



Fall 2010

Great Rivers 2-1-1 is a 24-hour information & referral and crisis line service. The service is free and confidential.

For assistance dial 2-1-1 or (800) 362-8255 in WI, MN, IA and throughout the tri-state area.
 TTY: (866) 884-3620
 Language interpretation available
 Business calls: (608) 775-6339
 Fax number: (608) 775-4766
 www.greatrivers211.org

Great Rivers 2-1-1 is a service of Gundersen Lutheran Health System and the United Way.

Counties served by Great Rivers 2-1-1

- | | |
|------------------|------------------|
| Wisconsin | Minnesota |
| Buffalo | Fillmore |
| Chippewa | Houston |
| Crawford | Winona |
| Dunn | |
| Eau Claire | Iowa |
| Grant | Allamakee |
| Jackson | Clayton |
| La Crosse | Fayette |
| Monroe | Howard |
| Pepin | Winneshiek |
| Richland | |
| Trempealeau | |
| Vernon | |

Published semi-annually by Great Rivers 2-1-1 as a tool to assist human service personnel, community planners, elected officials, and other interested people in tracking new resources and in identifying and perhaps responding to unmet needs.

Tracing Needs

In the tri-state area

What's new?

Holmen's Hope, Holmen, Wis. – provides a community meal program once a month for Holmen and surrounding area.

Capable Canines of Wisconsin, La Crosse, Wis. – provides service dogs to assist children and adults living with physical disabilities to improve their quality of life.

Flying Horse Stable, La Crosse, Wis. – provides individual and group equine-assisted activities and support groups for those 8 years through adult with a mental health diagnosis or educational disabilities. Additional wellness programs for the general public.

St. Mary's Mobile Food Pantry, Platteville, Wis. – provides free food once a month to individuals in Grant County and surrounding areas.

Riverdale Food Pantry, Muscoda, Wis. – provides free food once a month (and on an emergency basis) for individuals and families who reside in the Riverdale School District.

Richland Center Mobile Food Pantry, Richland Center, Wis. – provides free food once a month to individuals and families in Richland County.

Friends Food Shelf, Black River Falls, Wis. – provides a food distribution site once a week for Jackson County residents. Food primarily provided by Second Harvest.

Cashton Mobile Food Pantry, Cashton, Wis. – provides free food once a month to individuals and families in Monroe County and surrounding area.

New View Counseling, Chippewa Falls, Wis. – provides individual, couples and family counseling, serving children and adults in Chippewa County and surrounding area.

Menomonie Community Gardens, Menomonie, Wis. – provides a community garden with plots to rent, including raised beds for people with disabilities; some plots available rent-free for low-income people.

B-side Food Pantry, Eau Claire, Wis. – provides free meals on designated Saturdays and Sundays each month and also provides a food pantry for Eau Claire County and surrounding area.

Hokah Area Foodshelf, Hokah, Minn. – provides individuals and families non-perishable food once a month; baby food, formula and diapers are sometimes available.

International Quality Homecare, Winneshiek, Iowa – provides personal and supportive home care services; physical, occupational and speech therapies available; respite care available for children and adults.

Tracing Needs is going green! Beginning in 2011, Tracing Needs will only be available electronically at gundluth.org/TracingNeeds. To be notified by email when new editions are available, please submit your email address to gr211@gundluth.org.

Call statistics

Rent payment assistance	910
Utility assistance	469
Food pantries	462
Temporary financial assistance	353
Subsidized, rental low-income housing	322
Transportation	289
Homeless shelter	195
Bus fare, gas money	188
Landlord tenant	174
General legal aid	141
Dental care	127
Money management	119
Subsidized private, low-income housing	113
Household goods, furniture	103
Community (free/low cost) clinics	83
Prescription expense assistance	73
Clothing	58
Domestic violence shelters	55
Rental deposit assistance	43
Diapers	37
Transitional shelter	21

Government programs:

Medical assistance	104
Food Share (food stamps)	78
Social Security	46
WIC (Women, Infant and Children) nutrition	32
Childcare subsidies	10

Total number of calls - first half 2010

Information	2162
Information & Referral	8104
Crisis	1262
Follow-up	265

(Research and advocacy are included in all categories)



Unmet needs by county

(service doesn't exist in the area)

La Crosse:

- Postpartum depression support group
- Lupus support group
- Anger management group
- Neurological disorders support group
- Car repair, non-work related, single adult

Grant:

- Free counseling for underinsured

Monroe:

- Animal rescue for cats

Eau Claire:

- Self-injury support group
- Volunteer companionship, volunteer chore services for seniors

Trempealeau:

- Anger management group

Crawford:

- Singles or divorced support group

Houston:

- Rent assistance to prevent eviction for single person

Winona:

- Free community health and dental clinic
- Arthritis support group
- Homeless shelter for couples

Winneshiek:

- Singles group





Maternal & Child Health

One approach to the health of families and communities that is gaining momentum promotes a broader perspective on the factors that contribute to health.

“...it is not the case that we are born with perfect health and spend the remainder of our lives slowly decaying. Instead, our life develops through the life-course,” according to Neal Halfon, MD, UCLA Center for Healthier Children, Families and Communities.

In the area of maternal and child health, this perspective—rather than regarding the mother and child as existing in isolation—places them in the larger context of the health of the family and the community. Moreover, maternal health develops over the course of the woman’s life, encompassing the years preceding pregnancy, the years between pregnancies and the years beyond it. Maternal health begins with the health of our own mother and father, so it reaches back as well as forward in time.

Prenatal care is a critical component of healthy pregnancies and births. Addressing the many needs that may affect maternal health, such as access to healthy, adequate nutrition for the whole family; emotional support and psychological resources; and access to basic needs such as housing and financial resources, can greatly contribute to healthy outcomes.

There is also greater awareness of the importance of the father’s role in maternal health—both from his own health history and his pivotal role in promoting and supporting optimal health of mother and child. Again, access to health resources in addressing immediate health needs (or those supports that improve maternal health) make a difference.

Whether it’s smoking cessation programs, infant care, parent education, mental health or substance abuse resources, all have a substantial impact not only on the healthy environment of the home but on the health inheritance of the baby.

A generational perspective on health acknowledges the significance of relationships in maternal health—family (both immediate and extended) and close ties, and their own health, perspectives, attitudes and availability to support maternal health play a major role.

Finally, maternal health also occurs within the context of the wider community (for example, in the safety of neighborhoods) both in terms of personal safety and the conditions of the physical environment. The quality of the natural environment and protection from exposure to substances posing a risk to health impacts maternal health, infant and child development—shaping both the present and future health of the greater community.





Maternal & Child Health Resources

Great Rivers 211 refers to many resources related to maternal and child health, such as:

- Prenatal care
- Support and education for expectant parents
- Nutrition counseling and support
- Perinatal and post-partum depression screening and support
- Childbirth preparation support and classes
- Breastfeeding education and support
- Supportive services for mental health and/or for substance abuse issues
- New parent support and education
- Well-baby check ups
- Immunizations
- New parent education and support groups, modeling
- Parent warmlines
- Farmers' markets
- Early screening and diagnosis for children with special healthcare needs
- Reproductive healthcare
- Community clinics

Local, state and federal programs:

- WIC (Women, Infants and Children) nutrition program
- Public assistance health insurance programs for pregnant women and young children, low-income families
- Prenatal Care Coordination (PNCC)
- Birth to Three (B-3)
- Text4Baby
- Environmental health and housing inspections to ensure safe living conditions
- Environmental testing for lead, water quality, etc.

Return Service Requested

Gundersen Lutheran Medical Center
Mail Stop: NCA2-04
1900 South Ave.
La Crosse, WI 54601

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