JEFFERSON COUNTY NEBRASKA RESOURCE GUIDE



A Collection of Community Resources for Providers and Families in Jefferson County, Nebraska

*Please Note: This resource is not meant to advertise or promote any specific organization or business. Its purpose is to act as a helpful tool for providers and families in the community that are seeking services.

**Please send updated information for resources and/or new providers to Peggy Galloway, Director, Jefferson County Diversion & Pretrial Services at <u>diversionservices@jeffersoncountyne.gov</u> or call 402.587.5459

This resource guide was developed with the intent to increase family protective factors.

Protective Factors are conditions that when present in a community and in families, will increase health and family wellbeing. These include:

- 4 Concrete Support
- Parental Resilience
- Nurturing and Attachment
- Social Connections
- ♣ Knowledge of Parenting and Child Development
- 4 Social and Emotional Competence of Children and Adults

We engage and empower our community organizations with the information necessary to change people's lives. We hope to improve the wellbeing for all men, women and children through education, support and resources.



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FOOD

Food Pantries & Meal Programs Blue Valley Community Action 620 5th St, Fairbury, NE 68352 (402) 729-2278



Commodity Supplemental Food Program (for seniors 60 years of age and older).

Local Food Pantry (separate from Commodities) 402-729-5568 Monday-Thursday 10 am to 3 pm. This is at BVCA-624 5th Street, Fairbury.

Lincoln Food Bank Location: 56885 PWF Rd, Fairbury, NE 68352 (Jefferson County Fairgrounds) Schedule: <u>https://www.lincolnfoodbank.org/get-food/food-distribution-schedule/</u>

Nutrition Assistance

SNAP/Emergency Assistance (DHHS) Services: EBT Card for Food or Water

DHHS Economic Assistance programs promote wellbeing and provide support to achieve self-sufficiency of families, children, individuals, elderly and persons with disabilities by providing medical, nutritional and financial services. To apply for any Economic Assistance programs:

Printable paper applications found online at <u>www.ACCESSNebraska.ne.gov</u> Electronic applications available at <u>www.ACCESSNebraska.ne.gov</u>

Call to request a paper application via mail or pick one up at any local DHHS office. Jefferson County's office is located in the lower level of the Jefferson County Courthouse. 411 4th Street, Fairbury, NE 68352. (402) 729-6168.

Call Customer Service Center at 1-800-383-4278 to complete an application by phone, update information, report changes, complete reviews and get case status information.

WIC (Women, Infants and Children) Fairbury Methodist Church, 605 E St. Fairbury, NE 68352 Clinic Phone: <u>402-335-2988</u>

HOUSING

Emergency Shelter Hope Crisis Center (Domestic Violence/Sexual Assault) 515 4th St, Fairbury, NE 68352 (402) 729-2570 (Office) 24-Hour Hot Line Support 1-877-388-HOPE (4673)



Hope Crisis Center proudly provides advocacy, education, and confidential emergency services to survivors of domestic violence and sexual assault throughout Fillmore, Gage, Jefferson, Saline, Seward, Thayer, and York Counties. It is our mission to unconditionally support and serve the diverse needs of survivors as they navigate the challenges associated with domestic violence, sexual assault, stalking, trafficking, and other forms of abuse. We are committed to assisting and holding space for them as they re-discover their power and move forward in their lives. We also strive to inspire our communities to action and social change, thereby eliminating the conditions that allowed violence to thrive in the first place.

Blue Valley Community Action

624 5th Street Fairbury, NE 402-729-5568 Limited, short-term motel-based shelter available based on funding availability. Services are for individuals and families who are considered to be literally homeless. Motel shelter is offered in conjunction with direct, intensive case management and other wrap around services while household seeks appropriate housing and/or homeless programs.

Non-Emergency Housing/Income Based Housing

Fairbury Housing Authority (Parkview Apartments)	
105 W 5th St, Fairbury, NE 68352	(402) 729-3451

Blue Valley Community Action (Valley Heights I Apartments)

620 5th St, Fairbury, NE 68352	(402) 729-2278	
Rental Housing		
Fairbury 23 Apartments		
720 J St., Fairbury, NE 68352	(402) 729-3948	
DM Management Apartments		
1011 K St., Fairbury, NE 68352	(402) 200-9123	
Cody Moyer Realty		
506 E Street, Suite 4 Fairbury, NE 68352 (402) 300-0778		
Crestwood Apartments		
815 17th St #205, Fairbury, NE 68352		

Fairbury Gardens Apartments (Independent Living for Seniors)2001 I St., Fairbury, NE 68352(402) 729-3251

Jefferson Estates (Affordable Maintenance-Free Living for Seniors 55+)24th St. & H St, Fairbury, NE 68352(402) 434-3344

FINANCIAL ASSISTANCE

One Time Needs Revolving Loan Program

Blue Valley Community Action

624 5th St, Fairbury, NE 68352 (402) 729-2278 ext. 106

https://www.bvca.net/service/one-time-needs-program

This is program offers a low-interest, revolving loan for households that need financial assistance for unexpected large expenses such as emergency home repair, vehicle repairs, and/or employment-related expenses. Typical financial assistance is under \$2,000. Applicants receiving revolving loan assistance will be required to participate in financial literacy courses in addition to repayment of the loan within an agreed designated timeframe.

Rent/Utility Assistance

Blue Valley Community Action 624 5th St, Fairbury, NE 68352 (402) 729-5568

Nebraska Department of Health and Human Services-Economic Assistance Customer Service (800) 383-4278

Nebraska Department of Health and Human Services, Jefferson County Office 411 4th St, Fairbury, NE 68352 (Lower level of Courthouse) (402) 729-6168

Benefits Assistance

DHHS Economic Assistance (SNAP, LIHEAP, Childcare, grandparent assistance)

<u>www.accessnebraska.ne.gov</u>; ACCESS Nebraska Customer Service Center Economic Assistance (800) 383-4178; Access Nebraska Customer Service Center Medicaid (855) 632-7633. Apply and submit required documents, update information and report changes in the household, complete renewals and reviews and view current benefits.

Nebraska Department of Health and Human Services, Jefferson County Office

411 4th St, Fairbury, NE 68352 (Lower level of Courthouse) (402) 729-6168

Mental Health Prescription Assistance

Lincoln Regional Center, Financial Responsibility Office 801 West Prospector Place, Lincoln, NE 68522 (402) 479-5421 Eligibility:



2. The person must be in active recovery.

3. The person must be able to show a lack of Medicaid/Medicare or other health insurance. Medications must be on the list of available medications. A maximum of a 30-day supply will be allowed for any medications. Prescriptions are limited to a maximum of 5 refills, with exceptions made for



Clozapine. Prescriptions are valid for six months on controlled substances and one year on all others. Please Note: Generic Substitution is utilized unless the product is not commercially available as a generic.

Nebraska Rx Card

(402) 909-1128

www.nebraskarxcard.com

Nebraska Rx Card is the statewide free prescription assistance program available to all residents of Nebraska. The program was launched June 30, 2009, to help uninsured and underinsured Nebraskans afford prescription medication. Residents with insurance can also use the program to discount non-covered medications. Nebraska Rx Card provides savings as high as 80% on some medications. The program is completely confidential, and all cards are pre-activated and do not expire. The program is accepted at Hy-Vee, CVS/pharmacy, Shopko, Target, Walmart and Walgreens along with 68,000 other participating pharmacies nationwide. The Program is not insurance.

Rx Assist

Email: <u>info@rxassit.org</u> www.rxassist.org

EARLY CHILDHOOD ASSISTANCE

Step Ahead Preschool Fairbury Public Schools 808 F Street, Fairbury, NE 68352 (402) 729-2418 https://www.fairburyjeffs.org/schools/special-programs/step-ahead



Head Start

Blue Valley Community Action620 5th St, Fairbury, NE 68352 (402) 729-2278

Head Start, located at Kids Connection Daycare in Fairbury, provides free comprehensive early childhood education services in a classroom setting while engaging families. Head Start is a nationally renowned child development program for preschool children ages 3-5, which stresses parent involvement, education, social services and health. To participate in the Early Head Start Program, you must be income-eligible, be expecting or have a child under the age of three.

Nebraska Department of Education Early ChildhoodAmy Bunnell, Special Education Specialist(402) 580-9730

Nebraska Early Development Network

Department of Health and Human Services Jessica Anthony, Program Coordinator (402) 471-8133

The Early Development Network (EDN) serves children from birth to age three and their families. A child is eligible for services if he or she is not developing typically or has been diagnosed with a health

Jefferson County Nebraska Community Resources

condition that will affect his or her development. A referral may be made by anyone concerned about the child's development (i.e., a family member, childcare provider, physician, social worker, or other service provider). The call will go to a Services Coordinator who will contact the family within seven days to determine if they are interested in Early Development Network services.

PHYSICAL HEALTH

Jefferson Community Health & Life (includes Emergency Services & JCH&L Clinic)

2200 H St, Fairbury, NE 68352 (402) 729-3351

Services:

- Diagnosis and treatment of the health needs of all ages
- Preventative care and physical exams, including <u>Welcome to Medicare preventative</u> <u>visits</u>, <u>Medicare Annual Wellness visits</u>, our own special <u>Women's Health Day</u> experience and our <u>Men's Health</u>
- Well infant and child care
- Geriatric care
- Administrative health care evaluations: DOT, Basic Med Recreational Pilot exams
- Acute medical condition treatment (tonsillitis, urinary tract infection, upper respiratory infection, skin infection, etc.)
- Chronic medical condition (diabetes, heart disease, COPD, arthritis, etc.) treatment and education
- Illness prevention and education
- Minor surgeries and procedures (vasectomy, lesion removal, minor wound repair)
- Cryo Therapy
- Diagnosis and treatment of skin conditions
- Diagnosis and treatment of bone and joint concerns
- Pregnancy tests
- Laboratory services
- Radiology services
- Therapeutic neurotoxin injections
- Immunization (Flu, TDAP, DT, Pneumonia, COVID)
- Virtual Visits

Specialty Clinics Areas of Treatment include:

- Audiology
- Cardiac and Pulmonary rehab
- Cardiology
- Chemotherapy
- Diabetes Self-management and Education
- Diabetes (telemedicine)
- Dermatology
- E-Mental Health (telemedicine)
- General surgery

- Immunizations
- Nephrology (telemedicine)
- Obstetrics/Gynecology
- Oncology
- Ophthalmology
- Orthopedics
- Otolaryngology
- Outpatient services
- Podiatry
- Sleep studies
- Urology
- Vascular Surgery
- Wound care

Jefferson Community Health & Life Burkley Fitness Center

2200 H St, Fairbury, NE 68352 (402) 729-6139

The Jefferson Community Health & Life Burkley Fitness Center, which opened in 1996, offers a full range of fitness facilities and classes. The fitness center is open to the public on a membership or daily fee basis. The Fit for Life newsletter is published monthly by the fitness center and mailed to members.

Public Health Solutions

830 E 1st St., Suite 300, Crete, NE 68333 (Services available to Jefferson County area) (402) 826-3880

Healthy Community Alliance

The goal of the Healthy Community Alliance is to provide healthcare services for uninsured/underinsured community members with chronic illness in an effort to decrease barriers to care, promote the use of primary and preventative care, and maintain a better community. Clients must be referred by medical offices or through a PHS screening event and must meet certain criteria to be considered as a patient of this clinic.

Dental Day

Annually, the first Friday in February UNMC holds a Dental Day for our youth across Nebraska. Public Health Solutions has partnered with UNMC to make sure youth that need dental check-ups, can get services the need for their health and wellbeing. UNMC's yearly Dental Day provides an opportunity for uninsured and underinsured children to get free dental work. PHS is committed to helping children access this free service, Dental Day, by providing the necessary screening and limited transportation services for children from our area. PHS takes part in Dental Day to ensure children receive care they may not receive otherwise. Dental Day targets those that are uninsured or underinsured. However, those children with Medicaid are also able to attend if they have difficulty finding a dentist who works locally.

Tai Chi: Moving for Better Balance and Mindfulness

Tai Chi is a graceful form of exercise that involves a series of movements, known as forms that are performed in a slow, focused manner combined with controlled breathing. It is a low impact exercise that puts minimal stress on muscles and joints-making it suitable for an age. It doesn't require special equipment and can be practice indoors or outdoors, either alone or in a group.

Healthy Families America

Our goal in our daily work is to promote child wellbeing, strengthen families, and engage communities with free home visiting services that are proven to make a difference in the lives of children and families.

Emergency Preparedness

The Emergency Preparedness Program coordinates planning and program development through local, state and federal offices to protect the health and safety of the citizens and visitors in the Public Health Solutions District Health Department five-county service area. The program endeavors to educate the public at-large about the importance of preparedness. The Emergency Response Coordinator works with many community groups such as police, fire and rescue, emergency managers, elected officials, hospitals, and schools to protect the health of our citizens. Because response to emergencies requires more than just our department's preparation, we work together, across all five counties, to prepare and carry out disaster plans to protect our service area and to test those plans through simulated drills.

THRIVE - Empowering individuals to cultivate strong, healthy lifestyles.

Public Health Solutions has developed THRIVE, our new clinic, case management and wellness program model designed to enrich lives by focusing on a whole-health approach to care. Our team will assess your current health and wellness status, develop individualized, unique treatment plans, connect you with resources both in-house and locally, and monitor and measure progress to ensure your successes are celebrated on your journey.

Dental Health

Fairbury Dental Associates Jason M. Grant, D.D.S. 416 4th St., Fairbury, NE 68352 (402) 729-6177

Fairbury Smile Designs

Dr. Janna Spahr and Dr. Jeff Spahr 501 7th St., Fairbury, NE 68352 (402) 729-6277

University of Nebraska Medical Center, College of Dentistry

40th & Holdrege, Lincoln, NE 68583 (402) 472-1333 (Adults) (402) 472-1305 (Children) Mid-August to Mid-May: Office hours: Monday – Friday 8am to 5pm Summer hours: Monday – Friday 7:30 – 4:30 pm Sliding fee & Medicaid



Traumatic Brain Injury

Brain Injury Association of Nebraska

Peggy Reisher, MSW | Executive Director 402-423-2463 or 844-423-2463 <u>www.biane.org</u> Email: peggy@biane.org PO Box 22147, Lincoln, NE 68542

Understanding Brain Injury and How BIA-NE Can Help

A brain injury is damage to the brain that happens after birth and is not related to genetics or a degenerative condition. It can be caused by external trauma—like a fall or blow to the head—or by internal factors such as lack of oxygen or certain illnesses. Traumatic Brain Injuries (TBIs), including concussions and abusive head trauma, are specifically caused by physical impacts that disrupt normal brain function. At the Brain Injury Association of Nebraska (BIA-NE), we know that life after a brain injury can be overwhelming. Major causes of brain injury include:

- Bump, Blow, or Hit to the Head
- Stroke
- Falls
- Physical Assaults
- Motor Vehicle Accident
- Brain Tumor
- Anoxia
- Aneurism
- Abusive Head Trauma

Our Resource Facilitators are here to help individuals and families navigate the path forward by providing:

- Education about brain injury and recovery
- Help finding brain injury-informed providers
- Guidance through service systems and benefits
- Referrals to local and statewide resources
- Connections to support groups and peer networks

We're here to make sure you don't have to face this journey alone.

ADULT AND CHILDREN SERVICES

MENTAL / BEHAVIORAL HEALTH / SUBSTANCE ABUSE

Knowledge of Child Development and Behaviors, Nurturing and Attachment Social and Emotional Competence of Children, Parental Resilience

Behavioral Health Definitions for Mental Health and Substance Abuse Treatment:

Nebraska's Licensed Mental Health Providers

Therapy: A general term that refers to non-medical treatment for psychological issues. In psychotherapy, the patient and therapist discuss the patient's symptoms, thoughts, behaviors, wishes, and emotions

with the goal of clarifying and reducing psychological problems. A Counselor or Therapist is a general term referring to a person who provides therapy. Anyone can call himself or herself a counselor or therapist, so be sure to ask about training, experience, and licensure if a potential therapist is using this title.

When you are searching for a mental Health Provider, it can be easy to get confused by the many types of Therapists. Here are some of the most common types of Therapists and Mental Health Providers, and a brief description of their training.

Psychiatrist (MD)

A psychiatrist is a medical doctor (MD) with specialty training in the treatment of psychiatric disorders. A psychiatrist has a state license to practice medicine and can conduct assessments and provide treatment (both medications and psychotherapy) for psychological disorders. Due to a high demand for their services, many psychiatrists now focus on medication management, and provide referrals for therapy or other mental health services (although this is not always the case, so you should ask your psychiatrist how his/her practice works).

Advanced Practice Nurse (APRN) and Physician Assistant (PA)

APRN's and PA's may be found associated with Psychiatrists. They each assist the Psychiatrist in diagnosing, treating, and prescribing for mental health disorders.

- An Advanced Practice Registered Nurse (APRN) is a nurse who has a master's, post-masters or doctoral degree in a nursing specialty and can generally practice medicine without the supervision of a physician. APRNs help meet the demand for primary and specialty healthcare practitioners, especially in rural and other areas underserved by physicians. They may prescribe medications.
- A Physician's Assistant is a healthcare professional who is licensed to practice medicine as part of a team with physicians and other providers. PAs are concerned with preventing and treating human illness and injury by providing a broad range of health care services under the supervision of a physician or surgeon. They conduct physical exams, diagnose, and treat illnesses, order and interpret tests, develop treatment plans, perform procedures, prescribe medications, and counsel on preventive health care.

Psychologist (Ph.D., Psy.D)

A psychologist is any person with a doctoral degree (PhD. or PsyD.) in psychology. Not all psychologists, however, have been trained or licensed to provide mental health treatment.

- Clinical and Counseling Psychologists (PhD., PsyD) have special training in mental health treatment. Psychologists in these specialties have extensive training conducting psychological assessments and providing psychotherapy. A psychologist must have a Nebraska license to provide treatment. Psychologists cannot prescribe medications in the state of Nebraska.
- School Psychologist: School psychologists actually have somewhat different training backgrounds than other master's degrees and must be licensed or certified to provide services by the state. School psychologists provide a range of services, including consulting with parents, teachers, and the school system about mental health and behavioral issues, providing

psychological counseling, developing school-wide programs related to mental health and behavioral issues, and assessing academic skills.

- Licensed Mental Health Counselor (PLMHP, LMHP, LIMHP)
 Licensed Counselors and Therapists in Nebraska are required to complete a master's degree education, post degree supervised clinical experience, and passage of the National Counselor Examination or an equivalent exam recognized by the State of Nebraska. All licensed Mental Health Counselors and Therapists may conduct assessments and provide therapy.
- A Provisional Licensed Mental Health Professional (PLMHP) is a recent graduate who is licensed to practice under the direct supervision of a Psychiatrist, Psychologist or Licensed Independent Mental Health Practioner (LIMHP) for their first 3,000 practice hours.
- A Licensed Mental Health professional has completed 3,000 supervised hours and is required to practice under the supervision of a Psychiatrist, Psychologist or LIMHP.
- Licensed Independent Mental Health Professionals (LIMHP) have acquired over 6,000 hours of supervised experience and may practice without supervision.

All LMPH/LIMPH's can accept insurance for treatment services, including Medicaid. LMHP/LIMHP's cannot prescribe medicine.

School Counselors: Professional School Counselors are certified educators with a minimum of a master's degree in school counseling, making them uniquely qualified to address all students' academic, career and personal/social development needs that promote and enhance student success. Professional school counselors are employed in elementary, middle/junior high and high schools.

Mental/Behavioral Health Providers in the area:

Crisis Line - 988

For individuals in crisis, their family member, or even a bystander will be able to immediately reach a trained crisis counselor who can provide phone-based triage, support, and local resources. If needed, the counselor can activate a mobile crisis team to deescalate; provide brief therapeutic interventions, and refer for services. The 988 line routes callers to live counselors at Boystown in Omaha who are trained, who will listen, understand your problems, provide support and connect individuals to resources if necessary. This is staffed 24/7/365.

Blue Valley Behavioral Health

521 'E' Street, Fairbury, NE 68352 (402) 729-2272 Open Tuesday & Wednesday Blue Valley Behavioral Health Hotline: 1-877-409-6600

Services offered: Out-Patient Services include: Individual Therapy; Substance Abuse Counseling; Family/Marital Therapy; Co-occurring/Dual Diagnosis Counseling; Intensive Outpatient Program (IOP); Group Therapy (Anger, Depression, etc.); Psychological Evaluations; Substance Abuse Education Groups; Psychiatric Evaluations; Intensive Youth Treatment Services; Medication Management; Youth Assistance Program; Substance Abuse Assessments/Evaluations

Emergency Services

BVBH provides after-hours emergency services for all residents in our sixteen-county area. Individuals may contact the emergency phone number to access on-call staff. Initial intervention and risk status will be completed over the phone. If further involvement is necessary, BVBH staff will contact a TASC Crisis Response Counselor to further address the needs of the individual. The after-hours emergency number is 1-877-409-6600.

Problem Gambling is definitely not a new area that we're experiencing; however, it is one that is expanding and impacting a greater number of people (typically from teens to adults). Due to the expansion of the various forms of gambling in Nebraska, it has created a new outlet for many who look to gambling for escape and relief from daily stress. Problem gambling (like substance abuse) typically starts off slow and in milder forms, but then over a period of time begins to consume people's emotional, financial, and relationship wellbeing. Help is available, and it begins with a Gambling Assessment to determine the extent and impact of the problem. Based on your assessment, you and your counselor will be able to determine the right course of individualized treatment, either in person or via telehealth and start working towards recovery. To schedule a Gambling Assessment and start treatment, contact Eric Thomalla at (402) 443-4414 or (402) 367-4216.

Community Support

Community Support is an adult program (19 and older) that offers case management services to individuals who have a severe and persistent mental illness (Major Depression, Bipolar Disorder, Schizoaffective Disorder or Schizophrenia). The purpose of the program is to assist individuals to improve their daily functioning within their residence and community environment. Goals may include helping individuals maximize their independent living, increase daily living skills and social involvement and decreasing frequency and duration of psychiatric (re) hospitalization. Interventions focus on activities of daily living, education, budgeting, medication compliance, relapse prevention and social skills. Individuals may be involved in the Outpatient Mental Health and Medication Management programs in conjunction with Community Support. Contact with individuals may occur weekly up to monthly depending on their Treatment Plan. Services are typically provided in the individual's home and social environment. All of BVBH's offices provide Community Support services.

Whispering Acres High Hopes Equine Assisted Learning (and much more!)

71765 581st. Ave., Jansen, NE 68377 (402) 520-0922 <u>https://www.whisperingacres.org/</u> Services offered:

- Equine Assisted Learning: A program for children and adults across the Southeastern Nebraska and Northern Kansas area that face a variety of challenges in their lives ranging from PTSD, Autism, ADHD, Schizophrenia, Anxiety, Depression, and many more mental health challenges that affect the quality of life for these individuals on a daily basis;
- WRAP (Wellness Recovery Action Plan) Five Key Concepts to Guide Your Path to Wellness! WRAP offers self-reflections and questions based on the five key concepts: hope, personal responsibility, self-advocacy, education, and support;

- **Dream Weavers**: Peer support group for youth to connect and discuss current issues such as anxiety, depression, suicide loss, suicidal ideations, bullying, acceptance, and any other topics that might come up;
- Women's Connections Workshop: A place for women to connect, empower and inspire each other;
- **Camp GRIT**: A place for youth to Grow into a Resilient, Independent, Tenacious young adult;
- **Take the Reins**: This program offers individual and group services for children and teens. This equine program focus' on positive youth development and helps develop new life skills for the youth to carry with them and learn to deal with whatever challenge faces them;
- **Reins for Resiliency:** For kids in the Adoptive and/or foster care system. This program is designed to improve the physical, emotional, and psychological well-being of youth by offering EAL.
- Horses for Hope: An adult program to help them connect with their emotions as well as build essential core skills;
- Horses for Honor: This program is for Veterans, Active Military, Guard or Reservists. This program is a gentle introduction into EAL, with opportunities for participants to ground themselves, help each other and learn about communication and self-regulation;
- **Hippotherapy/Adaptive Riding program**. Adaptive riding are therapeutic horseback riding opportunities offered to children and adults who have disabilities, while promoting physical, mental and emotional well-being;
- **Summer Transition Program:** A program to provide students, ages 14-21, with any disability a work-based learning experience;
- **Reading Program:** Students experience reading with their entire mind, body, and emotions by creating metaphors for the skills involved in reading. Students interact with horses from the ground and learn five critical reading skills phonemic awareness, decoding, vocabulary, fluency, and comprehension;
- **Summer camps:** Target different ages of kids from 4 to 16 years old to allow kids to come to the quiet place in the country where kids can just be kids for a day or even participate in an overnight camp.

Public Health Solutions

830 E. 1st St., Ste. 300, Crete, NE 68333 (Services available to Jefferson County area) (402) 826-3880 Satellite Offices in Beatrice (516 Court St.) and Geneva (1320 G Street).

Services include: Mental Health First Aid & Question, Persuade, Refer (QPR) trainings; Youth Drug & Alcohol Prevention; Opioid Crisis Response & Narcan Trainings; Wellness Recovery Action Plan (WRAP); Tai Chi; Veterans Services.

Thrive to Inspire

Sarah Jackson (402) 904-0573

Out-Patient Services include: Individual Therapy; Family Therapy; Group Therapy; Case Management and Peer Support. A community-based organization that offers wrap around services to those with substance use and mental health challenges and their families. We believe that each one of us holds purpose and

we want to support and empower you in navigating this journey of self-reflection and recovery. Our focus is connectivity to yourself, family members, and the community. Our therapist, case managers and peer support are here to help guide you and will never force our own agenda on your wellness journey."

Southeast Nebraska Collaborative

402-395-4440 <u>https://sncollaborative.org/</u> Connected Youth Initiative

Central Navigation: Coordinated approach via community collaboratives that ensures unconnected youth have access to services to avoid duplication of efforts and maintain a connection to the community.

Our Youth Chapter Leadership: This program offers youth opportunities to connect with youth in their communities that have lived through similar experiences. Youth learn importance of using their voice to make a difference in their communities. They do this through speaking on their experience, finding issues they are passionate about, and in this they build their leadership, public speaking, advocacy, and civic engagement skills. They use these skills to speak at a higher level to influence change within local and state communities. There are also opportunities for statewide and national leadership such as Legislative Days, State and National Youth Advisory Boards, and policy advocacy.

Digital Navigation: Digital literacy support and classes for individuals who want to build computer and technology skills- self paced program.

Support Service Fund: Emergency funding accessible via Community Response central navigation to address an array of basic needs.

Coaching: An array of evidence-based coaching services (e.g., voluntary case management) that provide goal-orientated, voluntary, youth-driven coaching with unconnected youth to develop skills in key domains, access services, and enhance protective and promotive factors. Young people can come in and out of coaching, as needed, up to age 26.

SUBSTANCE ABUSE TREATMENT

EVALUATIONS:

Blue Valley Behavioral Health 1123 N. 9th Street, Beatrice, NE 68310 (402) 228-3386

The Bridge Behavioral Health 721 K St., Lincoln, NE (402) 477-3951

RESIDENTIAL TREATMENT

St. Monica's (Women only) 120 Wedgewood Dr, Lincoln, NE 68510 (402) 441-3768 Bryan Independence Center 1640 Lake St., Lincoln, NE (402) 481-5268

CenterPointe Outpatient Services 2202 S 11th St., Lincoln, NE (402) 475-5161

Mission Field Rehabilitation 1104 3rd Ave., Nebraska City, NE 68410 (402) 873-1130 Ext. 4 Bryan Independence Center 1640 Lake St., Lincoln, NE (402) 481-5268 Houses of Hope (402) 474-4343 outpatient@housesofhope.com

Northpointe Lincoln Youth & Adult Services 7215 Ontario St, Omaha, Nebraska, 68124 (402) 588-5509 An inpatient detox and rehab program must do more than just address the addiction. It must also take into account an individual's medical needs, living situation, and any co-occurring mental health conditions that may be underlying factors in their substance use issues.

GAMBLING ADDICTION

Blue Valley Behavioral Health To schedule a Gambling Assessment and start treatment, contact Eric Thomalla at (402) 443-4414 or (402) 367-4216.

Choices Treatment CenterLincoln, NE Gamblers Anonymous:127 South 37th Street Suite B402-473-7933Lincoln, NE 68510402-476-2300 (Office & 24-Hour Helpline)https://www.choicestreatmentcenter.com/National/Nebraska Helpline forCompulsive Gambling: 1-800-522-4700

SOBER LIVING FACILITIES

Oxford House Renata (Men only) 903 North 9th Street, Beatrice, NE 68310 (402) 230-3062 Email: Renata@oxfordhouse.us

PEER SUPPORT SERVICES

Peer support is meant to empower individuals living with mental health and/or substance use challenges to reach their fullest potential. Connecting with those with lived experience in all areas of life, can help give support in the most impactful ways.

Dream Weavers at Whispering Acres

71765 581st Ave., Jansen, NE Jill Kuzelka (402) 520-0922 (call or text to RSVP) Free and open to teens 12 – 17 years old. Held the 2nd Monday of the month, 6:30 – 7:30 p.m. Peer support group for youth to connect and discuss current issues such as anxiety, depression, suicide loss, suicidal ideations, bullying, acceptance, and any other topics that might come up. A calming and safe space to connect with one another, share stories and receive support and encouragement, while being surrounded with the sounds of nature and the comfort of horses and many other animals.

Women's Connections Workshop at Whispering Acres 71765 581st Avenue, Jansen, NE 68377 For more information please call or text Jill (402) 520-0922 Get ready to connect, empower and inspire each other at our Women's Connection Workshop. Join us for an evening of inspirations, empowerment and connection with like-minded women at Whispering Acres. This in-person event is designed to help you grow personally and professionally while building a strong network of support. Cost is \$27 per participant.

Fairbury Alcoholics Anonymous (AA) Meetings – Tuesday's, 8-9 p.m. Grace Lutheran Church 1100 G Street, Fairbury, NE 68352

Fairbury Hope Al-anon Family Group – Thursday's, 8 p.m. Grace Lutheran Church 1100 G Street, Fairbury, NE 68352



Fairbury Narcotics Anonymous (NA) Meetings – Thursday's, 7 p.m. American Lutheran Church 1111 12th Street, Fairbury, NE 68352

Parents of Addicted Loves Ones (PAL)

(480) 300-4712 Email: info@palgroup.org

PAL is a national faith-based nonprofit that helps families learn healthy ways to deal with an adult child struggling with addiction. Meetings are facilitated by parents who complete the training program and receive ongoing education. Weekly meetings include an evidence-based educational component using a curriculum written by a licensed Substance Abuse Counselor, and peer-to-peer support. Meetings are offered free of charge to both the facilitator and the attendees.

Online groups for those who prefer virtual group meetings: <u>https://virtual-na.org/</u> https://aa-intergroup.org/meetings/

Alzheimer's Disease Caregivers Support Group Jefferson Community Health & Life Clinic Conference Room 2200 H Street, Fairbury, NE 68352 Reservations are not required, but please contact facilitator Lana Likens at <u>402.729.6855</u> to confirm meeting date.

Brain Injury Association of Nebraska Peggy Reisher, MSW | Executive Director 402-423-2463 or 844-423-2463 <u>www.biane.org</u> Email: peggy@biane.org PO Box 22147, Lincoln, NE 68542

Did you know traumatic brain injury can increase addiction tendencies? Reach out today for more information and resources for assistance.

PUBLIC TRANSPORTATION

Blue Rivers Area Agency on Aging – Fairbury Location

Fairbury Transportation Office, 601 City Park Road, Fairbury, NE 68352 (402) 729-6475 <u>https://www.braaa.org/publictransit</u>

All transit services are available to the public, including persons with disabilities. Blue Rivers Public Transportation System is open to riders of all ages, including persons with disabilities, and operates in Gage, Jefferson, Nemaha, Otoe and Thayer counties in Southeast Nebraska on a demand-response, portal-to-portal, 24-hour advance reservation basis. Vehicles are stationed in county communities and offer regular routed transportation services to 61 communities within the area.

Blue Rivers has two Inter-City routes that provide transportation to Lincoln and Omaha. The system contracts with a private cab company in Beatrice for all off-hour or peak time transportation services. Contact an office near you for more information or to schedule a ride.

AGING AND DISABILITY SERVICES

Blue Rivers Area Agency on Aging

103 Eastside Blvd, Beatrice, NE 68310 (402) 223-1376 https://www.braaa.org/

Services include: Nebraska's Aging and Disability Resource Center; Aged & Disabled Medicaid Waiver; Care Management; Family Caregiver Support; Health Promotion; Housekeeping & Chores; Senior Care Options. Education for: Consumer Protection; Emergency Alert Notifications; Legal Assistance; Long-Term Care Ombudsman; Stroke Awareness.

Fairbury Senior Center (meals, transportation and socialization)

601 City Park Rd., Fairbury, NE 68352 (402) 729-5258

Nebraska Aging & Disability Resource Center

Lincoln, NE 68509 (844) 843-6364

Email: <u>DHHS.Aging@nebraska.gov</u>

Provides information, assistance, referrals, long-term care options and support for Nebraskans aged 60 years or older, people with disabilities of all ages, family members, caregiver, and advocates.

AARP (American Association of Retired Persons): 301 S. 13th St., Suite 201, Lincoln, NE (866) 389-5651

Kinship Care/Grandfamilies

Kinship care is the supervision of children by relatives, or another adult who has a relationship or bond with a child. The goal of kinship care is to keep children safe and nurtured when their parents cannot fulfill those duties. Relatives are often preferred kinship care providers, as it helps preserve children's connections with their families.

Lutheran Family Services Kinship Navigation and Support Services in Nebraska

(833) 572-2053 Email: kinshipintake@OneLFS.org

Lutheran Family Services Kinship Care Program can help caregivers navigate possible resources that offer financial assistance, peer support groups, case management, referrals to legal services, family team conferencing, benefit enrollment and educational workshops.

Nebraska Department of Health and Human Services Relative and Kinship Caregiver Plan

301 Centennial Mall South, Lincoln, Nebraska 68509 (402) 471-3121 https://dhhs.ne.gov/Pages/Benefits-for-Kin-and-Relatives-Caring-for-Children-and-Youth.aspx

Grandparents Raising Grandchildren Support Group

Family Service of Lincoln – Offered via Zoom and In-Person
501 S. 70th Street, Lincoln, NE (402) 441-7949
Zoom: 1st & 3rd Wednesdays, 12 p.m. to 1 p.m. or in-person 2nd & 4th Wednesdays.

Nursing Care & Long-Term Care Facilities:

Heritage Care Center 909 17th St, Fairbury, NE 68352 (402) 729-2289 This facility provides a range of services including short-term rehab, skilled nursing, and long-term care, along with specialized options like adult day care and respite care. They also offer hospice care and have a Medicare certification.

Jefferson Community Health & Life Gardenside 2200 H St, Fairbury, NE 68352 (402) 729-5220 This facility offers skilled nursing, rehabilitation, and memory care services.

Assisted Living Facilities: Cedarwood Assisted Living 828 22nd St., Fairbury, NE 68352 (402) 729-6100

Independent Living Facilities:

Fairbury Gardens 2001 I St, Fairbury, NE 68352 (402) 729-3251 Fairbury Gardens is for seniors age 62 plus and/or disabled and leased to low, very low and extremely low-income applicants.

Jefferson Estates (Affordable Maintenance-Free Living for Seniors 55+) 24th St. & H St, Fairbury, NE 68352 (402) 434-3344

PARENT/CHILD GROUPS

Public Health Solutions (Services available in Jefferson County)830 E 1st St., Suite 300, Crete, NE 68333 (402) 826-3880

Healthy Families America

Our goal in our daily work is to promote child wellbeing, strengthen families, and engage communities with free home visiting services that are proven to make a difference in the lives of children and families.

Rooted in Relationships

Supporting early childcare providers, children, and families through social-emotional development resources, coaching and training. Parenting classes also available.

Parents Interacting with Infants (PIWI) is a six-week class that supports parents in providing developmentally supportive environments for their children, building on natural interaction styles, and identifying goals that are blended into parent-child play.

Circle of Security-Parenting (COS-P) is an eight-week class to help parents and caregivers:

- Understand their child's emotional world by learning to read emotional needs
- Support their child's ability to successfully manage emotions
- Enhance the development of their child's self esteem
- Honor the innate wisdom and desire for their child to be secure

You can find more information about COSP here: www.circleofsecurityinternational.com

Parent-Child Interaction Therapy (PCIT)

PCIT is an evidence-based treatment for young children with behavioral problems. It is conducted through "coaching" sessions where the therapist provides in-the-moment coaching on skills you are learning to manage your child's behavior.

Autism Supports

Nebraska Department of Health & Human Services 411 4th Street, Lower Level, Fairbury Courthouse Cheryl Trimm, MS, BCBA (402) 729-6168 <u>cheryl.trimm@nebraska.gov</u>

Amanda Ebke (parent, advocate, autism blogger at 'A Piece of Oakley'), Fairbury, NE (402) 340-3929 <u>amandanic34@gmail.com</u>

Autism Family Network (Lincoln) (402) 421-0874

New View Health Solutions Dr. Kim Hill, PhD. 108 W. 3rd St., Suite C, Firth, NE 68358 (402) 802-0818 <u>https://www.newviewne.com/home</u>

CHILD ABUSE/NEGLECT SERVICES

Nebraska Child Abuse Hotline (800) 652-1999 If you see something, say something! With an ACE score of 4 or more, you have a:

2.2 times higher risk of Heart Disease7.4 times higher risk of Alcoholism3.9 times higher risk of Lung Disease4.6 times higher risk of Depression

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood and can negatively impact a person's health and well-being throughout their life. These experiences can include abuse, neglect, household dysfunction, and other harmful situations. ACEs are strongly linked to a range of health problems, mental health issues, and substance use disorders in adulthood.

What are ACEs?

ACEs encompass various types of traumatic or stressful events experienced during childhood, including:

- Abuse: Physical, emotional, or sexual abuse.
- Neglect: Physical or emotional neglect.
- Household Dysfunction: Living in a household with substance abuse, mental illness, parental incarceration, or domestic violence.
- Other Adverse Events: Experiencing poverty, discrimination, or witnessing community violence.

Impact of ACEs:

ACEs can have a lasting and cumulative impact on a person's health and well-being, including:

- Increased risk of chronic diseases: ACEs are linked to a higher risk of developing conditions like heart disease, cancer, diabetes, and asthma.
- **Mental health problems:** ACEs are associated with an increased risk of depression, anxiety, and other mental health disorders.
- **Substance use disorders:** Individuals with a history of ACEs may be more likely to develop alcohol or drug use problems.
- **Social and economic challenges:** ACEs can lead to lower educational achievement, reduced earning potential, and difficulties in forming healthy relationships.

Signs of Trauma to Watch For:

- Being easily startled and constantly looking for danger.
- Losing interest in friends and activities.
- Acting younger than their age: bed-wetting, using baby talk; fearing separation.
- Self-harm, risky behavior.
- In teens and preteens, use of substances.
- Physical symptoms: Headaches, stomachaches, aches and pains.
- Problems with sleep and appetite.
- Restlessness and agitation.
- Change in school behavior.
- Difficulty concentrating and learning.
- Worry, panic, and fear for the safety of others.
- Irritability, anger, and defiant behavior.
- Avoiding people.
- Feeling guilt or shame.
- Emotional numbness.

2 out of 3 people in treatment for drug/alcohol abuse reported being abused or neglected as children.

CASA (Court Appointed Special Advocates)

Shelby Pedersen, Executive Director PO Box 215, Seward, NE 68434 (402) 643-3695

Southeast Nebraska CASA recruits, trains and supports community volunteers who advocate for abused and neglected children in the Seward, Saline, Thayer, and Jefferson County court system.

CASA provides quality court-based advocacy for abused and neglected children. Children are referred to our program from a variety of sources including the juvenile court judges, attorneys, caseworkers, service providers, teachers and family members.

CASA volunteers are matched to a case where their skills and training will benefit the children most. CASA volunteers work to get their child's court case expedited in addition to helping the child they're working with find permanency sooner.

DOMESTIC VIOLENCE/SEXUAL ASSAULT/INTIMATE PARTNER ABUSE

Hope Crisis Center

515 4th Street, Fairbury, NE Hotline: 1-877-388- HOPE(4673) Text line: 402-971-0855 (Advocates reply 6am-10pm) Email: <u>support@hopecrisiscenter.org</u>

WHAT IS IPV? Intimate partner violence is a pattern of intentionally abusive behaviors used to establish a system of control over an intimate partner. This includes:

- Verbal and emotional abuse
- Isolation
- Financial Abuse
- Physical Abuse
- Calm Periods and False Progress
- Intimidation and Threats
- Use of Manipulative Tactics

CHILDCARE/PRESCHOOL

Jefferson County Step Ahead Preschool Program for ages 3-5 808 F St, Fairbury, NE 68352 (402)729-2278

Kids Connection Child Care Center and Head Start 405 L St, Fairbury, NE 68352 (402) 729-2278

Seedlings Preschool, LLC 605 6th Street, Fairbury, NE 68352 Shelby Rickley, Owner/Director



(402) 806-6965 www.seedlingsfairbury.com

Seedlings Preschool provides preschoolers with loving care, authentic experiences, and student-led learning in a high-quality, nurturing environment. The small class size and highly educated teacher ensure each child an inclusive and unique opportunity with developmentally appropriate materials, expectations, and supports. Our program runs on a "typical" school schedule (seven and a half hours per day, Monday through Friday, August through May). To learn more, go to our website!

Little Huskers Daycare 514 D Street, Fairbury, NE 68352 Dakota Howe, Owner/Director (402) 806-6922 <u>Littlehuskers402@gmail.com</u> Offering childcare services for children ages 6 weeks to 12 years of age. Monday through Friday, 6 a.m. to 6 p.m.

Child Care Registry – Find local providers
Health & Human Services Office, Lower Level, Courthouse
411 4th Street, Fairbury, NE 68352
(402) 729-6168 https://dhhs.ne.gov/licensure/Documents/ChildCareRoster.pdf

SCHOOL ATTENDANCE SUPPORT

Jefferson County Attendance Support

Heather Watson, Director

422 E Street, Suite 5, Fairbury, NE 68352 (402) 587-5458

Regular school attendance is the key to building a positive future for our youth. If your family struggles with attendance, the Attendance Support program can help. Ms. Watson works with all of the schools in Jefferson and Thayer Counties to resolve truancy issues before they become a legal matter. The earlier an attendance issue is addressed, the more positive the outcome.

JOB READINESS/CAREER ASSISTANCE

Nebraska Department of Labor – Beatrice American Job Center 2317 N 6th St., Suite 3, Beatrice, NE 68310 Phone: (402) 223-6060

Southeast Community College – Beatrice Campus Youth Apprenticeships Program 4771 W. Scott Road, Beatrice, NE 68310-7042 (402) 228-3468 <u>Tlecuyer@southeast.edu</u> This program collaborates with employers, public schools, and students across SCC's 15-county service area to create apprenticeship pathways in various trades programs, including but not limited to manufacturing, electrical work, HVAC, plumbing, concrete, and general construction.

Documents Needed for Obtaining Employment

Birth Certificate

www.vitalrecordscertificates.com

Can be obtained on their website. Need to know the following information:

- 1. State of birth
- 2. County of birth
- 3. Name of hospital
- 4. Month/day/year of birth

Driver's License

Can be obtained in a local DMV office – Fairbury (402-729-6809) office is open on Wednesday's. Nebraska State DMV office: 402-471-3918. If your license is not current, you will need to retest.

- 1. Must complete the Data Form.
- 2. Provide proof of identification with name and date of birth.
- 3. Two forms of proof of address (see attached).
- 4. License fees.
- 5. Validate your social security number (see attached).

Social Security Card

www.ssa.gov

Can be obtained on-line. You will need to set up an account on the above website.

Requirements:

- 1. Must be 18 years old or older.
- 2. Not requesting a name change or any other type of change.
- 3. Have a valid driver's license or state issued ID card.

VETERAN SERVICES

Veterans Service Office, James Carpenter

411 4th Street, Fairbury, NE 68352 (lower level of courthouse) Phone: (402) 729-6839

Veterans of Foreign Wars (VFW) Post 3113 2337 K St., Fairbury, NE 68352 (402) 729-2434

Whispering Acres, Jill Kuzelka

71765 581st. Ave., Jansen, NE 68377 (402) 520-0922

Horses for Honor, is for Veterans, Active Military, Guard or Reservists. This program is a gentle introduction into Equine Assisted Learning (EAL), with opportunities for participants to ground themselves, help each other and learn about communication and self-regulation.

Blue Valley Community Action PartnershipServices for Veterans who are homeless or at imminent risk of homelessness620 5th St., Fairbury, NE 68352 (402) 587-0050

LEGAL SERVICES

Jefferson County Attorney, Joe Casson 422 E Street, Ste. 2, Fairbury, NE 68352 (402) 729-6813

Jefferson County Public Defender, Scott Gropp 422 E Street, Ste. 7, Fairbury, NE 68352 (402) 821-3573

Legal Aid of Nebraska 947 'O' Street, Ste. 301, Lincoln, NE 68508 (800) 742-7555

HOTLINES

National Suicide Prevention/Mental Health Crisis Life Line 988 or 800-273-8255	
National Domestic Violence	800-799-7233
Nebraska Family Help line	888-866-8660
Nebraska Dept. of Health & Human Services	800-254-4202
Nebraska Child Abuse	800-652-1999
Nebraska Adult Protective Services	800-799-7233
Nebraska Regional Poison Center	800-222-1222
Nebraska Legal Aid – Access line	877-250-2016
Nebraska Legal Aid – Elder access line	800-527-7249
Veterans Crisis Line	800-273-8255
Boys Town	800-448-3000
Bryan Counseling Center	402-481-5991
Blue Valley Mental Health	402-443-4414

CIVIC ORGANIZATIONS

Jefferson County UNL Extension Office

517 F St, Fairbury, NE 68352 (402) 729-3487 Email: <u>darci.pesek@unl.edu</u>
4-H Youth Development to include Communications, Youth 4-H Camp Renegade, Youth Quality Care of Animals, Livestock Achievement Program, Nebraska Agricultural Youth Institute, Food, Nutrition and Health Education, Horticulture, Agriculture, Early Childhood Learning Experiences.

Jefferson County Art Guild 511 5th St Fairbury, Nebraska 68352 Meets the 4th Monday in each month, 6:00 pm.

Fairbury Kiwanis Club Twilya L'Ecuyer, President (785) 691-8441 P.O. Box 88, Fairbury, Nebraska 68352 (402) 300-1139

Fairbury Optimist Club

Fairbury Rotary Club Lana Likens, President (402) 587-0432

Jefferson County Prevention Coalition Jill Kuzelka, Public Health Solutions (402) 826-3880

Jefferson County Nebraska Community Resources

PROSOCIAL ACTIVITIES FOR FAMILIES

Fairbury Public Library 601 7th St, Fairbury, NE 68352 (402) 729-2843 Activities include: Lego Club, Children's Storytime, StoryWalk (located in the city park), Summer Reading Program

Fairbury Water Park 422 City Park Rd, Fairbury, NE 68352 (402) 729-5577

Fairbury Softball/Baseball Complex 425 Frederick St., Fairbury, NE 68352 Little League Baseball, Fairbury Community Girls Softball Association and Optimist T-Ball programs.

Bonham Theatre 519 E St, Fairbury, NE 68352 (402) 587-5324 <u>https://www.bonhamtheatre.org/</u>

Fairbury Youth Soccer Email: <u>fairburyyouthsoccer22@gmail.com</u>

Camp Jefferson 57026 708th Road, Fairbury, NE 68352 Contact: Barry Schwab (402) 729-7915 <u>https://www.campjefferson.org/</u>

FAITH-BASED ORGANIZATIONS

Fairbury Presbyterian Church 2310 H St, Fairbury, NE 68352 (402) 729-6129

Fairbury Methodist Church 605 E St, Fairbury, NE 68352 (402) 729-2247

Foursquare Gospel Church 719 6th St, Fairbury, NE 68352 (402) 729-3610

Zion Countryside Church 56205 713th Rd, Fairbury, NE 68352 (402) 729-3563 Grace Lutheran Church 1100 G St, Fairbury, NE 68352 (402) 729-5163

Cornerstone Community Church 524 F St, Fairbury, NE 68352 (616) 298-5540

First Baptist Church 901 F St, Fairbury, NE 68352 (402) 729-6668

American Lutheran Church 1111 12th St, Fairbury, NE 68352 (402) 729-2516

First Christian Church

First Church of God

1201 E St, Fairbury, NE 68352 (402) 729-3218

Saint Michael's Catholic Church 807 F St, Fairbury, NE 68352 (402) 729-2058 Endicott Methodist Church 119 Reynolds St, Endicott, NE 68350

Assembly of God Church 500 Broad St, Jansen, NE 68377 (402) 729-3207

Saint John's Lutheran Church 401 Francis St., Daykin, NE

Immanuel Church 72430 567th Ave, Daykin, NE 68338 2625 H St, Fairbury, NE 68352

Faith Lutheran Church 1630 I St, Fairbury, NE 68352 (402) 729-3296 Jansen Bible Church 57309 715th Rd, Jansen, NE 68377 (402) 424-2645

Fairbury Seventh-Day Adventist Church 1028 J St, Fairbury, NE 68352

Daykin United Methodist Church Daykin, NE (402) 656-4765

