

RCAS COVID-19 RESOURCE GUIDE

RCAS has created a resource guide that will be updated weekly and as needed



Please check your email, the RCAS Facebook page, and this Resource Guide frequently for updates on available resources in the community during COVID-19

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COVID-19/HEALTH

| Company | Resource | Link | Description |
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| Black Hills Urgent Care | Medical Care | http://bhucare.com/ | Call ahead for an appointment (605-791-7777 Mountain View Road location) or (605-791-7788 Haines Avenue location) |
| Center for Disease Control (CDC) | Coronavirus (COVID-19) | https://www.cdc.gov/coronavirus/2019-ncov/ | Up-to-date information from the Centers for Disease Control and Prevention (CDC) |
| Center for Disease Control | Resources for Your Home | https://www.cdc.gov/coronavirus/2019-ncov/community/home/index.html | Ways to plan, prepare, and respond to Coronavirus |
| Center for Disease Control | What to do if you are Sick | https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsteps-when-sick.html | If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community. |
| Community Health Center of the Black Hills | Medical | https://www.chcbh.com/ | Call ahead for an appointment or if you have been exposed to the Corona Virus, no walk ins accepted at this time: (605)-721-8939 |
| Department of Social Services South Dakota | Medical and financial assistance | https://dss.sd.gov/economicassistance/ | (605)-394-2525 ext. 132 (Office currently closed until March 20th) |
| Indian Health Services Rapid City Service Unit/Oyate Health Center | Medical Care | https://www.ihs.gov/greatplains/healthcarefacilities/rapidcity/ | Health services for anyone eligible for Indian Health Services (605)-355-2500 |
| Monument Health | COVID-19 Information and Daily Updates | https://monument.health/covid-19-south-dakota/#tab-content-covid-19-ga | Learn about how Monument Health is responding to the COVID-19 pandemic and receive daily updates |
| Monument Health | Drive-thru COVID-19 sample collection and Nurse Triage phone line | https://monument.health/monument-health-launches-drive-thru-covid-19-sample-collection-nurse-triage-phone-line/ | Learn more about this service being provided by Monument Health |
| Pennington County HHS | Economic and medical assistance | https://www.pennco.org/hhs | Please call ahead to schedule an appointment (605)-394-2156 |
| South Dakota Department of Health (SD-DOH) | Novel Coronavirus Updates and Information | https://doh.sd.gov/news/Coronavirus.aspx | The South Dakota Department of Health (SD-DOH) continues to respond to the emergence of the novel coronavirus. SDDOH is working with the CDC and SD healthcare partners across the state to protect South Dakotans from COVID-19. |
| SD-DOH | SD COVID-19 Information Call Line | covid.sd.gov | Have questions about COVID-19? Call SD COVID-19 Info line, call or visit the website 1-800-977-2880 |
| World Health Organization | Coronavirus | https://www.who.int/health-topics/coronavirus | Up-to-date information from the World Health Organization |

MENTAL HEALTH

| Organization | Resource | Location | Category | Link |
|--|---|--------------------|--|---|
| 211 Helpline Center | Black Hills Behavioral Health Guide | Black Hills Region | Behavioral Health | https://www.helplinecenter.org/2-1-1-community-resources/resource-guides/black-hills-behavioral-health-guide/ |
| Awareness Counseling | Counseling | Rapid City | 605-391-3482 | https://www.awarenesscounseling.net/ |
| Behavior Management Systems (BMS) | Mental Health Care | Rapid City | Mental Health 605-343-7262 call ahead for walk in crisis appointments (12:00PM-3:00PM) | https://www.bmscares.org/ |
| Bach Counseling | Counseling | Rapid City | 605-431-4106 | https://www.bachcounseling.com/ |
| Black Hills Psychiatry Associates | Counseling Services, Medication Evaluation and Management | Rapid City | 605-348-5401 | https://www.facebook.com/pages/category/Mental-Health-Service/Black-Hills-Psychiatry-Associates-656746197824637/ |
| Bosworth Therapy & Consultation | Counseling | Rapid City | 605-343-7755 | http://www.bosworththerapyandconsultations.com/ |
| Crisis Care Center Rapid City | Crisis stabilization for adults 18 and up | Rapid City | Mental Health/Substance Abuse | http://www.crisiscarecenter.org/ |
| Catholic Social Services | Counseling | Rapid City | 605-348-6086 | https://www.cssrapidcity.com/ |
| Choices Counseling | Counseling | Rapid City | 605-209-3688 | |
| Chrysalis Association | Counseling, Psychological Assessment | Rapid City | 605-341-8647 | https://www.chrysalisassociation.com/ |
| Crossroads Counseling | Counseling | Rapid City | 605-430-9521 | https://www.psychologytoday.com/us/therapists/crossroads-counseling-services-rapid-city-sd/216586 |
| Dakota Hills Counseling, Inc | Counseling | Rapid City | 605-390-1029 | http://dakotahillscounselinginc.com/ |
| Greg Swenson | Counseling | Rapid City | 605-341-5436 | http://gregswensonphd.net/ |
| Jetson Counseling | Counseling | Rapid City | 605-718-5500 | http://www.jetsoncounseling.com/ |
| Kelly Marker | Counseling (14 and older) | Rapid City | 605-381-4608 | https://www.psychologytoday.com/us/therapists/kelly-j-marker-rapid-city-sd/251966 |
| LifeScape | Therapy and Psychology Services | Rapid City | 605-390-7055 | https://www.lifescapesd.org/locations/lifescape-rapid-city |
| Lutheran Social Services | Counseling Services, Substance Abuse Counseling | Rapid City | 855-334-2935 | https://www.lsssd.org/ |
| Monument Health Emergency Room | Emergency Mental Health Care | Rapid City | 605-755-1000 | https://directory.monument.health/facility/sd/rapid-city/353-fairmont-boulevard-6671503 |
| Monument Health Behavioral Health Center | Counseling Services, Inpatient Behavioral Health Services | Rapid City | Mental Health | https://monument.health/services/behavioral-health/ |
| National Crisis Text Line | Crisis Text Line 741741 | National Resource | Crisis | Text CONNECT to 741741 |

MENTAL HEALTH

| | | | | |
|--|---|-------------------|--|---|
| National Suicide Prevention Lifeline | Suicide and Crisis Support | National Resource | Suicide and crisis | 1-800-273-8255 or textline- text "connect" to 741741 |
| Oyate Center Behavioral Health | Counseling, Medication evaluation/management, Substance Abuse Treatment | Rapid City | 605-355-2500 | https://www.icarol.info/ResourceView2.aspx?org=2354&agencynum=10586067 |
| Psychological Associates of the Black Hills | Counseling | Rapid City | 605-348-6500 | https://pabh.org/ |
| Rex Briggs | Anxiety and Stress Counseling | Rapid City | 605-343-4172 | https://pabh.org/ |
| Scovel Psychological and Counseling Services | Counseling and Assessment | Rapid City | 605-721-8822 | https://scovelpsychological.com/ |
| Spirals Counseling Lynell Rice Brinkworth | Counseling | Rapid City | 605-381-5277 | https://spiralscounseling.com/ |
| Thorn Counseling | Counseling | Rapid City | 605-716-9944 | |
| Torno Mediation and Mental Health Services | Counseling | Rapid City | 605-718-3613 | http://www.tornommhs.com/ |
| Working Against Violence Inc. (WAVI) | Domestic Violence Shelter in Rapid City | Rapid City | please call their 24 hour crisis line any time at 605-341-4808 or toll free 1-877-716-9284 | https://www.facebook.com/workingagainstviolence/ |
| Youth and Family Services | Counseling, Substance Abuse Treatment, Trauma Treatment | Rapid City | 605-342-4789 | http://www.youthandfamilyservices.org/counseling-center/ |

FOOD

****Call organizations to verify times if possible****

| Organization | Address | Area/City | Type | Contact | Link |
|---|--|------------|--|--|---|
| 211 Rapid City Food Calendar | Dial 211 | Rapid City | Calendar for meals/food | Online | https://www.helplinecenter.org/2-1-1-community-resources/resource-guides/207991-2/ |
| Adventist Food Pantry | 4703 S. Canyon (605) 389-6225 | Rapid City | Food Pantry | 8:00AM-4:00PM Sun-Thurs | |
| Church Response | 30 Main St (605) 342-5360 | Rapid City | Food Pantry | 9:00AM-12:00PM; 1:00-4:00PM Mon-Fri | http://churchresponse.nationbuilder.com/church_response_history |
| Cornerstone Rescue Mission | 30 Main Street (605) 341-2741 | Rapid City | Meals (see meal schedule on website) | 605-718-8712 | http://www.cornerstonemission.org/ |
| DSS Rapid City Economic Assistance | 510 N. Cambell St (605) 394-2525 | Rapid City | SNAP, Food Stamps | M-F 8:00AM-5:00PM | https://dss.sd.gov/economicassistance/snap/ |
| Feeding South Dakota (Multiple Locations/times) | 1111 N Creek Drive (605) 348-2689 | Rapid City | Meals, Pantry | Onsite/events pending | https://www.facebook.com/pg/FeedingSD/events/?ref=page_internal |
| Fork Real Community Cafe | 324 St Joseph Street (605) 718- 5020 | Rapid City | Meals free k-5th | Onsite starting Tues. March 17th, 11:00AM-1:30PM | https://www.facebook.com/ForkRealCafe/ |
| Mother Butler Center Food Pantry | 220 Wright St (605) 343-2165 | Rapid City | Food Pantry | Onsite | https://www.facebook.com/pages/Mother-Butler-Center/135553999850101 |
| Open Heart Methodist Church | 202 E Indiana Street (605)-343-1813 | Rapid City | Curbside meals 10:30AM-12:00PM (Mon-Fri) | Offered at all sites, Open Heart United Methodist Church (outside), Saint Andrew's Episcopal Church (910 Soo San Drive), and Knollwood Heights United Methodist Church (320 E College Ave) | https://www.facebook.com/OpenHeartUMC/ |
| Salvation Army of the Black Hills | 621 E. Saint Patrick St.(605) 342-8849 | Rapid City | Food Pantry | Onsite | https://www.facebook.com/RapidCityTSA/ |
| Western South Dakota Community Action | 1844 Lombardy Dr (605) 348-1460 | Rapid City | Food Pantry | 1/month | |

Utilities

| Organization | Resource | Link | Description | Phone Number |
|--|--|---|---|----------------|
| AT&T | Phone/Payments/Data | https://about.att.com/pages/COVID-19.html | For the next 60 days At&t will: 1.) Not terminate the service of any wireless, home phone or broadband residential or small business customer 2.) Waive any late payment fees that any wireless, home phone or broadband residential or small business customer may incur 3.) Keep their public Wi-Fi hotspots open | 1-800-288-2020 |
| Black Hills Energy | Electric | https://www.blackhillsenergy.com/safety/response-covid-19-your-safety-our-top-priority | Black Hills Energy is offering assistance to make payment arrangements, visit the website for additional information | 888-890-5554 |
| Church Response | Utilities Assistance | http://churchresponse.nationbuilder.com/church_response_history | Call to inquire about utility assistance for past due bills (30-59 days past due) | 605-342-5360 |
| Midco | Broadband/Telephone | https://www.midco.com/covid-19-response/ | Over the next 60 days, Midco won't disconnect service if a customer is unable to pay, and will waive late fees for customers having economic challenges during the coronavirus pandemic. | 800-888-1300 |
| Montana-Dakota Utilities Co. | Gas | https://www.montana-dakota.com/in-the-community/covid-19-response/ | Montana-Dakota Utilities is implementing a moratorium on service disconnections for non-payments related to hardships incurred from COVID-19. | 800-638-3278 |
| South Dakota Public Utilities Commission | Utilities | https://puc.sd.gov/ or https://puc.sd.gov/consumer/sdutilityproviders.aspx | Office closed, call for assistance (605) 773-3201 | 605-773-3201 |
| Spectrum | Internet | https://wpde.com/news/coronavirus/spectrum-to-offer-free-internet-access-for-students-due-to-coronavirus-03-13-2020?fbclid=IwAR3Rbf9kIi97HKd-kfE_iXvl6lJP--3MGml-xvIFP22kZsBQPrTFMMIS3XA | Spectrum is offering free internet for 60 days to households with K-12 or college students who don't already have a Spectrum subscription. | 1-844-488-8395 |
| TMobile | Phone/Data | https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response | TMobile is increasing the amount of data usage for their customers | 1-800-T-MOBILE |
| Rapid City Government | Rapid City community information and updates | https://www.rcgov.org/rapid-city-news-room/city-shares-important-information-regarding-coronavirus-covid-19-7819.html | Important information and links to organizations compiling or sharing important information on COVID-19 as well as lists of cancellations/postponements. | 605-394-9300 |
| Vast Broadband | Phone/Wi-Fi | https://vastbroadband.com/hotspots | Free Wi-Fi hot spots for all, no overage data charges, low-income internet options. | 1-888-745-2888 |

Miscellaneous

| Organization | Resource | Link | Description | Link |
|---|--|----------------------------|--|---|
| 211 Helpline Center | Black Hills Early Learner Resource Guide | Dial 211 | Services for children 0-5 years old. | https://www.helplinecenter.org/wp-content/uploads/Black-Hills-Early-Learner-Resource-Guide.pdf |
| 211 Child Care Helpline | Child care precautions | Dial 211 | Child care guide and precautions to consider | https://www.helplinecenter.org/2-1-1-community-resources/child-care-resources/ |
| American Academy of Pediatrics | Talking to Children About Disasters | National Resource | Emotional Wellness | https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Talking-to-Children-about-Disasters.aspx |
| American Foundation for Suicide Prevention | Taking Care of Your Mental Health in the Face of Uncertainty | National Resource | Anxiety, Suicide Prevention | https://mailchi.mp/afsp/2019-end-of-year-2268104?fbclid=IwAR3nmUu6zCf3JdUVpdFyBJK0JUvaTHnb20zArPSaVBBpLwH_3L+Ecdn7G8 |
| A Mothership Down | How to Prepare for Extended School Closings | Online Resource | Parenting Resource | https://amothershipdown.com/how-to-prepare-for-extended-school-closings-and-not-lose-your-mind/?utm_campaign=shareaholic&utm_medium=facebook&utm_source=socialnetwork&fbclid=IwAR24aoOVXa0BH1j2g8TDPYAEPp47Rb2uXz_NfBWFjAoGSFSEq1dZMD6egNA |
| Anxiety and Depression Association of America | Phone Apps to help Manage Stress and Anxiety | National Resource | Anxiety , Apps | https://adaa.org/finding-help/mobile-apps |
| Brainpop | Coronavirus Student Guide | Student Guide for COVID-19 | Explanations and News Updates | https://sharemylesson.com/todays-news-tomorrows-lesson/coronavirus-student-guide |
| Calm.com | Meditation | Online Resource | Anxiety | https://www.calm.com/ |
| Calmer You | Feeling Anxious or Worried? Listen to These 8 Podcasts | Online Resource | Worry/Anxiety | https://www.calmer-you.com/feeling-anxious-or-worried-listen-to-these-8-podcasts/?fbclid=IwAR0b6pWdlhlyc3gOntloA2zi8NGjl4ZYmkXqSJ480MEx94rD9auDXwf-sVk |
| Center for Disease Control | Managing Anxiety and Stress with COVID-19 | National Resource | Anxiety, Coronavirus | https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html |

Miscellaneous

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|--|---|-------------------|------------------------|---|
| Common Sense Media | Teaching Kids Media Smarts During Breaking News | Online Resource | Media | https://www.commonensemedia.org/blog/teaching-kids-media-smarts-during-breaking-news?j=7698356&sfmc_sub=185285434&l=2048712_HTML&u=143332602&mid=6409703&jb=2404&utm_source=covid19_resources_jim&utm_medium=email |
| GMA | Mindfulness During the Coronavirus: Harvard Professors tips to help lower anxiety | Online Resource | Anxiety tips | https://www.mindful.org/3-mindful-ways-calm-anxious-mind/ |
| Gozen | Videos: Social Emotional Learning | Online Resource | SEL | https://gozen.com/ |
| Insight Timer | 30,000 Free Guided Meditations | Online Resource | Sleep, Anxiety, Stress | https://insighttimer.com/ |
| Medium | Isolation 101: How to Cope | Online Resource | Isolation | https://medium.com/@rebekahmiel/isolation-101-how-to-cope-98547daf5c01 |
| Mindful | Three Mindful Ways to Calm an Anxious Mind | Online Resource | Anxiety tips | https://www.mindful.org/3-mindful-ways-calm-anxious-mind/ |
| National Association of Mental Illness | NAMI Updates on The Coronavirus | Online Resource | Tips | https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus |
| National Association of School Psychologists | Talking to Children About COVID-19 | National | Coronavirus | https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource |
| SAMHSA | Coping With Stress During Infectious Disease Outbreaks | National Resource | Anxiety tips | https://store.samhsa.gov/system/files/sma14-4885.pdf |
| The New York Times | 5 Ways to Help Teens Manage Anxiety About the Coronavirus | Online Resource | Anxiety tips | https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html?smtyp=cur&smid=tw-nytimeswell&fbclid=IwAR3_1TFVnuDQ_A_PG8ee6yVUEEIV6y8QyezwiR8k9CdfJ3t0Jyge5uDn_zp0 |