

Navigate & Educate

A Monthly Guide

Resource Links:



Cedar County Family Resource Guide

LMC Resource directory



**Foundation 2:
Free Mental Health Crisis Services**
Call: 1-844-430-0375

Contact Info:

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School Based Resource Navigator
Cedar County Public Health & North Cedar School District
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What is Resource Navigation?

HI FOLKS! I'M EMILY THE SCHOOL BASED RESOURCE NAVIGATOR. I WORK WITH THE CEDAR COUNTY PUBLIC HEALTH DEPARTMENT & NORTH CEDAR SCHOOL DISTRICT TO HELP CONNECT YOUTH AND FAMILIES WITH VARIOUS ACADEMIC, MEDICAL, DENTAL, SOCIAL/EMOTIONAL AND OTHER SUPPORT SERVICE NEEDS. PROVIDING FREE AND CONFIDENTIAL SUPPORT, INFORMATION, ASSISTANCE IDENTIFYING OPTIONS AND POTENTIAL SOLUTIONS, EMPOWERING STUDENTS AND FAMILIES TO SET GOALS AND MAKE CHOICES THAT ARE RIGHT FOR THEM.

THINGS I CAN HELP WITH AS A RESOURCE NAVIGATOR:

- LINKING STUDENTS AND/OR FAMILY MEMBERS TO HEALTH SERVICES, SUCH AS MEDICAL OR DENTAL CLINICS, MENTAL/BEHAVIORAL HEALTH SERVICES, OR OTHER SERVICES DESIGNED TO MEET SPECIFIC SOCIAL/EMOTIONAL, ACADEMIC OR HEALTH NEEDS.
- ASSISTANCE ARRANGING APPOINTMENTS AND TRANSPORTATION FOR A STUDENT AND/OR FAMILY MEMBERS TO MEDICAL, DENTAL AND MENTAL HEALTH APPOINTMENTS.
- CONNECT YOUTH TO COMMUNITY-BASED PROGRAMS SUCH AS IN-HOME FAMILY SUPPORT PROGRAMS, GROUP, SUPPORT, PUBLIC HEALTH PROGRAMS, HOUSING, HOUSEHOLD RESOURCES, EMPLOYMENT, ETC.
- REFER STUDENTS/ FAMILIES TO COMMUNITY RESOURCES INCLUDING BUT NOT LIMITED TO: FOOD, HOUSING, RENTAL ASSISTANCE, UTILITY ASSISTANCE, HEAT, ELECTRICITY, CLOTHING, SCHOOL SUPPLIES)

Cedar County Public Health Flu Clinic Schedule

- The cost is \$30 payable by cash or check
- No out-of-pocket expense for those who present a Medicare, Medicaid, or Blue Cross Blue Shield insurance card
- Children under 18 who present a Medicaid card or are uninsured will receive the vaccine at no charge through the Vaccines for Children program



DATE	TIME	LOCATION
Monday, September 20 th	3-5pm	Bennett-Fire Station 124 Main Street
Friday, October 1 st	1:30-5:30pm	Durant-Police Department 1107 5 th Street
Wednesday, October 6 th	7:30am-5pm	Tipton-Courthouse Drive Through 400 Cedar Street, Tipton
Tuesday, October 12 th	3:30-5pm	West Branch-Methodist Church 203 N. Downey Street
Monday, October 18 th	11am-12pm	Lowden-AMVETS Hall 512 Main Street
	1-2pm	Stanwood-Park Shelter 101-199 N Maple Street
	2:30-3:30pm	Mechanicsville-Memorial Building 102 N John Street

COVID-19 vaccine will also be available at no cost