisis Services Center**

262-638-6741

1717 Taylor Ave, Racine, WI 53403

<http://racinecounty.com/government/human-services/aging-disability-services-division>

Access to Racine County's Mental Health and AODA (Alcohol and Other Drug Abuse) services. Provides information and assistance and access to various other programs.

### **Rondi Rork, PhD**

262-884-4848

6015 Durand Ave, Ste 450

Racine, WI, 53406

<http://rrork.com/>

Individual and family therapy for adults, adolescents and children.

### **Roseanne Poe & Martin Poe**

Burlington – N6404 E Paradise Rd

262-763-7249

Racine – 5200 Washington Ave, Ste 203

262-637-8488

<http://www.drspoeandpoe.com/index.html>

Treatment for children and adolescents. Insurance and offers sliding fee scale.

### **Shorehaven Behavioral Health**

262-554-8165

6233 Durand Ave, Ste F

Mount Pleasant, WI, 53406

<https://www.shorehavenbhi.com/>

Mental health, substance abuse, co-occurring disorders, child, and couple and family problems.

## Racine County Mini-Resource Directory

### **The Therapy House**

**262-619-3264**

700 Villa St, Racine, WI 53403

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

Treatment for adults, adolescents and children, including, family, individual, and couple's issues. Insurance and offers sliding fee scale.

### **WI Awaken**

**262-342-5188**

700 N Pine St, Burlington, WI 53105

<https://www.wiawaken.com/>

Counseling for mental health, domestic situations, recovery and relationships. Some insurance and offers various rates.

## **Other Resources**

### **Substance Abuse and Mental Health Services**

**800-789-2647**

**Administration (SAMHSA) - National Mental Health Information Center**

**866-889-2647 (TDD)**

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

The National Mental Health Information Center was developed for users of mental health services and their families, the general public, policy makers, providers, and the media. See the Mental Health Services Locator under Resources.

### **Veteran's Crisis Line**

**800-273-8255 Press 1**

<http://www.veteranscrisisline.net/>

**Text to 838255**

Confidential toll-free hotline, online chat, or text for Vets in crisis and their families/friends.

### **Women's Resource Center**

**262-633-3274 office**

PO Box 1764, Racine, WI 53401

**262-633-3233 24-hr crisis**

<https://www.facebook.com/WRCRacine/>

**262-763-8600 Burlington**

Professional Counseling services are available to meet the needs of women in crisis resulting from domestic abuse or sexual assault. Weekly support groups enable women to share experiences, gain support, and receive education about domestic abuse.

## **Websites of Interest:**

### **HelpGuide.org**

<https://helpguide.org/>

### **Mental Health America**

<http://www.mentalhealthamerica.net/>

<http://www.mentalhealthamerica.net/staying-mentally-healthy>

## **Apps and other Websites that help**

Look for Apps and websites that help you live your best life – find those that work for you. Apps are available to help you track your medications, to meditate, to provide you with positive statements, and other types of help based on your needs. Many are free or low cost.

## Racine County Mini-Resource Directory

### Further Ideas

Most churches have their own counseling programs; those services often range from someone to talk to all the way up to grief counseling after a loss and help with drug and alcohol abuse issues. Even if you're not a member of the church they may offer counseling or be able to refer you to someone who does.

Check with your HR department to see if your company has an EAP, or Employee Assistance Program. EAP hotlines often provide support to employees looking for help with their mental health, someone to talk to, drug and alcohol issues, or even nutrition and physical health concerns.

Try an Online Counseling or Listening Service. You can find free and paid services online, but be aware that this may not be at the professional level you may be in need of, and you may need to pay for some of the services offered.

A few well regarded self-help options include:

7 Cups of Tea - [www.7cups.com](http://www.7cups.com)

Blah Therapy – [www.blahtherapy.com](http://www.blahtherapy.com)

Talkspace – [www.talkspace.com](http://www.talkspace.com)

Breakthrough – [www.breakthrough.com](http://www.breakthrough.com)

### Prescription Drug Patient Assistance Programs:

*Pharmaceutical companies or pharmacies that make free or low-cost brand name or generic prescription drugs available to patients who are uninsured or underinsured or, for other reasons, cannot afford to pay the market price. Also included are organizations that help qualifying patients complete and file paperwork for submission to drug manufacturers to request such medication or which maintain lists of these types of programs for referral purposes.*

**Healthcare.gov**  
[www.healthcare.gov](http://www.healthcare.gov)

**800-318-2596**

**Med Advocates**  
6233 Bankers Rd, Suite 16A, Racine, WI 53403  
<http://www.medadvocates.net/>

**262-598-9108**

Provides free consultation regarding the cost of your medications, handles ALL applications, renewals, and follow-through with assistance programs, obtains prescriptions directly from your doctor, and orders refills of your medications. When a person does not qualify for free medication, offers a free consultation on how to reduce prescription costs.

**Needy Meds**  
PO Box 219, Gloucester, MA 01931

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

A web-based information resource, Needy Meds is a 501(3)(c) non-profit with the mission of helping people who cannot afford medicine or healthcare costs. The information at Needy Meds is available anonymously and free of charge. Access to patient assistance programs and other resources.



## Racine County Mini-Resource Directory

### Partnership for Prescription Assistance

888-477-2669

<https://www.pparx.org/Intro.php>

Partnership for Prescription Assistance is a website that can help you find government and private prescription drug assistance programs if you are low-income and uninsured.

### RX Outreach

888-796-1234

<http://rxoutreach.org/patients/>

Licensed nonprofit mail order pharmacy available to qualifying individuals and families. Patients can quickly check their eligibility online. Patients can be on Medicare, Medicaid or other health insurance and still receive medications from Rx Outreach.

### Wisconsin Prescription Drug Resources

<https://www.dhs.wisconsin.gov/guide/freeprescr.htm>

Information on programs that might save you money on your prescription drugs.

### Other Programs:

Check with national and local disease/disability organizations as they often have information on patient assistance programs that help the people they serve.

### Mental Health America

800-969-6642

<http://www.mentalhealthamerica.net/> - "Find Help" section of the website.

## Prescription Drug Discount Cards:

### FamilyWize – Community Service Partnership Inc

800-222-2818

<http://familywize.org/>

Partners with United Way. Can print personalized card on the website.

### Racine County

<http://racinecounty.com/government/human-services/division-of-economic-support/additional-health-care-programs>

**NaCo Prescription Drug Card:** It's easy! Simply present your card, provided to you in a joint effort of your local county government and the National Association of Counties (NACo), at a retail participating pharmacy and save an average of 24% on your prescription drugs. No enrollment form, no membership fee. For more information call 1-877-321-2652 or visit their page: <http://www.nacorx.org/>

Also offers programs for discounts on dental and health care for low monthly fees.

## Transportation

### General Transportation:

*Public providers, or private companies, that transport people who are able to get in and out of vehicles with little or no assistance. Some, like the public bus systems, will accommodate wheelchair users.*

#### **Burlington SPARC**

**262-412-8641**

Seniors 60 and over, as well as ambulatory adults with disabilities can use the Shuttle weekdays between 9:30 am and 3:30 pm on set days and routes.

#### **RYDE Racine Transit (former - Belle Urban System BUS) - 262-637-9000**

##### **Reduced Transit Fee**

<http://cityofracine.org/Racine-Transit/>

Transports only within the city of Racine; reduced fee passengers use same buses and same routes as other passengers. For information pick up pamphlet at: City Hall, City Clerk's office, Rm 102 or Dept. of Transportation, Rm 304 located at: 730 Washington Ave. *Must show your Reduced Fare Identification Card to bus driver each time you ride.*

**Wheelchair accessible** - The RYDE buses are equipped with easy-to-use automated lifts or ramps. Reduced fares are offered to persons with disabilities. If you need an attendant, they ride free. No advance notice is necessary when planning your ride. For safety, bus operators will assist with boarding the bus. Also, bus operators will only deboard at safe locations.

#### **MyRide – Car Rides for Seniors**

**262-417-7544**

<http://www.volunteerracine.org/myride/>

6216 Washington Ave, Ste D  
Racine, WI 53406

Monday – Friday between 9 am and 5 pm. Arrange at least one week in advance. Donation requested but not required. Must be age 55 or older.

#### **Tietel's Transport**

**262-206-7043**

This van service conducts rides for medical or non-medical appointments for Burlington and Waterford area residents. Set fee rides available to Waterford, Racine, Mitchell Airport, Madison, and O'Hare Airport. Person must be ambulatory. Will go within 100-mile radius of Burlington for base plus per mile charge. Call for prices.

Local Burlington trips approximately \$5 one way. Best to call well in advance for longer distances. Available 24/7 and is Safe Ride provider for Racine, Kenosha, and Walworth Counties.

## Racine County Mini-Resource Directory

### Medical Transportation:

*Many transportation providers offer specialized transportation for individuals that need a wheelchair or other assistive device, such as a scooter or walker. Programs that provide non-emergency transportation for individuals, who require routine medical services and who, because of financial problems or their physical condition, are unable to use other available means of transportation.*

**Note: Due to changing energy costs, check with providers for current charges.**

#### Medicaid:

**(MTM) Medical Transportation Management, Inc**

**866-907-1493**

<http://www.mtm-inc.net/wisconsin-website/wisconsin-home/wisconsin-members/>

Where is my ride-line **866-907-1494**

Non-emergency transportation coordination for people with Medicaid (includes certain BadgerCare and T-19 members)

#### Private Pay Options:

##### **#1 Transportation**

**262-632-2000**

Wheelchair and ambulatory transportation available 7 days week 7 am to 7 pm with flexibility. Weekends and holidays are an extra charge. Racine and surrounding counties. Call for private pay rates.

##### **Caribe Transportation**

**262-412-5937 or**

**262-744-5954**

Personal van transport – Private pay only

Insured and bonded. Can provide wheelchair transport. Racine and surrounding counties. Available- 6 am to 11 pm, 7 days per week.

##### **First Transit**

**262-886-5321**

Wheelchairs and other people with special needs. Will transport within City and County of Racine. Van transport also goes to other counties. Private pay rate – call for pricing. Requires notice for appointments.

##### **Helping Hands Transportation**

**262-636-0039**

Weekdays 5 am to 8 pm, varied weekend times. Can transport wheelchair with a week's notice. Call for rates.

##### **Medix**

**262-539-2680**

Van wheelchair transport. Will transport within City and County of Racine. Van transport also goes to Milwaukee, Kenosha, and Walworth Co. medical appointments. No Medicaid or insurance for ambulatory/wheelchair transports. Private pay rate – call for pricing. Requires 1 1/2-week notice for medical appointments.

##### **Out and About**

**262-716-4859**

Private pay, west end of county. Available 24/7. Call for rates.

##### **Safe Transportation**

**262-671-1758**

Wheelchair, scooter, and ambulatory transportation available 7 days/week 7 am to 7 pm with flexibility. Weekends and holidays are an extra charge. Racine and surrounding counties. Call for private pay rates.

## Paratransit Program/Specialized Transportation:

*A number of persons with disabilities rely on this system to get to work or to the grocery store. For seniors, the system also provides rides to adult day care, senior nutrition sites, or dialysis appointments. These buses may take people who are in wheelchairs or who are able to walk but who cannot take the other types of transportation, either because they are not going to a medical appointment or are not covered by Title 19.*

### **D.A.R.T. (Dial-A-Ride)**

**262- 619-2438  
or 262-637-9000**

<http://cityofracine.org/Departments/Racine-Transit/Paratransit/Paratransit/>

The DART transportation is provided by Racine Bell Urban Bus system. Accessible transportation from door to door for medical appointments and personal needs within City of Racine for eligible disabled living within 2 miles of a city bus route and unable to utilize regular bus service. \*If you are outside of this area, see First Transit. If you are unsure, call DART. You must apply to be eligible for this service and a physician certified disability form is required. Monday - Friday, 8:00am - 4:00pm. At least 24 hours notice is required. Cost: \$4 each way; must have exact amount in cash, and pay at time of ride; will not bill Title 19. Visit the City of Racine Transit website at [www.racinetransit.com](http://www.racinetransit.com) for more information.

## Specialized Transportation Program:

### **Ktown Transportation**

**262- 764-0377 or  
866-430-6377**

<http://ktowntransportation.com/>

Accessible transportation door to door for medical appointments and personal needs. Transports qualified residents of Racine County to locations in the city and county of Racine that are not accessible through the Bell Urban Bus system. Monday - Friday 6:00am - 6:00pm. 48-hour notice required for all rides. Cost: \$3 each way by cash or personal check; exact amount required; will not bill Title 19. Will transport to Milwaukee and Kenosha on designated days for medical appointments only at a higher co-pay- call for more information. **Be sure to ask for the "Racine County Specialized Transportation Program."**

## Taxi Services:

*Organizations that provide door-to-door automobile transportation for people who are willing to pay an established fare that is usually recorded by a meter. Riders must be able to get into and out of cab independently.*

### **A-1 Safe Cab**

**262-977-8828**

<http://www.a1safecab.net/>

1555 Ostergaard Ave  
Racine, WI 53406

24-hour taxi service, flat rate and time calls available with 24 hours' notice.

### **Racine Taxi**

**262-619-1144**

<http://www.racinetaxi.net/>

1509 Rapids Dr  
Racine, WI 53404

24-hour taxi service available.

## Racine County Mini-Resource Directory

### Ambulance:

*Programs that provide ground vehicles which rapidly transport acutely ill or injured individuals to health care facilities for treatment or from one health care facility to another for specialized care. Ambulances are equipped and staffed to provide medical care during transit.*

#### **LJH Ambulance**

**262-658-4422**

Stretcher only for Medical and emergency. Will also do relocation transport such as hospital to skilled nursing facility, etc. Will accept any type of insurance that will cover.

#### **Erickson Ambulance**

**262-632-5412**

Serving the greater Racine/Kenosha area: BLS (Basic Life Support) Response and Transport. Long Distance Ground Transports if the destination is up to 300 miles. Nursing Homes/Hospital Transports consist of coming to/from nursing homes or hospitals around the community. Special Event EMS Coverage - provide services at company picnics or community events upon request.

#### **Lakeview Critical Care EMS**

**262-957-6930**

Serves central and southern Wisconsin. Basic life support to critical care, short distance inter-facility and long-distance ground transport.

#### **Medix**

**262-637-1331**

See also Medical Transportation. Will transport within City and County of Racine. Ambulance Base \$396 for basic transport + \$11 each additional mile. If going to ER, no medical necessity certification needed.

#### **Paratech Ambulance**

**262-638-8888**

Offers full capacity EMS transportation with staffed ambulances that include EMTs, Paramedics and Registered Nurses. Paratech is able to manage all patient care needs based on the patient's medical needs.

### Other:

#### **Disabled Parking Identification Card**

**608-266-3041 Info only**

<http://wisconsin.gov/Pages/dmv/vehicles/dsblid-prkg/default.aspx>

Apply online or through the mail at no cost, or at local DMV for Counter Fee.

## Travel

*Providers that will take riders to other communities, or to airport locations.*

#### **Amtrak**

**800-872-7245**

<http://www.amtrak.com>

Amtrak train service between Milwaukee and Chicago is available in Sturtevant at the Amtrak station on County H, (Wisconsin St). Train service can be accessed by using RYDE route 27 on weekdays and route 7 on Saturdays. Tickets are purchased online, on the train from the conductor, or from a local travel agent. For schedule and fare information, call Amtrak at their national information number.

## Racine County Mini-Resource Directory

### **Coach USA Airport Express**

**877-324-7767**

<http://www.coachusa.com/>

Coach USA Airport Express service is available to O'Hare International Airport and Milwaukee from the Petro Station/Iron Skillet on I-94 and Hwy. 20. There are fourteen runs to O'Hare and Midway airports 365 days a year. Limited weekday connections are available using Belle Urban System route 20 leaving the Racine Transit Center located on the 1400 block of State Street at 6:20 a.m. and 7:10 a.m. and 4:10 p.m. and 5:10 p.m. Coach USA Airport Express tickets can be purchased from the bus driver or a local travel agent.

### **Metra**

**312-322-6777**

<http://www.metrarail.com/>

Commuter train service is available in Kenosha to downtown Chicago, intermediate points and the entire Metra rail system around Chicago. In addition, Metra trains connect with the Chicago Transit Authority (CTA) buses and elevated trains in the city and 38 nearby suburbs. No direct Belle Urban System service is available to the Metra station in Kenosha at 5262 13th Ave, but Wisconsin Coach Lines does make a stop at the station. Tickets are purchased on board the trains from the conductor, or in Chicago at the Metra station. Service (Union Pacific North) is available to and from Kenosha with nine weekday trips, five trips from and seven trips to Kenosha on Saturday and three round trips on Sundays.

### **Greyhound**

**800-231-2222**

<http://www.greyhound.com/home/>

**414-272-2156**

US and International Destinations. Discounts available for seniors, military, veterans, students and children.

### **Wisconsin Coach Lines**

**262-542-8861**

<http://www.coachusa.com/wisconsincoach/>

**877-324-7767**

WCL provides intercity bus service between Kenosha, Racine and Milwaukee every day. On weekdays, there are eight trips in each direction, and on Saturdays, Sundays and certain holidays there are four trips in each direction. In Racine, the main connection point with Wisconsin Coach Lines is at the Racine Transit Center which is located on the 1400 block of State Street, although WCL buses can be flagged down at any point along their route, at posted City bus stops and at safe and practical rural locations.

Tickets can be purchased on the WCL buses. For route, timetable and fare information, call Wisconsin Coach Lines information at **262-542-8861**.

## Racine County Mini-Resource Directory

### Other Benefits Assistance

*Programs that provide assistance for people who are having difficulty understanding benefits to which they are entitled by law, or programs that help people make ends meet.*

**Aging & Disability Resource Center of Racine Co (ADRC)** **262-833-8777**

14200 Washington Ave  
Sturtevant, WI 53177

<http://www.adrc.racinecounty.com>

**866-219-1043**  
**WI Relay 711**

#### **Benefit Specialist Programs**

Assists seniors and disabled adults who have been denied such benefits as Medicare, Medicaid, FoodShare, SSI and Social Security. Call the ADRC for a referral.

#### **Social Security Administration**

4020 Durand Ave

Racine, WI 53405 <http://ssa.gov>

Social Security Information for the Hearing Impaired

Recorded answers are available to those with tele-type equipment 7:00 am to 7:00 pm – business days

Provides information about Social Security, Medicare, and Supplemental Income benefits.

**866-270-8629**

**800-772-1213**

**800-325-0778**

**262-554-4097 local TTY**

#### **WKRP – Badgercare, FoodShare, and other Programs**

<https://racinecounty.com/government/human-services/division-of-economic-support>

The Wisconsin Kenosha Racine Partnership has locations in Racine and Burlington. Obtain information and/or apply for FoodShare, BadgerCare Plus, Medicaid, Child Care and Caretaker Supplement. See also <https://access.wisconsin.gov/>

**888-794-5820**

### Utility Assistance:

#### **Community Action Program (Racine/Kenosha)**

##### **Weatherization Program**

2113 N Wisconsin St, Racine, WI 53402

<http://www.rkcaa.org/RKCAA.htm>

Weatherization program and many general community services. Must first apply and be approved for energy assistance – see below.

**262-637-8377**

#### **Energy Services Inc**

##### **WHEAP – Energy Assistance Program**

1717 Taylor Ave, Racine, WI 53403

<http://www.esiwi.com/>

Administers the Wisconsin Home Energy Assistance Program (WHEAP) which provides assistance for heating costs, electric costs, and energy crisis situations.

**262-633-6000**

#### **Lifeline & Link-up**

<https://psc.wi.gov/Pages/Programs/LifeLineLinkup.aspx>

Lifeline and Link-Up are two Wisconsin Universal Service Fund programs that make essential telecommunications more affordable for low-income households. All telephone companies

**888-816-3831**

## Racine County Mini-Resource Directory

that provide local residential service in Wisconsin are required to offer these two programs to their residential customers.

- Lifeline reduces monthly telephone charges, or provides cell phones
- Link-Up waives telephone connection charges for income eligible households.

Customers must apply for Lifeline or Link-Up through their local telephone provider. Programs apply to both **land lines** and **cell phones**.

**You can receive Lifeline discounts on only one telephone number – either wireless or wire-line but not both – per household.**

Go to the Public Service Commission website link, or call the number above for more info.

### Other Help

#### Salvation Army

262-632-3147

<https://centralusa.salvationarmy.org/wisconsin-and-upper-michigan/racine>

Various assistance programs

#### St Vincent DePaul

262-633-6467

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

Various assistance programs

## Employment Resources

*Programs that provide employment opportunities for people who are searching for jobs; assist people who are able and willing to work by helping them prepare for, find, secure and retain suitable employment; provide work site evaluation and/or modification support; and/or seek to develop employment opportunities in various fields for people who need a position.*

### Division of Vocational Rehabilitation

<https://dwd.wisconsin.gov/dvr/>

The Division of Vocational Rehabilitation (DVR) assists individuals with disabilities to obtain, retain or advance in employment. The resources available through DVR may help you achieve your employment goals. To apply: you can request an application on-line, or pick up an application at WDC Reception areas. Once DVR receives your completed application, you will be invited to attend a meeting designed to provide you with all the information you need to know to move forward with the vocational rehabilitation process.

#### Division of Vocational Rehabilitation Racine County

262-638-7200

1516 S Green Bay Rd, Ste 100  
Racine, WI 53406

800-228-2681

262-638-7224 TTY

### Racine County Workforce Solutions

262-638-6312

One-stop center for all your employment needs. There are many specialty services offered including a veteran's specialist, re-entry to the workforce programs and more.

1717 Taylor Ave  
Racine, WI 53403

<http://racinecounty.com/government/workforce-solutions>

209 N Main St  
Burlington, WI 53105

262-767-2922



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**To provide updates:**  
Contact the Aging and Disability  
Resource Center of Racine  
County  
**262-833-8777**

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