



One Step Forward

Racine County Information regarding
Basic Assistance, Behavioral Health,
AODA, and Urgent Needs.

One Step Forward - Resource Directory

Table of Contents

April 21

Who to Call in Racine County	2
Hotlines and Helplines	2
Food - Racine Meal Sites	3
Health - General Medical Care	3
Medical Expense Assistance	4
Emergency Shelter	5
Health-Substance Abuse Services – Alcohol & Drug Abuse (AODA):	6
Substance Abuse Counseling and Treatment Resources	6-8
Mental Health Social Day Program	9
Mental Health Care and Counseling	10-14
Prescription Drug Patient Assistance Programs	14
Transportation	16-19
Travel	19
Other Benefit Assistance	21
Employment Resources	23
Index	25

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**
Human Trafficking Hotline **888-373-7888**
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

One Step Forward - Resource Directory

Food - Racine Meal Sites:

Free meals, no eligibility requirements, donations accepted. (May be on hold, closed, or changed due to COVID-19 restrictions)

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

Hospitality Center – St Luke’s Episcopal Church 262-853-2886
614 Main St, Racine, WI 53403
Breakfast pastry and coffee 7:30-8:30, lunch 11:30 – 12:30

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

Other Free Meal Options:

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 6th 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 866-211-3380

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- 1072 Milwaukee Ave., Burlington WI, between 8am-4:30pm M-F or you may call, or apply online at www.access.wisconsin.gov

Health - General Medical Care

Health Departments:

Information 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, Ste A, Franksville, WI 53126
<https://crchd.com/>
Covers municipalities outside of the Racine listing (see below)

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

One Step Forward - 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.

Medical Expense Assistance:

Ascension- Community Care Program

877-304-6332

<https://healthcare.ascension.org/Locations/Wisconsin/WI/WHE/Racine-Ascension-All-Saints-Hospital-Spring-Street-Campus/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

800-326-2250

PO Box 0909996, Milwaukee, WI 53209-09996

<https://www.aurorahealthcare.org/patients-visitors/billing-payment/financial-assistance>

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

<https://www.healthcare.gov/> - Purchase affordable health insurance.

Mental Health America - Wisconsin

414-276-3122

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

866-948-6483

600 W Virginia St Suite 502, Milwaukee, WI 53204

Information on mental health related patient assistance programs.

One Step Forward - Resource Directory

Emergency Shelter

- HALO (Homeless Assistance Leadership Org)** 262-633-3235
<http://www.haloinc.org/>
2000 DeKoven Ave, Racine, WI 53403
Men, Women and Children
- Transitional Living Center (TLC) Burlington** 262-767-1478
482 S Pine St, Burlington WI 53105
Families and individuals
<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:

Buchanan House 262-637-7601
<https://lasthouseontheblock.org/>
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

Angie Pio (Women/children) 262-583-1045
Racine, WI 53402

Ayers (Men) 262-577-5116
Kenosha, WI 53140

Jerry C (Men) 262-564-5115
Kenosha, WI 53143

Lake Side (Women/children) 262-577-5617
Kenosha, WI 53140

Center for Veterans Issues Resource Center 262-633-5180
<https://www.cvivet.org/>
1300 S Green Bay Rd, Ste 102, Racine WI 53402
Homeless military veterans. Offers housing, rapid rehousing, supportive permanent housing and prevention.

Veterans Outreach of Wisconsin - Racine 262-221-8350
<http://vetsoutreachwi.us/>
Assists with various needs including housing, and food pantry for veterans.

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 Employee Assistance Programs (EAP) programs that help as well.***

Substance Abuse Counseling and Treatment Resources

Outpatient Resources

Agape Recovery Center

201 N Pine St, Burlington, WI 53105

262-767-0441

Alcoholics Anonymous

Central Office - 3701 Durand Ave

Racine, WI 53405

12 Step meetings in various locations around the county.

<http://www.aa.org>

262-554-6611

262-554-7788 24/7 hotline

Al-Anon of Southeastern WI

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

Support for family members of alcoholics.

414-257-2415

Ascension All Saints Mental Health & Addiction Care

<https://healthcare.ascension.org/specialty-care/behavioral-mental-health>

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

262-687-2222

Aurora Behavioral Health

116 N Dodge St, Burlington, WI 53105

<https://www.aurorahealthcare.org/services/behavioral-health-addiction>

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

262-763-7766

Behavioral Health Services of Racine County

1717 Taylor Ave, Racine WI 53403

<https://www.racinecounty.com/departments/human-services/aging-disability-services/behavioral-health-services-of-racine-county/mental-health-and-substance-abuse-services>

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.

262-638-6744

CleanSlate Outpatient Addiction Medicine

5439 Durand Ave, Ste 103

Racine WI, 53406

<https://www.cleanslatecenters.com/racine-wisconsin>

Opioid and alcohol dependency treatment. Medication assisted treatment. No counseling.

262-833-9320

One Step Forward - Resource Directory

Credence Therapy Associates

262-723-3424

1 ½ W Geneva St, Elkhorn, WI 53121

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

Confidential, professional treatment services specialized to meet the needs of the client.

Family Services of Racine

262-634-2391

420 7th 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

414-269-5252

835 Wisconsin Ave, Racine 53403

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

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

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.

Narcotics Anonymous (NA)- Wisconsin Region

866-635-2254

<https://wisconsinna.org/>

A 12-step program for addicts.

NAR-Anon

800-477-6291

<https://www.naranonmidwest.org/> For family and friends of addicts.

Racine Comprehensive Treatment Center

844-775-9577

5735 Durand Ave, Ste A

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

<https://www.racinecounty.com/departments/human-services/aging-disability-services/behavioral-health-services-of-racine-county/mental-health-and-substance-abuse-services>

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.

One Step Forward - Resource Directory

Inpatient/Residential Service

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

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.

Nova Counseling Services

800-298-8170

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

Residential program in Oshkosh Wisconsin.

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.

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.

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

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.

United Community Center –

414-643-8530

Substance Use Disorder Programs

<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.

One Step Forward - 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

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

www.theantidrug.com

www.laantidroga.com (Spanish version)

Mental Health Social Day Program:

Friendship Clubhouse

262-636-9393

2000 17th St, Racine, WI 53403

<https://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

<https://www.hospitality-center.org/>

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

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.***

Advanced Solutions Counseling and Therapy 262-342-4357

441 Milwaukee Ave, Ste 1F, Burlington, WI 53105

<https://advanced-solutions-counselingtria-braun.business.site/>

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

<https://healthcare.ascension.org/specialty-care/behavioral-mental-health>

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

116 N Dodge St, Burlington, WI 53105

<https://www.aurorahealthcare.org/services/behavioral-health-addiction>

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://www.racinecounty.com/departments/human-services/aging-disability-services/behavioral-health-services-of-racine-county/mental-health-and-substance-abuse-services>

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.

Balance of Mind 262-939-2955

Counseling and Behavioral Services LLC

4330 Conifer Ct, Union Grove, WI 53182

<http://balanceofmindwi.com/index.html>

Treatment of anxiety disorders through CBT, DBT and Art Therapy. All Ages.

Catholic Charities 262-637-8888

800 Wisconsin Ave, Racine, WI 53403

<https://www.ccmke.org/Behavioral-Health>

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.

One Step Forward - Resource Directory

Clinical Psychology Associates

262-763-9191

345 Milwaukee Ave, Burlington, WI 53105

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

Multi-specialty outpatient mental health clinic.

Credence Therapy Associates

262-723-3424

1 ½ W Geneva St, Elkhorn, WI 53121

<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 5th St, Racine, WI 53403

<https://derosefamilycounseling.com/>

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

Family Services of Racine

262-634-2391

420 7th 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 6th St, Racine, WI 53403

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

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.

Horizon Healthcare

414-269-5252

835 Wisconsin Ave, Racine 53403

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

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

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.

One Step Forward - Resource Directory

Oakwood Clinical Associates

262-652-9830

24804 75th 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.

Pathways Consulting

Racine **262-456-4056**

Burlington **262-652-7222**

<http://pathwaysconsultingllc.com/>

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.

Poe & Poe Psychologists

262-763-7249

Burlington – N6404 E Paradise Rd

262-637-8488

Racine – 5200 Washington Ave, Ste 203

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

Treatment for children and adolescents. 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

<https://www.racinecounty.com/departments/human-services/aging-disability-services/behavioral-health-services-of-racine-county/mental-health-and-substance-abuse-services>

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.

One Step Forward - Resource Directory

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.

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.

Other Resources

Substance Abuse and Mental Health Services

800-789-2647

Administration (SAMHSA) - National Mental Health

866-889-2647 (TDD)

Information Center

<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.

Racine County Family Resources

<https://racine.wi.networkofcare.org/family/> Find local providers.

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.wrcracinewi.com/>

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

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>

MHA-Wisconsin: <http://www.mhawisconsin.org/>

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.

One Step Forward - 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 are 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

Blah Therapy – www.blahtherapy.com

Talkspace – www.talkspace.com

Better Help - <https://www.betterhelp.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

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.

Medicine Assistance Tool
<https://medicineassistancetool.org/>

888-477-2669

Former - 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.

One Step Forward - Resource Directory

Needy Meds

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

PO Box 219, Gloucester, MA 01931

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.

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/>

<https://mhanational.org/how-can-i-get-help-paying-my-prescriptions>

MHA-Wisconsin: <http://www.mhawisconsin.org/>

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.

My County Cares - Racine County

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

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 West End Express

262-764-0377

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. Call for more information.

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, or have a visual impairment.

Peace Love & Happiness Personal Transportation

608-359-9526

Tietel's Transport

262-206-7043

These two van services work together to provide medical or non-medical appointments for Burlington and Waterford area residents. There are set fees for various locations; call for pricing to Waterford, Racine, Mitchell Airport, Madison, and O'Hare Airport. Person must be ambulatory. Can transport standard wheelchairs, no scooters, or electric wheelchairs. Will go within 100-mile radius of Burlington for base rate plus mileage. Best to call well in advance for longer distances. Available 24/7 and is a Safe Ride provider for Racine Kenosha, and Walworth Counties. Call either number for specific pricing.

One Step Forward - 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.

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.

NMotion Medical Transportation Inc

608-473-1477

<https://nmotionmt.com/>

Non-emergency van transport will take ambulatory, wheelchair or stretcher. Will go across counties or into nearby states. For those who are having difficulty arranging other transportation. Base rate plus mileage. Call for pricing and further information.

Out and About

262-716-4859

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

Tootl

414-376-2222

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

Wheelchair and other transportation 24/7. Check website or call for 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 RYDE Racine. 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 Ktown. 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 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 RYDE Racine system. Monday - Friday 6:00am - 6:00pm. 48-hour notice required for all rides. Cost: \$4 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.

Cruzin Taxi

262-948-9302

<https://cruzintransportation.com/>

Burlington and western portions of the County - airport and train station taxi services.

Racine Taxi

262-619-1144

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

1509 Rapids Dr, Racine, WI 53404

24-hour taxi service available.

One Step Forward - 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/dsblld-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. Contact them for specific route and time information <https://cityofracine.org/RydeRacine/> 262-637-9000. 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.

One Step Forward - 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 the RYDE Racine System. Contact them for routes and schedules.

<https://cityofracine.org/RydeRacine/> 262-637-9000. Coach USA Airport Express tickets can be purchased from the bus driver or a local travel agent.

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.

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.

Wisconsin Coach Lines

262-542-8861

<https://www.coachusa.com/bus-schedules>

877-324-7767

WCL provides intercity bus service between Kenosha, Racine, and Milwaukee every day. On weekdays, there are multiple trips in each direction, and on Saturdays, Sundays, and certain holidays there are less 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, see the website or call Wisconsin Coach Lines information at **262-542-8861**.

One Step Forward - 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://www.racinecounty.com/departments/human-services/economic-support-services>

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 Assistance Program (WHEAP)

1717 Taylor Ave, Racine, WI 53403

<https://www.racinecounty.com/departments/human-services/economic-support-services/energy-utility-assistance> or **apply online** at: <https://energybenefit.wi.gov/>

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

262-633-6000

One Step Forward - Resource Directory

Lifeline - Wisconsin Internet and Phone Helpline 608-267-3595

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

For Broadband information see: <https://psc.wi.gov/Pages/Home.aspx>

Lifeline is a Wisconsin Universal Service Fund programs that make essential telecommunications more affordable for low-income households. All telephone companies that provide local residential service in Wisconsin are required to offer this program to their residential customers. Lifeline reduces monthly telephone charges (either landline or cellular/wireless)

Customers can apply for Lifeline for their landline through their local telephone provider. **You can receive Lifeline discounts on only one telephone number – either wireless or wireline but not both – per household.** Information, an order form, and a listing of participating providers and their telephone numbers are provided on the website listed above. You can also use the National Verifier tool found at:

<https://nationalverifier.servicenowservices.com/lifeline>

Other Help

Giving to the Nations 262-633-8680

4003 Durand Ave, Ste 5A, Racine 53405

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

Provides supplemental healthy food and basic hygiene products, various free education classes, and diverse community outreach.

Here to Help 262-638-6400

HereToHelp@racinecounty.com

<https://www.racinecounty.com/departments/human-services/here-to-help>

The focus of Here to Help has been to prevent people in Racine County from falling into homelessness.

Love Inc 262-763-6226

480 S Pine St, Burlington, WI 53105

<https://www.love-inc.net/>

Serves Western Racine County with various assistance programs.

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

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

262-638-7200

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.

<https://www.racinecounty.com/departments/workforce-solutions>

1717 Taylor Ave
Racine, WI 53403

Burlington Office
1072 Milwaukee Ave
Burlington, WI 53105

262-767-2922

One Step Forward - Resource Directory

INDEX – One Step Forward Resource Directory

Business/Agency/Service Name (Bold Items are Category Headings)	Page
A	
#1 Transportation	17
A-1 Safe Cab	18
Addiction Resource Center	9
Adult Protective Services	2
Agape Recovery Center	6
Aging and Disability Resource Center of Racine County	2,21
AIDS Hotline	2
Al-Anon of Southeastern WI	6
Alcoholics Anonymous	6
All Nation Pentecostal	3
Amtrak	19
Angie Pio – Oxford House	5
Apps and Websites	13-14
Ascension All Saints Mental Health & Addiction Care	7,10
Ascension -Community Care Program	4
Aurora Behavioral Health	6,10
Aurora- Helping Hand Patient Assistance Program	4
Ayers – Oxford House	5
B-C	
Balance of Mind Counseling and Behavioral Services	10
Behavioral Health Services of Racine County	6,10
Benefit Assistance (Other)	21
Benefit Specialist Program	21
Buchanan House	5
Burlington West End Express	16
Caribe Transportation	17
Catholic Charities	10
Central Racine Co Health Dept	3
Children's Service Society	10
Clean Slate Outpatient Addiction Medicine	7
Clinical Psychology Associates	11
Coach USA Airport Express	20
Community Action	21
Community Resources 211	2
Credence Therapy Associates	7,11
D-E	
DART	18
DeRose Family Counseling	11
Disabled Parking ID Card	19

Division of Vocational Rehabilitation (DVR)	22
Domestic Violence Hotline	2
Emergency Food	3
Emergency Shelter	5
Employment Resources	2
Energy Assistance program	21
Erickson Ambulance	19
F-G	
Family Services of Racine	7,11
Family Wize -RX Discount Card	15
First United Methodist Church (Meal)	
Food-Racine Meal Sites	3
FoodShare (Food Stamps)	3
Friendship Clubhouse	9
Froedtert/MCW Patient Assistance Programs	4
Greyhound	20
H-K	
HALO (Homeless Assistance Leadership Org)	5
Health Departments	3
Health- General Medical Care	3-5
Healthcare.gov	4,14
Health Care Network	4
Helping Hands Transport	17
Hopes Center	11
Horizon Healthcare	7,11
Hospitality Center @ St Luke's Episcopal Church	9
Human Trafficking Hotline	2
Jerry C – Oxford House	5
Joe Prott – Oxford House	5
Kenosha Community Health	4
Ktown Transportation	18
L	
Lakeside Family Therapy Services	7,11
Lakeview Critical Care EMS	19
Lakeside – Oxford House	5
Lifeline and Broadband Programs	21
LJH Ambulance	19
Love Inc	3
M-N	
Medicine Assistance Tool	14
Med Advocates	14
Medical Expense Assistance	4
Medix	17,19
Mental Health Care and Counseling	10 - 13

INDEX – One Step Forward Resource Directory

Mental Health America / WI	5,13,15
Business/Agency/Service Name (Bold Items are Category Headings)	Page
Mental Health Social Day Program	9
Metra	20
MTM	17
Mt Zion House	9
My County Cares	15
MyRide	16
NAMI	11
NA- Narcotics Anonymous	7
NAR-Anon	7
Needy Meds	15
NMotion Medical Transportation	17
Nova Counseling Services	8
NuLife Therapy Services LLC	11
O-P	
Oakwood Clinical Associates	12
Our Savior Lutheran Church (meal)	3
Out and About Transportation	17
Oxford Houses	5
Paratech Ambulance	19
Parent Hotline	2
Pathways Consulting	12
Poe & Poe Psychologists	12
Poison Control	2
Portis Marriage and Children Counseling Clinic	12
Prescription Drug Patient Assistance Programs	14
Professional Services Group	12
Psychiatric Services of Racine	12
Q-R	
Racine Comprehensive Treatment Center	7
Racine County Crisis Services	2,7,12
Racine County Family Resources	13
Racine County Workforce Solutions	22
Racine Health Department	3
Racine Taxi	18
Racine/Kenosha Community Action	21
Rogers Memorial Hospital	8
Roots Recovery Sober Living Program	8
Rondi Rork, Phd	12
Rosecrance	8
RX Outreach	15
RYDE – Racine Transit	16

S	
Salvation Army	8,22
Sexual Assault Line	2
Shorehaven Behavioral Health	12
Sober Living Resources	5-6
Social Security Administration	21
St Luke's Episcopal Church (Meal)	3
St Patrick's Catholic Church (Meal)	3
St Vincent DePaul	3,22
Substance Abuse Counseling and Treatment	6-9
Substance Abuse and Mental Health Service Admin (SAMHSA) Information Center	9,13
Suicide Crisis Line	2
Swift Care	4
T-V	
Taxi	18
Teen Challenge of Wisconsin	8
The Therapy House	13
Tietel's Transport	16
Tootl Transportation	17
Transitional Living Center Burlington	5
Transportation	16-19
Travel	19
United Community Center	8
Utility Assistance	21
Veteran's Crisis Line	2,13
Veteran's Issues Resource Center (Center for)	5
Veteran's Outreach Wisconsin	5
W-Z	
Who to Call in Racine County	2
Wisconsin Addiction Recovery Helpline	9
Wisconsin Coach Lines	20
Wisconsin Prescription Drug Resources	15
Wisconsin Tobacco Quit Line	9
WKRP	21
Women's Resource Center	2,5,13
Youth Crisis Hotline	2
Zoe Outreach Ministries	3
To provide updates:	
Contact the Aging and Disability Resource Center of Racine County	
262-833-8777	
Vol 10 Apr 2021	