

City of Jefferson and Cole County

Resource Guide



Disclaimer:

The information provided in this resource guide is designed to provide information on resources available within our community. These resources are provided for informational purposes only and do not constitute an advertisement for or endorsement of any agency, business, or program. This resource guide is not inclusive. Recipients should be aware that the programs listed in this guide may change and/or be discontinued at any time.

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Government Agencies:

Social Security Administration (SSA)

129 Scott Station Rd., Jefferson City, MO 65109

Phone: 800-772-1213

Website: <https://www.ssa.gov/>

Programs offered:

- Medicare
- Disability
- Survivor Benefits
- Retirement

Services:

Social Security Card Issuance

Housing and Urban Development (HUD)

1040 Myrtle Ave., Jefferson City, MO 65109

Phone: (573) 635-6163

Website: <https://portal.hud.gov/hudportal/HUD?src=/states/missouri>

Programs offered:

- Public Housing/Housing Choice Voucher (Section 8)
- Shelter Plus Care Program
- Subsidized apartments

U S Department of Veteran's Affairs (VA)

Department of Veteran's Affairs, 9700 Page Ave., Ste. 301, St. Louis, MO 63132

Phone: 800-827-1000

Website: <https://www.va.gov/>

Programs offered:

- Healthcare benefits
- Medical services
- Mental health services
- Disability compensation
- Survivor benefits
- Vocational rehabilitation
- Educational and training benefits
- Dependents educational benefits
- Home loans
- Burial benefits
- Nationwide gravesite locator

Household Assistance:

Missouri Department of Social Services (DSS/DFS)

1716 Four Seasons Dr., Ste. 104, Jefferson City, MO 65101

Phone: (573) 751-4688

Website: <http://www.dss.mo.gov/>

Programs offered:

- Food stamps
- Supplemental Nutrition Assistance Program (SNAP)
- Temporary Assistance for Needy Family's (TANIF)
- Child Care Assistance
- Healthcare programs
- Low Income Home Energy Assistance Program (LIHEAP)
- Energy Crisis Intervention Program (ECIP)
- Energy Assistance (EA)

Central Missouri Community Action Center (CMCA)

Family Resource Center, 1109 Southwest Blvd., Jefferson City, MO 65109

Phone: (573) 635-4480

Website: <http://www.showmeaction.org/>

Services offered:

- Utility payment assistance
- Home weatherization
- Job readiness
- Women's business center (helps women obtain loans to buy/start businesses)
- B-17 loan program (assists in freeing consumers from pay day loan debts)
- Financial education programs
- Foster grandparent program

Salvation Army

927 Jefferson St., MO 65101

Phone: (573) 635-1975

Website: http://www.usc.salvationarmy.org/usc/www_usc_columbia.nsf

Services offered:

- Utility payment assistance
- Bus passes

Common Ground Community

1015 East Atchison St., Jefferson City, MO 65109

Phone: (573) 522-4314

Website: <http://www.fpcjcmo.org/get-involved/community-service/>

Services offered:

- Utility assistance
- Rental assistance
- Gasoline vouchers
- Bus passes
- Prescription medication assistance
- Educational outreach programs

Samaritan Center

1310 East McCarty St., Jefferson City, MO 65101

Phone: (573) 634-7776

Website: <http://www.midmosamaritan.org/>

Services offered:

- Energy Assistance (as available)
- Gasoline vouchers
- Prescription medication program
- School supplies
- Holiday supplies – Easter baskets, Thanksgiving meals, Christmas gifts
- Car seats
- Infant supplies

Redeem Project

Jefferson Plaza, 1406 Missouri Blvd., Ste. H, Jefferson City, MO 65101

Phone: (573) 353-4720

Website: <http://www.theredeemproject.org/>

Services offered:

- Community resource support and education
- Family self-sufficiency (Section 8 voucher required)
- Christmas gift assistance

Classes offered:

Budget/finance/money smart
 Healthy home/fire safety
 Anger management
 Nutrition/diet/health/wellness

Basic computer skills
Literacy program/HiSet Preparation
Time management and organization

Local Law Enforcement:

Jefferson City Police Department

401 Monroe St., Jefferson City, MO 65101

Phone: (573) 634-6400

Website: <http://www.jeffersoncitymo.gov/government/police.php>

Services offered:

- Ensuring community safety throughout the City of Jefferson
- Emergency and non-emergency community responses throughout the City of Jefferson
- Community Action Team
- Community outreach/Crime prevention/Neighborhood watch
- School Resource Officers (SRO)
- DARE program

Cole County Sheriff Department

350 East High St., Jefferson City, MO 65101

Phone: (573) 634-9160

Website: <http://www.colecounty.org/220/Sheriffs-Office>

Services offered:

- Ensuring community safety throughout Cole County
- Emergency and non-emergency community responses throughout Cole County
- Neighborhood watch
- Citizens Instructional Academy
- Rape Aggression Defense (RAD) classes
- School Resource Officers (SRO)
- DARE program

Missouri State Highway Patrol, Troop F

2920 North Shamrock Rd., Jefferson City, MO 65101

Phone: (573) 751-1000

Website: <https://www.mshp.dps.missouri.gov/MSHPWeb/Root/index.html>

Services offered:

- Emergency and non-emergency community responses throughout the State of Missouri
- Public Information and education
- Motor and commercial vehicle inspection and enforcement

- Crime Laboratory
- Air and water safety, patrol, and assistance

Legal Services:

Mid-Missouri Legal Services

428 East Capitol Ave., Ste. 200, Jefferson City, MO 65101

Phone: (573) 634-4545

Website: <http://mmls.org/>

Services offered:

- NO assistance available/provided for criminal charges
- Provides free/reduced cost civil legal services to low income individuals for
 - Divorce
 - Orders of protection
 - Unemployment compensation
 - Bankruptcies
 - Landlord/tenant/utility disputes and/or termination
 - Power of attorney/will

Samaritan Center

1310 East McCarty St., Jefferson City, MO 65101

Phone: (573) 634-7776

Website: <http://www.midmosamaritan.org/>

Services offered:

- NO assistance available/provided for criminal charges or traffic violations
- Provides guidance on pro se (do it yourself) legal matters
- Provides free/reduced cost civil legal services to low income individuals for
 - Divorce
 - Orders of protection
 - Unemployment compensation
 - Bankruptcies
 - Landlord/tenant/utility disputes and/or termination
 - Power of attorney/will
 - Mediation

Missouri Legal Services

3418 Knipp Dr., Jefferson City, MO 65109

Phone: (573) 751-1013

Website: <http://www.lsmo.org/>

Services offered:

- o Information on legal aid programs available to low income residents of Missouri
- o Access to legal information

Public School Districts:

Jefferson City Public School District (JCPS)

315 East Dunklin St., Jefferson City, MO 65101

Phone: (573) 659-3000

Website: <https://www.jcschools.us/Domain/4>

Blair Oaks School District (Cole R- II)

6209 State Highway B, Jefferson City, MO 65101

Phone: (573) 636-2020

Website: <http://www.blairoaks.k12.mo.us/>

Eugene School District (Cole R- V)

14803 State Highway 17, Eugene, MO 65032

Phone: (573) 498-4001

Website: <http://coler-v-k12-ct.schoolloop.com/>

Russellville School District (Cole R- I)

13600 State Highway C, Russellville, MO 65074

Phone: (573) 782-3534

Website: <http://cole-mo.schoolloop.com/>

Private School Information:

Catholic Diocese Of Jefferson City, School Office

2207 West Main St., Jefferson City, MO 65110

Phone: (573) 635-9127

Website: <https://diojeffcity.org/our-schools/school-office/>

Calvary Lutheran High School

2525 State Highway B., Jefferson City, MO 65101

Phone: (573) 638-0228

Website: <http://www.calvarylhs.org/>

Special Educational Services:

Special Learning Center

1115 Fairgrounds Rd., Jefferson City, MO 65109

Phone: (573) 634-3070

Website: <https://www.speciallearningcenter.com/>

Requirements:

- Birth – age 3, ONLY JCPS residents
- Age 3 – 6, all children from Cole, Moniteau, Miller, Morgan, Maries, and Callaway Counties

Programs offered:

- Educational programs for developmentally delayed and disabled children
- Sensory based curriculum
- Occupational, speech, and physical therapy
- Individual and group education
- Language, motor skill, social, emotional evaluations and assessments of children aged 6 & younger
- Developmental assessments of children aged 6 & younger
- Therapy evaluations of children aged 6 & younger

Southwest Early Childhood Center

812 St. Mary's Blvd., Jefferson City, MO 65109

Phone: (573) 659-3026

Website: <https://www.jcschools.us/Page/27>

Requirements:

- Age 3 – 5 years
- ONLY JCPS residents

Programs offered:

- Explore, Enrich, Research (EER) gifted program
- Title I preschool program
- Individual and center based programs for developmentally delayed and disabled children
- Individual and group education
- Language, motor skill, social, emotional evaluations, and assessment of children

Missouri Parents Act (MPACT)

7421 Mexico Rd., Ste. 200, St. Peters, MO 63376

Phone: 800-743-7634

Website: <http://www.missouriparentsact.org/>

Services offered:

- Understanding your child's special education rights
- Understanding what a learning disability is
- Parent resources on special education services
- Parent/school conflict resolution tools regarding special education
- Training
 - Positive behavior interventions
 - Understanding 504/IEP
 - Early intervention
 - Special Education laws

Educational Services:

Parents as Teachers

812 St. Mary's Blvd., Jefferson City, MO 65109

Phone: (573) 659-3026

Website: <https://www.jcschools.us/domain/168>

Requirements:

- Birth – kindergarten, ONLY JCS residents

Services offered:

- Parent education and support program
- Home visits with a certified parent educator
- Provides parental support on engage parents in their children's learning and development

Adult Basic Literacy Education (ABLE)

204 East Dunklin St., Jefferson City, MO 65101

Phone: (573) 636-5558

Website: <http://www.ablelearningcenter.com/>

Services offered:

- Free literacy program for any mid-Missouri resident aged 16 and older
- Weekly tutoring provided

Jefferson City High School Equivalency (HSE) Learning Center

204 East Dunklin St., Jefferson City, MO 65101

Phone: (573) 659-3122

Website: <https://www.jcschools.us/Page/14972>

Communities Served:

- All of Cole County with locations in Fulton, Eldon, and Versailles for their county communities

Programs offered:

- HiSet equivalency instruction/preparation/tutoring
- English as a Second Language (ESL) program
- Free to anyone aged 16 and older
 - Individual cannot be enrolled in any other educational program
- Career and college readiness

Scholarship Information:

Missouri Department of Higher Education

205 Jefferson St., Jefferson City, MO 65101

Phone: (573) 751-2361

Website: <http://dhe.mo.gov/contactus.php>

Information provided:

- Grant and scholarship information for Missouri residents
- A+ scholarship information for Missouri residents

After School Programs:

Capital City Boys and Girls Club (BGC)

1105 Lafayette St., Jefferson City, MO 65101

Phone: (573) 634-2582

Website: <http://bgcjc.publishpath.com/home>

Services offered:

- Elementary after school care provided until 7p at BGC facility (dinner provided)
- Middle school STEAM program lasts until 6p at both JCPS middle schools

- Free tutoring
- Learning and learning activities

Y-Care

424 Stadium Blvd., Jefferson City, MO 65101

Phone: (573) 761-9015

Website: http://www.jcymca.org/?page_id=395

Services offered:

- State licensed child care program that provides before/after school child care at local public schools
- Before school care begins at 6:45 a.m./after school care lasts until 5:30 p.m.

Child Care:

Missouri Department of Health & Senior Services, Child Care Licensing

323 Veterans Ln., Jefferson City, MO 65101

Phone: (573) 751-2450

Website: <http://health.mo.gov/safety/childcare/>

Information available:

- Allows consumers to search for state licensed child care providers
- Allows consumers to find state licensed child care facilities
- Allows consumer to research child care provider/facility's history of compliance, complaints, and investigations by the State of Missouri
- Links to child care licensing and regulatory information

Head Start

605 Cherry St., Jefferson City, MO 65101

Phone: (573) 636-3577

Website: <http://www.showmeaction.org/services/head-start>

Head Start West

2010 Williams St., Jefferson City

Phone: (573) 635-7054

Services offered:

- Federally funded child care program for low income families
- Safe & developmentally enriching care provided for each child
- Comprehensive child care program
- Facility operates Monday through Friday, from 7:30 a.m. – 5:30 p.m.

Jefferson City Day Care Center

1002 Myrtle Ave., Jefferson City, MO 65101

Phone: (573) 636-6461

Website: <https://www.jcdcc.org/>

Services offered:

- Quality child care from birth through age 8
- Facility operates Monday through Friday, from 7:00 a.m. – 5:30 p.m.

Developmentally Disabled Services:

Independent Living Resource Center (ILRC)

1760 Southridge Dr., Jefferson City, MO 65109

Phone: (573) 556-0400

Website: <http://ilrcjcmo.org/>

Services offered:

- Individual and systems advocacy
- Business resources- disability etiquette and training, & information on job accommodations
- Independent living skills and training
 - Budgeting, cooking, reading, employment
- Peer support
- Consumer Directed Services
- Social service case management
- Assist institutionalized individuals with transitioning into community living

Day Solutions

2725 Merchants Drive, Suite B, Jefferson City, MO 65109

Phone: (573) 659-0624/ (573) 680-4913

Website: www.daysolutions.net

Services offered:

- Community integration for adults with developmentally disabled adults
- Job training
- Life Skills
- Preventive health

Thrive Autism Solutions

2620 Forum Blvd., Suite E, Columbia, MO 65203

Phone: (573) 514-8735

Website: <https://www.thriveasd.org/services/>

Services offered:

- Applied Behavior Analysis (ABA) treatment
- Treatment goal based
- In depth parent training

- Communication, family, and community interaction assistance
- Independent & daily living skills

Easter Seals Midwest

918 Bernadette Dr., Columbia, MO 65203

Phone: (573) 874-3777

Website: <http://www.eastersealsmidwest.org/>

Services offered:

- Assist developmentally disabled individuals in learning to live and work within their community
- Autism services
 - Assessments
 - Parent training and support groups
 - Sibling support groups
 - Family navigation
 - Professional and community training
 - Individual support
 - Case management
- Community living
 - Independent living for autistic and developmentally disabled individuals
 - Increasing independence through life skills and community support
 - Enhancing communication while decreasing challenging behaviors

Missouri Assistive Technology (MAT)

1501 NW Jefferson St., Blue Springs, MO 64015

Phone: (816) 655-6700

Website: <http://at.mo.gov/>

Services offered:

- Provides funding for assistive technology, vehicle access, and home modification
- Examples: wheel chair ramps, door widening, bathroom accessibility, hand rails

First Steps

205 Jefferson St., Jefferson City, MO 65101

Phone: (573) 751-5739/866-583-2392

Website: <https://dese.mo.gov/special-education/first-steps>

Requirements:

- Birth – age 3

Services offered:

- Coordinated services & assistance to young children with special needs
- Educate parent/caregiver in understanding their child's special needs

Cole County Residential Services (CCRSI)

1908 Boggs Creek Rd., Jefferson City, MO 65101

Phone: (573) 634-4555

Website: <http://www.ccrsi.org/>

Requirement:

- Service recipient must be developmentally disabled

Services offered:

- Group homes for developmentally disabled individuals
- Social service case management
- Advocacy
- Social activities
- Goal oriented person centered planning
- Consumer Directed Services
- Independent living skills education
- Social service case management

Missouri Department of Mental Health, Division of Developmental Disabilities

1706 East Elm St., Jefferson City, MO 65101

Phone: (573) 751-4054

Website: <https://dmh.mo.gov/dd/>

Information available:

- Information for developmentally disabled individuals and their family's
- Information for service/care providers of developmentally disabled individuals
- Provider training
- Support for the family of developmentally disabled
- Autism programs

Brain Injury Association of Missouri

2265 Schuetz Rd., St. Louis, MO 63146

Phone: (314) 426-4024

Website: <http://www.biamo.org/>

Information available:

- Advocacy for individuals with brain injuries as well as their family's
- Employment resources

- Educational resources
- Parent and peer support

Choices for People Center

2414 Hyde Park Rd., Ste. A, Jefferson City, MO 65101

Phone: (573) 635-5414

Website: <http://www.choicesforpeoplecenter.org/index.asp>

Services available:

- Employment services
- Adult day services
- Community living program
- Individual supported living programs

Autism Speaks

Website: <https://www.autismspeaks.org/family-services/resource-library/family-grant-opportunities>

Information available:

- Grant information for autistic family's
- Community outreach
- Safety resources
- Professional development resources

Medical Care, Treatment, Services:

SSM Health, St. Mary's

2505 Mission Dr., Jefferson City, MO 65109

Phone: (573) 681-3000

Website: <http://www.ssmhealthmidmo.com/locations/st-marys-jefferson-city>

Services offered:

- Emergency Medical Care
- Pediatric, woman, family health care
- Surgical and medical treatment
- Radiological services
- Hospitalization
- Medical/health care social service case management
- Physical, occupational, and speech therapies
- Nutrition programs
- Mental health evaluations and treatment

Capital Region Medical Center

1125 Madison St., Jefferson City, MO 65101

Phone: (573) 632-5000

Website: <https://www.crmc.org/>

Services offered:

- Emergency Medical Care
- Pediatric, woman, family health care
- Surgical and medical treatment
- Radiological services
- Hospitalization
- Medical/health care social service case management
- Physical, occupational, and speech therapies
- Nutrition programs

Cole County Health Department (CCHD)

1616 Industrial Drive, Jefferson City, MO 65109

Phone: (573) 636-2181

Website: <http://www.colecounty.org/186/Health-Department>

Programs offered:

- Woman, Infants, Children (WIC)
- Immunizations
- Women's Health – PAP smear, pelvic exam, breast exams
- Environmental Public Health
- Health Screening – TB testing, BP checks, Lice checks, pregnancy testing, medication assistance

Services:

- Birth Certificate Issuance
- Death Certificate Issuance

Community Health Center of Central Missouri

3400 West Truman Blvd., Jefferson City, MO 65109

Phone: (573) 632-2777

Website: <http://chccmo.org/>

Services offered:

- Medical treatment – family, women, and pediatric
- Behavioral Health
- Prescription assistance
- Dental and oral health

- Immunizations
- Pain management
- School and work physicals

Emergency Medical Services (EMS)

1736 Southridge Dr., Jefferson City, MO 65109

Phone: (573) 634-2616

Website: <http://www.colecounty.org/345/Emergency-Medical-Services-EMS>

Services offered:

- Emergency/ambulatory transport
- CPR instruction

Dental Care:

Samaritan Center Dental Clinic

1310 East McCarty St., Jefferson City, MO 65101

Phone: (573) 634-7776

Website: <http://www.midmosamaritan.org/>

Services offered:

- Emergency dental services
- Fillings
- 4-6 month wait for appointment

Community Health Center of Central Missouri

3400 West Truman Blvd., Jefferson City, MO 65109

Phone: (573) 632-2777

Website: <http://chccmo.org/>

Services offered:

- Emergency dental services
- Preventative dental services
- Dental exams and cleaning
- Restorative dental care

Missouri Elks Mobile Dental Program

Phone: (816) 404-6904

Website: <http://lakewoodhospitalkc.org/services/dental>

Services offered:

- Dental exams and cleaning
- Restorative dental care
- Extractions and root canals

Eye Care:

Capital Lions, Jefferson City Chapter

P O Box 6613, Jefferson City, MO 65102

Website: <http://www.jeffcitylions.com/eyeglass.php>

Programs offered:

- Recycle prescription eyeglasses for distribution to individuals in need
- Provides free vision screening to children aged 6 months to 6 years
 - Free vision screening can be scheduled by calling 800-753-2265, ext. 8518
- Recycle hearing aids for distribution to individuals in need
 - Hearing aids are provided to students at the School for the Deaf in Fulton, MO

Missouri Department of Social Services, Rehabilitation Services for the Blind

P O Box 6613, Jefferson City, MO 65102

Website: <http://dss.mo.gov/fsd/rsb/>

Information provided:

- Provides program information for blind and visually impaired persons
- Vocational rehabilitation information
- Independent living services
- Children's services
- Blindness education, screening, and treatment

Medical & Prescription Medication Assistance:

Human Arc

1001 East 101st Terrace, Ste. 210, Kansas City, MO 64131

Phone: 816-363-8989

Website: <http://www.humanarc.com/hospital-solutions/>

Programs offered:

- Healthcare coverage assistance
- Medical bill payment assistance
- Prescription Savings Card

FamilyWize (United Way sponsored agency)

1720 Spillman Dr., Ste. 100, Bethlehem, PA 18015

Phone: 866-810-3784

Website: <https://familywize.org/>

Programs offered:

- Free/discount prescription drug program

U.S. Center for Medicare & Medicaid Services

7500 Security Blvd., Baltimore, MD 21244

Phone: 800-392-2161

Website: <https://www.medicare.gov/pharmaceutical-assistance-program/>

Programs offered:

- Free/discount prescription drug program

Rx Outreach

3171 Riverport Tech Center Dr., Maryland Heights, MO 63043

Phone: 800-875-6591

Website: <http://rxoutreach.org/>

Programs offered:

- Free/discount prescription drug program

Mental Health Hospitals:

Missouri Psychiatric Center (MUPC)

3 Hospital Dr., Columbia, MO 65212

Phone: (573) 884-1300

Website: <http://www.muhealth.org/locations/missouri-psychiatric-center/>

Services offered:

- Inpatient psychiatric hospitalization for evaluation and stabilization of individuals aged 5 & up
- Hospitalization is typically 3 to 5 days in duration
- 13 beds allotted for youth aged 5 – 17
- Outpatient psychiatric evaluation, assessment, and care of individuals aged 5 & up
- Medication evaluation & management

- Social service case management

Royal Oaks Hospital

307 North Main St., Windsor, MO 65360

Phone: (660) 647-2182/800-456-2634

Website: <http://compasshealthnetwork.org/about-us/royal-oaks-hospital/>

Requirements:

- Medically stable
- Must be an acute/immediate need for treatment

Services offered:

- Inpatient psychiatric hospitalization for evaluation and stabilization of individuals aged 3 & up
- Hospitalization is typically 5 to 10 days in duration
- 12 pre-adolescent beds allotted for children aged 3 – 12
- 18 adolescent beds allotted for juveniles aged 13 – 17
- 8 beds allotted for adults aged 18 and older
- Outpatient psychiatric evaluation, assessment, and care of individuals aged 3 & up
- Medication evaluation & management
- Social service case management
- Community service coordination

SSM Health, St. Mary's

2505 Mission Dr., Jefferson City, MO 65109

Phone: (573) 681-3000/800-426-2083

Website: <http://www.ssmhealth.com/behavioralhealth>

Requirements:

- Must be aged 18 or older
- Admitted through the Emergency Room

Services offered:

- Inpatient psychiatric hospitalization for evaluation and stabilization of individuals aged 18- 55
- Hospitalization is typically 3 to 7 days in duration
- 20 beds allotted for youth aged 18- 55
- Outpatient psychiatric evaluation, assessment, and care of individuals aged 18- 55
- Medication management
- Social service case management
- Community service coordination

Mental and Behavioral Health Services:

National Alliance on Mental Illness (NAMI)

3405 West Truman Blvd., Jefferson City, MO 65109

Phone: (573) 634-7727

Website: <https://namimissouri.org/>

Services offered:

- Community support and education
- Advocacy for individuals with mental health diagnoses and their family's
- NAMI WARMLine; an educational and supportive hotline for individuals with mental illness
 - 800-374-2138 (M-F, 9a – 5p/Sat & Sun 3 – 9p)
- Recovery education and programs
- Criminal justice resources and information

Programs offered:

- Mental health first aid
- Peer to peer recovery education
- NAMI-CARE (Consumers Advocating Recovery through Empowerment)
- Hearts and minds (learning about healthy and affordable lifestyle changes that reduce cardiac risks)
- Provider education courses
- NAMI support group, meets monthly
- NAMI Basics – an educational program for parents and caregivers of children & adolescents living with mental illness
- In Our Own Voice (IOOV) – a public education program designed to help those who have struggled with mental illness gain confidence and share their experiences

Pathways/Compass Health Network

227 Metro Dr.,
Jefferson City, MO 65109
(573) 634-3000

1905 Stadium Blvd.,
Jefferson City, MO 65109
(573) 556-3330

3400 West Truman Blvd.,
Jefferson City, MO 65109
(573) 635-6878

Website: <http://compasshealthnetwork.org/location/jefferson-city/>

Services offered:

- Crisis Services and interventions
- Outpatient behavioral health- counseling, psychological evaluations, psychiatric appointments
- Integrated Health Services (IHS) case management
- Medication education and administration
- Psychiatric transitional services
- Substance abuse and treatment/Relapse prevention
- Co-occurring Counseling (substance abuse and mental health)
- Troubled sexual youth

- Dialectal Behavior Therapy (DBT)
- Men's trauma/Women's trauma

Missouri Department of Mental Health

1706 East Elm St., Jefferson City, MO 65101

Phone: (573) 751-4122

Website: <https://dmh.mo.gov/>

Information available:

- Services for deaf individuals
- Crisis intervention services
- Community based service information
- Day treatment
- Residential care
- Community placement
- Respite care
- Treatment homes
- Community psychiatric rehabilitation
- Autism services
- Targeted case management
- Community outreach
- Community employment for the developmentally disabled
- Housing wavers
- Trauma informed care

Thompson Center for Autism and Neurodevelopmental Disorders

205 Portland St., Columbia, MO 65211

Phone: (573) 884-6052

Website: <https://thompsoncenter.missouri.edu/>

Services offered:

- ADHD evaluations for individuals aged 5 to 21
- Cognitive Learning Evaluations for individuals aged 5 & up
- Autism evaluation and diagnostic services
- Autism Medical Clinic
- Autism Neuropsychology Clinic
- Psychological services
- Concussion Neuropsychology Clinic
- Developmental Pediatric Services

New Horizons

2013 Williams St., Jefferson City, MO 65109

Phone: (573) 636-8108

Website: <https://www.mo-newhorizons.com/>

Services offered:

- Adult psychiatric services
- Medication management
- Transitional homeless services
- Residential services at the Melody House and Harambee House
 - Melody/Harambee houses are both 15 bed residential facilities
- Individual therapy

Lifesong for Growth and Wellness

3401 West Truman Blvd., Jefferson City, MO 65109

Phone: (573) 644-7909

Website: <http://www.findyourlifesong.com/>

Services offered:

- Psychological testing and evaluations
- Child and adolescent therapy
- Individual therapy
- Group therapy
- Marriage counseling
- Rapid Resolution Therapy (RRT)

Veteran's Affairs (VA) Counseling Services

4040 Rangeline St., Ste. 105, Columbia, MO 65202

Phone: (573) 814-6206/ 877-927-8387

Website: <https://www.va.gov/directory/GUIDE/facility.asp?ID=5990&dnum=All>

Services offered:

- Individual counseling
- Family counseling
- Marriage counseling
- Post-Traumatic Stress Disorder (PTSD) Counseling
- Vietnam Survivors Group
- Multi-Systematic Therapy (MST) counseling

Substance Abuse Treatment and Counseling:

Preferred Family Healthcare

Adolescent Treatment Site
101 Adams St.,
Jefferson City, MO 65101
Phone: (573) 556-6589
Website: <http://www.pfh.org/>

Adult Treatment Site
210 Hoover Rd.,
Jefferson City, MO 65101
(573) 632-4321

Services offered:

- Inpatient treatment for substance abuse disorders and chemical dependency
- Treatment is typically 30 to 45 days in duration
- Adolescent inpatient facility has 18 beds for juveniles aged 12 – 17
- Adult inpatient facility has 16 beds for adults aged 18 and above
- Outpatient treatment for substance abuse disorders and chemical dependency
- Individual counseling
- Family counseling
- Co-occurring counseling
- Group therapy
- Relapse prevention
- Social service case management
- Community agency referrals

McCambridge Center

201 North Garth Ave., Columbia, MO 65203
Phone: (573) 449-3953
Website: <http://compasshealthnetwork.org/location/columbia-3/>

Requirement

- Females only
- Must be 18 or older

Services offered:

- Inpatient treatment for substance abuse disorders and chemical dependency
- Treatment is typically 30 to 45 days in duration
- Inpatient facility has 16 beds for women aged 18 and above
- Outpatient treatment for substance abuse disorders and chemical dependency
- Individual, family, and group counseling
- Co-occurring counseling

- Trauma counseling
- Relapse prevention

Missouri Department of Mental Health, Alcohol & Drug Abuse

1706 East Elm St., Jefferson City, MO 65101

Phone: (573) 751-4942

Website: <https://dmh.mo.gov/ada/>

Information available:

- Provides information on treatment, prevention, and recovery services for chemical dependency, substance abuse, and gambling
- Assures substance abuse prevention, treatment, and recovery services are available to the public
- Prevention initiatives
- Crisis intervention services
- Information on juvenile programs designed for individuals aged 12 – 17 years of age
- Information on women only programs
- Opioid dependence information
- Information on civil involuntary detention (involuntary treatment)
- SATOP program information
- Compulsive gambling treatment service information
- Alcohol, drug, tobacco fact sheets

Drug & Paternity Testing:

Boyce & Bynum Pathology Laboratory

1704 Christy Dr., Ste. 400, Jefferson City, MO 65101

Phone: (573) 644-6610

Website: <https://www.bbpllab.com/BBPLWeb/cms/site/Index.html>

Services offered:

- Paternity testing
- Drug testing

Mid America Labs

2712 Plaza Dr., Jefferson City, MO 65109

Phone: (573) 893-4118

Website: <http://midamericalabs.weebly.com/>

Services offered:

- Forensic drug testing

- Blood and urine testing available
- DUI/DWI testing
- Serology & paternity testing

Domestic Violence Counseling and Services:

Rape Abuse Crisis Services (RACS)

P O Box 413, Jefferson City, MO 65102
 Phone: (573) 634-8346/HOTLINE: (573) 634-4911
 Website: <http://www.racsjc.org/>

Services offered:

- Emergency shelter for women and children of domestic violence and sexual assault
- Domestic violence support group
- Individual and group counseling
- Victims advocacy
- Case management
- Community based referrals and support

True North of Columbia

1316 Parkade Blvd., Columbia, MO 65203
 Phone: (573) 875-0503
 Website: <http://truenorthofcolumbia.org/>

Services offered:

- Emergency shelter for women and children of domestic violence
- Individual and group counseling
- Domestic violence support group
- Case management
- Children's programs

Pregnancy Assistance:

First Chance for Children

1010 Fay St., Columbia, MO 65201
 Phone: (573) 777-1815
 Website: <http://www.firstchanceforchildren.org/>

Services offered:

- Free cribs provided to qualified family's

- Free baby bags, which includes a health kit, baby safety kit, bath water thermometer, books, local resource guides, and a sleeper

Planned Parenthood

711 North Providence Rd., Columbia, MO 65203

Phone: (573) 443-0427

Website: <https://www.plannedparenthood.org/health-center/missouri/columbia/65203/columbia-health-center-2760-90740>

Services offered:

- Birth control
- Sexual health testing and treatment (HIV/STD/STI)
- Pregnancy testing
- Abortion referrals
- Emergency contraception
- Women's health

Birthright of Mid Missouri

1006 East High St., Ste. 2, Jefferson City, MO 65109

Phone: (573) 635-8822

Website: <http://birthright.org/en/landingpage/lp-jeffersoncity>

Services offered:

- Free pregnancy testing
- Assistance in Medicaid for pregnant women registration
- Adoption counseling
- Prenatal development and care
- Parenting skills
- Financial, employment, legal, and social assistance and referrals
- Maternity and baby clothing

My Life Clinic

802 North Providence Rd., Columbia, MO 65203

Phone: (573) 874-3561

Website: <http://www.mylifeclinic.org/>

Services offered:

- Free pregnancy test/ultrasound
- Free pregnancy medical services
- Assistance in Medicaid for pregnant women registration
- Adoption counseling

- Adoption referrals
- Free STD/STI testing
- Abortion counseling and recovery

Pregnancy Help Center

1760 Southridge Dr., Jefferson City, MO 65109

Phone: (573) 644-6635

Website: <http://www.phcjeffersoncity.com/>

Services offered:

- Free pregnancy test/ultrasound
- Assistance in Medicaid for pregnant women registration
- Adoption counseling
- Maternity home placement
- Free HiSet preparation and tutoring

Parenting Services:

Prenger Family Center

400 Stadium Blvd., Jefferson City, MO 65101

Phone: (573) 636-5177

Website: <http://www.colecounty.org/328/Juvenile-Division-Prenger-Center>

Services offered:

- Parenting classes offered quarterly
- Supervised visits
- Supervised custodial exchange program

Pregnancy Help Center

1760 Southridge Dr., Jefferson City, MO 65109

Phone: (573) 644-6635

Website: <http://www.phcjeffersoncity.com/>

Services offered:

- Free parenting classes for parents of children under the age of 5
- Each parenting class is held quarterly
- Infant parenting class information
 - Wednesdays, 3:30 – 4:30 p
 - Six week session

- Toddler parenting class information
 - Wednesdays, 10 – 11:30 a
 - Eight week session

Rainbow House

1611 Towne Dr., Columbia, MO 65202

Phone: (573) 474-6600

Website: <https://rainbowhousecolumbia.org/>

Services offered:

- Making Parenting a Pleasure, parenting class
 - Offered monthly
 - 16 hour parenting class (8 hours on Saturday & 8 hours on Sunday)
 - Class is geared towards parenting children of all ages
 - Registration maximum is 15

Lodging and Shelter Assistance:

HALO

3519 Bennett Ln., Jefferson City, MO 65101

Phone: (573) 418-9912

Website: <https://haloworldwide.org/jefferson-city-mo/>

Requirements:

- Females only
- Must attend school
- Must be between the ages of 16 – 21 years of age
- Must obtain part time employment if attending school
- Must obtain full time employment upon diploma completion

Services offered:

- Shelter/residency for females provided for up to 2 years
- Educational assistance
- Employment assistance
- Social service case management
- Professional development skills
- Life skills programs
- Community outreach

Salvation Army

Center of Hope
927 Jefferson St.,
Jefferson City, MO 65101

Website: http://www.usc.salvationarmy.org/usc/www_usc_columbia.nsf

Harbor House
602 North Ann St.,
Columbia, MO 65201

Requirements:

- Must have a photo ID
- No history of violent crimes
- Residents must help maintain the cleanliness of the facility

Services offered:

- 40 bed shelter for men, women, and family's
 - Shelter bed availability fluctuates daily
 - Shelter stays are typically limited to a period of no more than 90 days
- Spiritual counseling

St. Raymond's House

308 East High St., Ste. 207, Jefferson City, MO 65101

Phone: (573) 893-2067

Website: <http://www.srshelp.org/>

Services offered:

- Transitional home for pregnant or new mothers
 - Typical duration of stay is 6 months
 - Mothers MUST be clean of all substances for no less than 6 months
 - Mother can bring up to two other children, so long as both children are under age 5
- Rental assistance for mothers

Rainbow House

1611 Towne Dr., Columbia, MO 65202

Phone: (573) 474-6600

Website: <https://rainbowhousecolumbia.org/>

Services offered:

- Children's Advocacy Center (CAC)

- Forensic interviews
- Emergency shelter for children aged birth to 18
- Transitional living program for homeless youth
- Community outreach

Transportation:

City of Jefferson Transit (JEFFTRAN)

820 East Miller St., Jefferson City, MO 65101

Phone: (573) 634-6477

Website: <http://www.jeffersoncitymo.gov/government/transit/>

Services offered:

- Public transportation via a fixed route bus system; all routes run throughout Jefferson City
- \$1 per ride (each way), children under 6 are free

Checker Cab

1000 St. Mary's Blvd., Jefferson City, MO 65109

Phone: (573) 636-7101

Website: <http://checkerjc.com/>

Services offered:

- Fair based transportation

OATS Public Transportation

2501 Maguire Blvd., Suite 101, Columbia, MO 65201

Phone: (573) 449-3789 / 800-26-6287

Website: <http://www.oatstransit.org/jefferson-city>

Services offered:

- Public transportation
- \$5 round trip transportation throughout Jefferson City
- \$7 round trip transportation throughout Cole County
- \$9 round trip transportation to adjacent counties

Handi-wheels

820 East Miller St., Jefferson City, MO 65101

Phone: (573) 634-6477

Website: <http://www.jeffersoncitymo.gov/government/transit/>

Services offered:

- Provides transportation within City limits to clients who qualify under the Americans with Disabilities Act (ADA)
- All busses are wheel chair equipped

JC Winter Outreach

409 Ellis Blvd., Jefferson City, MO 65109

Phone: (573) 636-5157

Website: https://m.facebook.com/page/about.php?id=388325838174851&expand_all=1

Services offered:

- Provides transportation for the homeless to local shelters when temps are less than 20 degrees

Non- Emergency Medical Transportation (NEMT)

Phone: 866-269-5927

Website: <http://dss.mo.gov/mhd/participants/pages/medtrans.htm>

Services offered:

- Transportation to/from non-emergency medical appointments
- MUST be covered by Mo HealthNet/MoHealthNet Managed Care program
- \$2 per Medical trip
- Trips must be scheduled 5 days in advance

Working Wheels for Working Families

P O Box 105116, Jefferson City, MO 65110

Phone: (573) 691-3653

Website: <http://www.ww4wf.com/>

Services offered:

- Accepts and reconditions donated vehicles from the community
- Provides qualified, low income families with a reliable vehicle
- Some of the requisites are: gain/maintain employment, no prior DWI/DUI, drug free, have at least one dependent, and no felony convictions within the past five (5) years
- Recipient family is responsible for covering the licensing, tax, registration, and insurance fees

Amtrak

101 Jefferson St., Jefferson City, MO 65101

Phone: 800-872-7245

Website: <https://www.amtrak.com>

Services offered:

- Rail transportation through Missouri and the continental United States
- River Runner rail route runs daily between Kansas City and St. Louis with stops in Jefferson City and surrounding communities

Employment Assistance:**Missouri Career Center**

1716 Four Seasons Dr., Suite 101, Jefferson City, MO 65101

(573) 526-8115

Website: <https://jobs.mo.gov/jobseeker>

Services offered:

- Provides educational assistance and services for anyone aged 16 and older
- Help with diploma completion, HiSet testing, and college acceptance
- Job search assistance
- On the Job Training (OJT)
- Employment workshops
- Job fairs
- Resume building assistance
- Assistance with completing and submitting online applications

Youth 180

1716 Four Seasons Dr., Suite 101, Jefferson City, MO 65101

(573) 526-8115

Website: http://cwib.us/?page_id=481

Services offered:

- Assist youth aged 14 – 21 to obtain employment through work experience
- Improve academic skills
- Staff assisted job search
- National Career Readiness Certification
- Training/assessments/workshops

Job Point

315 Ellis Blvd., Jefferson City, MO 65101

Phone: (573) 636-8186

Website: <http://www.jobpointmo.com/>

Services offered:

- Preparing individuals within the community for employment
- Application completion and resume assistance
- Assistance in internet job searches
- Employment opportunities for disabled individuals
- Credentialed certificate training in various fields

1st Choice Employment

514 East High St., Ste. 30, Jefferson City, MO 65101

Phone: (573) 635-9885

Services offered:

- Provides employment services to individuals with vocational barriers

Missouri Department of Elementary and Secondary Education, Vocational Rehabilitation

1500 Southridge Drive, Suite A, Jefferson City, MO 65109

(573) 751-2343

Website: <https://dese.mo.gov/adult-learning-rehabilitation-services/vocational-rehabilitation>

Services offered:

- Employment guidance and counseling for physically and/or mentally disabled individuals
- Job seeking skills
- Job placement
- Vocational training
- Transition services
- Rehabilitation technology
- Ticket to work program

Veterans Education, Missouri Career Center

1716 Four Seasons Dr., Suite 101, Jefferson City, MO 65101

(573) 526-8115

Website: <https://dese.mo.gov/adult-learning-rehabilitation-services/veterans-education/job-training-apprenticeship>

Services offered:

- Monthly educational benefits for veterans and eligible dependents of veterans
- On the Job Training (OJT) & apprenticeships

M U Hook Center

2 London Hall, Columbia, MO 65211

(573) 884-1850

Website: <https://education.missouri.edu/hook-center/programs/>

Services offered:

- Monthly educational benefits for veterans and eligible dependents of veterans
- On the Job Training (OJT)
- Apprenticeships

Food Pantry:**Samaritan Center**

1310 East McCarty St., Jefferson City, MO 65101

Phone: (573) 634-7776

Website: <http://www.midmosamaritan.org/>

Requirements:

- Photo id

Information:

- Commodity and pantry visits are allowed once per calendar month
- Pantry is open Monday – Thursday, 9:30 – 11:30a; Thursdays evenings 4 – 6p

Salvation Army

927 Jefferson St., Jefferson City, MO 65101

Phone: (573) 635-1975

Website: http://www.usc.salvationarmy.org/usc/www_usc_columbia.nsf

Information:

- Commodity and pantry visits are allowed once per calendar month
- Pantry is open Tuesdays 12 – 4p

The Pantry

409 Ellis Blvd., Jefferson City, MO 65109

Phone: (573) 636-5157

Website: <http://www.firstchristianjcmo.org/food-pantry.html>

Information:

- Pantry is open 1 – 7p, the fourth Friday of each month

First United Methodist Church

201 Monroe St., Jefferson City, MO 65101

Phone: (573) 635-6886

Website: <http://www.jcfumc.org/>

Information:

- Commodity and pantry visits are allowed once per calendar month
- Pantry is open Tuesdays & Fridays, 9a – 12p and 1 – 2p; Thursdays, 10a-12p

First Church of God

1614 Southwest Blvd., Jefferson City, MO 65109

Phone: (573) 635-0963

Website: <http://www.firstchristianjcmo.org/food-pantry.html>

Requirements:

- Photo id

Information:

- Commodity and pantry visits are allowed twice per year
- Pantry is open from 1 – 2p on the first and third Tuesday of each month

Mobile Food Pantry

Capital West Christian Church
1315 Fairgrounds Rd.,
Jefferson City, MO 65109

Firley YMCA
525 Ellis Blvd.,
Jefferson City, MO 65101

Russellville
13007 Route C
Russellville, MO 65074

Information:

- Capital West Christian Church, third Saturday of the month, 9a to 1p
- Firley YMCA, second Thursday of the month, 4 – 6p
- Russellville, second Tuesday of the month, 2 to 5p

Nutritional Services:

Health, Wellness, & Nutrition Center (The Center)

606 Dix Rd., Jefferson City, MO 65109

Phone: (573) 893-9999

Website: <http://www.drhwnc.com/>

Services offered:

- Wellness counseling
- Nutritional counseling
- Cooking seminars
- Cholesterol, blood glucose, HDL, A1C, triglyceride testing

HyVee

3721 West Truman Blvd., Jefferson City, MO 65109

Phone: (573) 893-2505

Website: <https://www.hy-vee.com/stores/dietitian/default.aspx?s=75>

Services offered:

- Wellness counseling
- Nutritional counseling
- Specialized diet planning
- Kids cooking classes
- Personal shopping assistance
- Community and business dietary presentations

University of Missouri, Extension

Cole County Extension Center, 2436 Tanner Bridge Rd., Jefferson City, MO 65101

Phone: (573) 634-2824

Website: <http://extension.missouri.edu/main/DisplayCategory.aspx?C=5>

Services offered:

- Wellness information
- Nutritional classes and information
- Informative grocery shopping
- Eating disorder education

Academy of Nutrition and Dietetics

Website: <http://www.eatright.org/>

Information available:

- Health and wellness information for children, women, men, and family's
- Healthy aging
- Fitness management
- Kids nutrition

Clothing:

Samaritan Center

1310 East McCarty St., Jefferson City, MO 65101

Phone: (573) 634-7776

Website: <http://www.midmosamaritan.org/>

Services offered:

- Clothing closet, open to the public
- Men, women, children, and infant clothing
- Some household items

Dreams to Reality

500 Jefferson St., Jefferson City, MO 65101

Phone: (573) 681-9675

Website: <http://www.dreamstoreality-jc.org/>

Services offered:

- Provides women with professional clothing for interviews and employment
- Hours are Tuesdays and Thursdays from 10a – 2p & the first Saturday of each month, 9 – 11a
- Must be referred from a community agency

Goodwill Industries

1806 Missouri Blvd., Jefferson City, MO 65101

Phone: (573) 635-6228

Website: <https://mersgoodwill.org/>

Services offered:

- Provides repurposed clothing & household items to the community at a discounted rate
- Clothing vouchers available to struggling family's through community agencies

Salvation Army Thrift Store

718 Michigan St., Jefferson City, MO 65101

Phone: (573) 635-1463

Website: http://www.usc.salvationarmy.org/usc/www_usc_columbia.nsf

Services offered:

- Provides repurposed clothing & household items to the community at a discounted rate

Disaster Relief & Preparedness

American Red Cross

431 East McCarty St., Jefferson City, MO 65109

Phone: (573) 635-1132

Website: <http://www.redcross.org/>

Services offered:

- Disaster relief - flood, earthquake, storm, tornado, fire
- Emergency shelter assistance
- Training & Certification – first aid, CPR, AED, babysitting, CNA, BLS
- Military – deployment communication and support, family and community support
- International relief: assistance, education, vaccination, and communication

Missouri Department of Health and Senior Services, Disaster and Emergency Planning

912 Wildwood Dr., Jefferson City, MO 65109

Phone: (573) 751-6400

Website: <http://health.mo.gov/emergencies/index.php>

Information available:

- Emergency preparation
- Information on natural disasters and weather emergencies
- Information on biological and chemical terrorism
- Emergency response information
- Information on traumatic injuries
- Pediatric disaster resources
- Public health messages

Federal Emergency Management Agency (FEMA)

Phone: 800-621-3362

Website: <https://www.disasterassistance.gov/>

Services offered:

- Disaster relief - flood, earthquake, storm, tornado, fire
- Individual and household assistance
- Disaster assistance and emergency relief program for individuals and businesses
- Disaster unemployment assistance
- Housing repair loans and grants

Other Community Agencies & Resources

Missouri Veterans Commission

Jefferson Building, 205 Jefferson St., 12th floor, Jefferson City, MO 65110

Phone: (573) 751-3779

Website: <http://mvc.dps.mo.gov/>

Services provided:

- Assist veterans with their disability applications
- Educational assistance and programs
- Veteran's home loans
- Oversee the State Veteran's cemeteries
- Assist veteran's with burial benefits
- Manage the Veteran's homes located throughout Missouri

Missouri Department of Health & Senior Services, Family Care Safety Registry (FCSR)

912 Wildwood Dr., Jefferson City, MO 65109

Phone: (573) 751-6400

Website: <http://health.mo.gov/safety/fcsr/>

Information available:

- State registry designed to protect children, seniors, and disabled individuals by ensuring service providers are safe
- Registry is designed to assist employers and the service recipient's family make informed decisions
- Information on good cause waivers

Big Brothers Big Sisters

424 Stadium Blvd., Jefferson City, MO 65101

Phone: (573) 634-3290

Website: <https://www.mvbbbs.org/>

Services provided:

- Mentoring program for children under the age of 17

Missouri Mental Health Foundation

221 Metro Dr., Ste. C, Jefferson City, MO 65109

Website: http://www.missourimhf.org/?page_id=50

Information available:

- Broad based public education and awareness of mental health
- Provides mental health resource materials and assistance to the public

Catholic Charities of Central & Northern Missouri

2201 West Main St., Jefferson City, MO 65109

Phone: (573) 635-7719

Website: <https://catholiccharitiesusa.org/members/catholic-charities-of-central-northern-missouri>

Services provided:

- Disaster preparedness and response
- Refugee and immigration services
- Prison ministry
- Community based volunteering

Central Missouri Foster Care & Adoption Association

509 Swifts Hwy., Jefferson City, MO 65109

Website: <http://ccfosteradopt.com/>

Services offered:

- Educates, supports, and advocates for foster and adoptive children and family's
- Provides foster parent training
- Respite care for foster children/family's
- Transitional youth program
- Food vouchers
- Free haircut program

Families for Families

3705 State Highway C, Jefferson City, MO 65109

Phone: (573) 619-1322

Website: <http://chccmo.org/>

Information available:

- Meetings are held the first Thursday of each month
- Community based program designed to empower and educate parents and caretakers
- Families leading families

Missouri Department of Health & Senior Services

P O Box 570, Jefferson City, MO 65102

Phone: (573) 751-6266

Website: <http://health.mo.gov/living/families/genetics/newbornscreening/>

Information available:

- Information Newborn Screenings
 - Newborn Hearing Screening
 - Blood Spot Screening
 - Phenylketonuria (PKU)

Jefferson City Chamber of Commerce

213 Adams St., Jefferson City, MO 65101

Website: <http://www.jcchamber.org/>

Information available:

- Welcome to the City of Jefferson packet
- Community programs
- Business directory
- City and County map

Care Portal

3161 Wyandotte St., Kansas City, MO 64111

Phone: (816) 536-8333

Website: <https://careportal.org/>

Information available:

- Connecting churches, child welfare agencies, and families in need

United Way

205 Alameda Dr., Jefferson City, MO 65109

Website: <http://www.unitedwaycemo.org/agency-partners>
<http://www.unitedwaycemo.org/2-1-1>

Information available:

- Details community programs available to assist individuals and families in need
- Connects the community with available resources and volunteer opportunities within our community
- 211 is a 24/7 resource connection for most of Missouri