RESOURCES & REFERRAL GUIDE

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PUBLISHED BY THE COLUMBIA/BOONE COUNTY DEPARTMENT OF PUBLIC HEALTH AND HUMAN SERVICES
HEALTH INSURANCE
Family Support Division, State of Missouri 855-373-4636
Medicare 1-800-633-4227
Federal Marketplace 1-800-318-2596
Local Marketplace Assistance:
- Boone Hospital 815-3268
- Central Missouri Community Action 443-8706
- Central Missouri Area Agency on Aging 443-5823
- Family Health Center 886-6790
- MO Health Net 1-855-373-4636
- Primaris 817-8338
- Spectrum Health Care (formerly RAIN for Central MO) 875-8687

MEDICAL PROVIDERS | HIV/AIDS TESTING
Columbia/Boone County Department of Public Health & Human Services (free) 874-7356
Spectrum Health Care (formerly RAIN for Central MO) (free) 875-8687

MEDICAL PROVIDERS | PRIMARY CARE
Family Health Center (MO Health Net, MC+, sliding fee scale) 214-2314
Boone Hospital Center (physician referral service) 815-6400
University Hospital and Clinics (physician referral service) 882-7000
MedZou Clinic 214-2314

MEDICAL PROVIDERS | STD TESTING AND TREATMENT
Columbia/Boone County Department of Public Health & Human Services 874-7356
Spectrum Health Care (formerly RAIN for Central MO) 875-8687
Planned Parenthood Columbia Health Center 443-0427

MEDICAL PROVIDERS | URGENT CARE
Boone Convenient Care (walk-in clinic) 874-0008
University Physicians (urgent care) 882-1662
Providence Urgent Care 874-6824
Broadway Urgent Care 777-5880
Mizzou Quick Care Clinic-Conley 884-0169
Mizzou Quick Care Clinic-Broadway 884-0036

MEDICAL PROVIDERS | WOMEN’S HEALTH
Columbia/Boone County Department of Public Health & Human Services 874-7356
Planned Parenthood Columbia Health Center 443-0427
Family Health Center 214-2314

MEDICAL PROVIDERS | VETERANS’ HEALTH
Harry S. Truman Memorial Veterans’ Hospital 814-6000 EXT. 0
MENTAL HEALTH
Burrell Behavioral Health (MO HealthNet, insurance, walk-in clinic, intake appt.)
Family Access Center for Excellence (FACE)
Family Counseling Center (MO HealthNet, insurance & sliding scale)
Missouri Psychiatric Center (MO HealthNet, insurance, cash pay)
Missouri Psychiatric Center (outpatient clinic)
New Horizons (MO HealthNet)
UMC Psychological Services Clinic (insurance and sliding scale)

SUBSTANCE USE DISORDER TREATMENT AND SUPPORT
AA/NA (Focus on Recovery)
BHG (methadone clinic)
McCambridge Center (for women)
Pathways (adolescents) (MO HealthNet, private, sliding fee scale)
Phoenix Programs (for men, women and adolescents)(insurance and cash pay)
Family Counseling Center

OTHER HEALTH RESOURCES | DENTAL
Columbia Dental Care Center (MO HealthNet for Pregnant Women & Children)
Columbia/Boone County Department of Public Health & Human Services
Community Health Center of Central Missouri - Fulton (MO Health Net)
Community Health Center of Central Missouri - Jefferson City (MO Health Net)
Family Health Center (Medicaid/sliding scale)
Family Dental Center (Medicaid/sliding scale)
King's Daughters (referral made by school nurse)
Mid-Missouri Dental Center (MO HealthNet for Pregnant Women & Children)
Salisbury Dental Center (sliding scale)
UMKC Dental School
Vanderveen Dental (MO HealthNet for Pregnant Women & Children)
Voluntary Action Center (co-pay assistance)

OTHER HEALTH RESOURCES | MEDICATION ASSISTANCE
Columbia/Boone County Department of Public Health & Human Services
Voluntary Action Center

OTHER HEALTH RESOURCES | OPTICAL
Saving Sight (glasses only)
Prevention of Blindness Program, State of Missouri

OTHER HEALTH RESOURCES | PREGNANCY TESTING AND SUPPORT
Columbia/Boone County Department of Public Health & Human Services
Lutheran Family and Children’s Services (no testing)
My Life Clinic
Planned Parenthood Columbia Health Center

OTHER HEALTH RESOURCES | SMOKING CESSATION
Columbia/Boone County Department of Public Health & Human Services
MO Tobacco Quit Line
AGING AND DISABILITY SERVICES
Boone County Family Resources 874-1995
Bureau of Special Health Care Needs, State of Missouri 751-6246
Central Missouri Area Agency on Aging (CMAAA) 443-5823
Central Missouri Regional Center, State of Missouri 441-6278
Meals on Wheels (home delivered meals) 886-7554
Senior and Disability Services Hotline 800-392-0210
Services for Independent Living 874-1646
Senior and Disability Services, State of Missouri 800-392-0210
MU Thompson Center for Autism and Neurodevelopmental Disorders 884-6052

BASIC NEEDS | CLOTHING
Salvation Army 442-3229
Upscale Resale 445-4803
Voluntary Action Center (clothing items for employment) 874-2273
Wardrobe 442-3260
Goodwill 442-4050
Once Upon a Child 445-1151

BASIC NEEDS | DROP IN CENTER
Turning Point 214-4077
Salvation Army Harbor House 442-1984

BASIC NEEDS | EMERGENCY SHELTER
Lois Bryant House (for women and families) 875-7874
New Life Evangelistic Center (for men) 875-0603
Red Cross (for disaster relief) 445-9411
Rainbow House (for children and teens) 474-3558
Salvation Army Harbor House 442-1984
St. Francis House (for men) 875-4913
True North (domestic violence) 875-1669
Welcome Home (for veterans) 443-8001
Reality House-PMI/Pannell House (re-entry) 449-8117

BASIC NEEDS | FOOD
WIC (Women, Infants, and Children) 874-7384
Central Missouri Area Agency on Aging (age 60+, delivered) 449-8000
Food Bank Central Pantry 874-7848
Loaves and Fishes 875-0826
Meals on Wheels (delivered meals) 886-7554
BASIC NEEDS | FOOD (CONTINUED)
Salvation Army (commodities) 442-3229
Salvation Army Harbor House (daily lunch) 442-1984
Voluntary Action Center 874-2273

BASIC NEEDS | HOMELESSNESS RESOURCES
Turning Point 214-4077

BASIC NEEDS | TRANSITIONAL SHELTER
Reality House 449-8117
Salvation Army Harbor House 442-1984

CHILDREN/YOUTH
Child Abuse and Neglect Hotline 800-392-3738

CHILDREN/YOUTH | CHILD CARE AND PRESCHOOL INFORMATION
Project REACH 866-973-2240
FSD Child Care Assistance (eligibility required) 855-373-4636
Head Start 443-8707 EXT. 237
Child Care Aware of Central Missouri 214-3915

CHILDREN/YOUTH | CHILD SAFETY
Car Seats- Columbia Fire Department (by appointment only, safe installation) 874-7556
Voluntary Action Center (obtain a car seat) 874-2273
SAFE CRIBS Program 777-1815 EXT. 204

CHILDREN/YOUTH | CHILD SUPPORT
Child Support Enforcement, State of Missouri 573-751-4224

CHILDREN/YOUTH | EMERGENCY AND TRANSITIONAL SHELTER
Rainbow House 474-6600

CHILDREN/YOUTH | MENTAL HEALTH
Burrell Behavioral Health 777-8455
Family Access Center for Excellence (FACE) 771-3223
Missouri Psychiatric Center (Children’s Hospital) 884-1002
Missouri Psychiatric Center (outpatient clinic) 884-1130
MU Thompson Center for Autism and Neurodevelopmental Disorders 884-6052

CHILDREN/YOUTH | PARENTING HELP
First Chance for Children 777-1815 EXT. 0
ParentLink 800-552-8522
Parents as Teachers 214-3955
Love, Inc. 256-7662

CHILDREN/YOUTH | RESPITE CARE
Rainbow House 474-6600

BASIC NEEDS | FOOD (CONTINUED)
Salvation Army (commodities) 442-3229
Salvation Army Harbor House (daily lunch) 442-1984
Voluntary Action Center 874-2273

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Love, Inc. 256-7662

CHILDREN/YOUTH | RESPITE CARE
Rainbow House 474-6600
CHILDREN/YOUTH | YOUTH EMPLOYMENT
City of Columbia C.A.R.E. (Career Awareness Related Experience) 874-6300
Youth Empowerment Zone 256-1896
Job Point 449-3431

HOUSING | AFFORDABLE HOUSING
City of Columbia, Community Development (home loans) 874-7239
Columbia Housing Authority (public housing/Section 8) 443-2556
Columbia Square (private Section 8) 445-1721
Habitat for Humanity 499-1202
Hanover Estates 474-0550
Lakewood Apartments (private Section 8) 442-2720
Veterans Administration 814-6244

HOUSING | HOME REPAIR
City of Columbia, Community Development 874-7239
Central Missouri Community Action 443-1100
USDA Rural Development 875-5540 EXT. 4

HOUSING | TRANSITIONAL HOUSING
Phoenix Programs (for persons in recovery) 442-7026
True North (domestic violence) 875-1369

HOUSING | UTILITY ASSISTANCE
Columbia/Boone County Department of Public Health & Human Services 817-6430
Central Missouri Community Action 443-1100

JUSTICE/LEGAL SERVICES | COURT
Boone County Adult Court Services 886-4180
Boone County Alternative Sentencing Center 886-4082
State of Missouri, Division of Probation and Parole 573-751-8488

JUSTICE/LEGAL SERVICES | HUMAN RIGHTS
City of Columbia- Human Rights 817-5024
*Investigates complaints of discrimination in employment, housing, and public accommodation that occur within the City of Columbia*
Missouri Commission on Human Rights 886-4082
*Investigates complaints of discrimination in employment, housing, and public accommodation*
Federal Equal Employment Opportunity Commission 800-669-4000
*Investigates employment discrimination complaints*
800-669-6820 (TTY)
U.S. Department of Housing & Urban Development 800-669-9777
*Investigates housing discrimination complaints*
800-927-9275 (TTY)
U.S. Department of Justice- Civil Rights Division 877-218-5228
*Enforces federal statutes prohibiting discrimination on the basis of national origin, race, color, religion, disability, sex, and familial status*
202-514-0716 (TTY)
U.S. Department of Education- Office for Civil Rights 800-421-3481
*Civil rights enforcement for equal access to education*
877-521-2172 (TTY)
JUSTICE/LEGAL SERVICES | LEGAL ASSISTANCE
Mid-Missouri Legal Services Corp. (Legal Aid) 442-0116

OTHER | ADULT EDUCATION/LITERACY
Adult Basic Education, Columbia Public Schools 214-3690
MU Family Impact Center 882-2428

OTHER | CRISIS HELP NUMBERS
Mid-Mo Crisis Line 445-5035 or 888-761-4357
Child Abuse and Neglect Hotline 800-392-3738
Senior and Disability Services Hotline 800-392-0210
24 Hour Rape and Abuse Hotline (True North) 800-548-2480
Veterans Suicide Hotline 800-273-8255

OTHER | DOMESTIC AND SEXUAL VIOLENCE
True North 875-1369 or 800-548-2480

OTHER | EMPLOYMENT
Job Point 474-8560
Missouri Career Center 441-6361
Veterans Administration 814-6655
Vocational Rehabilitation, State of Missouri 573-751-3251
Youth Empowerment Zone 256-1896

OTHER | FINANCIAL/BUDGET COUNSELING
Consumer Credit Counseling 800-736-0535
Central Missouri Community Action 443-1100
Money Smart 443-2556 EXT. 1279 or 1257
Love, Inc. 256-7662

OTHER | REFUGEE AND IMMIGRATION SERVICES
El Centro Latino de Salud, Educacion, y Cultura 449-9442
Refugee and Immigration Services 442-7568

OTHER | TAX ASSISTANCE
AARP 573-445-6914
Missouri Department of Revenue Tax Assistance Center 573-751-7191
Volunteer Income Tax Assistance (VITA) 443-8731 EXT. 212

OTHER | TRANSPORTATION
Central MO Area Agency on Aging (age 60+) 443-5823
CMCA MO Rides 777-5213
Columbia Transit 874-7282
Columbia Para Transit (eligibility required) 874-7290
MO Health Net (non-emergency medical transport) 866-269-5927
OATS 449-3789
Services for Independent Living 874-1646
OTHER | TRANSPORTATION (CONTINUED)
Voluntary Action Center (eligibility required)  874-2273
Veterans Administration  814-6002

OTHER | VETERANS’ SERVICES
Veterans Administration  814-6002
Columbia Vet Center  814-6206

OTHER RESOURCES
Missouri/Illinois 2-1-1
Speak to a trained professional and get connected with local resources. Available 24 hours a day, seven days a week, and your phone call is always free and confidential. Multilingual services are also available.