

**A Family Guide for Mental Health Services  
in Missoula County**

**YOU ARE  
NOT ALONE**



**Missoula**



NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, we are an alliance of more than 600 local Affiliates and 48 State Organizations who work in your community to raise awareness and provide support and education that was not previously available to those in need.

NAMI provides advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can live better lives.

Web site (National): [www.nami.org](http://www.nami.org)

Telephone (National): (800) 950-NAMI (6264)

Web site (State): [www.namimt.org](http://www.namimt.org)

Telephone (State): (406) 443-7871

Telephone (Local): (406) 880-1013

Web site (Local): [namimissoula.org](http://namimissoula.org)

E-mail: [namimissoula@gmail.com](mailto:namimissoula@gmail.com)

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Booklet compiled by NAMI Missoula volunteers

You Are Not Alone Guide since 2004

# **A Family Guide for Mental Health Services in Missoula County**

## **YOU ARE NOT ALONE**

Are you in a state of crisis because you or someone close to you may be mentally ill? You don't know what to do or where to go for help. You are not alone; we have been there and know how helpless you may feel.

This guide provides information, resources, services, and support when faced with mental illness. We hope to help you understand that mental illness is a brain disorder, that it is treatable and there is hope. There is nothing to be ashamed of if you or a loved one is suffering. Getting into the system can be hard. Keep asking questions. Don't give up seeking help.

### **CRISIS NUMBERS**

**Police/Medical Emergency Service 911**

**Mental Health Crisis Line 988** (coming July 2022)

**Suicide Hotline Text MT 741-741**

**National Suicide Prevention Lifeline (800) 273-8255**

**Western Montana Mental Health Crisis Line 532-9710**

**Trevor Lifeline (for LGBTQ+ youth) (866) 488-7386**

**or text START to 678678**

**Veterans Crisis Line text 838255**

*“The concept of ‘choosing to live again’ is as meaningful for family members as it is for consumers. It asks us to give up unrealistic expectations, and put away our shattered dreams of what might have been. It tells us to surrender the fiction that we can hide mental illness through denial and silence. It demands that we replace loss and grief with action; it insists that we embrace the people we love the way they are now and work to give them brighter hope for the future.”*

Patricia E. Deegan, Ph.D. – Clinical Psychologist and consumer

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## **Understanding Mental Illness**

Mental illnesses (also called mental health condition or psychiatric disorders) are biologically-based brain disorders. They cannot be overcome through “willpower” and are not related to a person’s “character” or intelligence. They are illnesses just like heart disease or diabetes.

Mental conditions can profoundly disrupt a person’s thinking, feelings, perceptions, moods, ability to relate to others, and capacity for coping with the demands of life.

### **Major Mental Illnesses**

Schizophrenia, bipolar disorder, major depression, panic disorder, obsessive-compulsive disorders, and generalized anxiety disorders are the most common mental illnesses.

Mental health conditions fall along a continuum of severity from mild to moderate to severe. The most serious and disabling conditions affect about 5% of adults and children in the United States but more than 25% of people experience a mental illness at some time in their lives.

Mental illnesses tend to strike individuals in the prime of their lives, often during adolescence and young adulthood. All ages are susceptible, but the young and the old are especially vulnerable.

### **Mental Illnesses are Treatable**

Most people with serious mental illness need medication to help control symptoms, but also rely on supportive counseling, self-help groups, assistance with housing, vocational rehabilitation, income assistance, and other community services to achieve their highest level of recovery.

Without treatment, the consequences of mental illness for the individual, the family, and society are staggering: unnecessary disability, unemployment, substance abuse/addiction, homelessness, inappropriate incarceration, suicide, and wasted lives. The economic cost of untreated mental illness is more than \$100 billion a year.

Treatment for serious mental illness today can be highly effective. Between 70-90% of persons treated have significant reduction in symptoms and improvement in the quality of life.

Early identification and treatment is of vital importance. By getting people the treatment they need early, recovery is accelerated and the brain is protected from further harm.

Unfortunately, stigma often causes people to feel uncomfortable seeking help. We have allowed stigma to create attitudinal, structural, and financial barriers to effective treatment and recovery.

## **What are Co-occurring Disorders?**

A person who has a mental health condition AND an alcohol and/or drug dependence (addiction) disorder is said to have co-occurring disorders. Although they are separate conditions, they can interact in many ways and complicate the diagnosis and treatment of each.

Addiction can directly contribute to the onset of mental disorders or cause existing ones to worsen.

Addiction can sometimes mask a mental illness. Some mental illnesses may make a person more vulnerable to using alcohol and/or drugs and hence to developing an addiction.

Addiction can interfere with recovery from mental illness; likewise untreated mental illness can interfere with recovery from addiction. Relapse in one disorder can lead to relapse in the other.

It is important that health care providers understand the treatment needs of both disorders so the most effective treatment can be provided. Integrated treatment that focuses on both psychiatric and addiction issues is recommended.



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## Path to Recovery

*“Recovery is being fully engaged in life regardless of what you’re living with.”*

Dr. Ken Duckworth, Medical Director for the  
National Alliance on Mental Illness (NAMI)

### Recovery is a Process and Requires Time

Whether we are the ones suffering from mental illness or have a loved one with a mental illness, most people experience a similar progression of challenges.

#### Dealing With the Catastrophic Event

Coping with mental illness is a process of **grieving** the loss of potential and dreams that were present before the onset of the illness. An initial reaction of **shock** and **denial** is usually experienced by the one suffering from a mental illness as well as the family members. We may find ourselves thinking, “This is not what I think it is.”

#### Learning to Cope

Expect strong emotions of **fear, anger, guilt, resentment, despair and anguish**. Rather than “stuffing” these emotions or acting out in ways that would be harmful to yourself or others, learn to cope and work through these emotions through support groups or a mental health professional.

#### Moving Into Recovery

Gradually, **recognition, understanding, and acceptance** emerge as we embrace the reality of our illness or the illness of our loved one, and *choose to live again*. When hope is rekindled, a willingness to try emerges and a new and valued sense of self and purpose is the result.

### Self Care Can Help Us Move Closer to Recovery

Practicing good self care habits improves our ability to cope as we work through our difficult challenges.

#### Act Upon Areas You May Have Neglected

Implement a change in a **physical** area of your life. Obvious basic needs such as *sleeping well, eating* nutritious food and *exercise* are easy to neglect while going through a tough time.

Stay connected **socially** to friends. Some suggestions might be to plan an outing such as going on a walk with someone, or going out to dinner, to a movie, concert, or other enjoyable events. Perhaps play games and allow yourself to laugh out loud. Join a support group such as NAMI Connection or Family Support Group (see page 20). Do an act of kindness for someone else.

Express **emotions** to a trusted friend, counselor, support group, or in a journal or letter. *“People must be given the opportunity to hurt out loud.”* – Lady Bird Johnson

Set aside time for your **spiritual** longings. Some quiet times may include listening to soothing and/or worshipful music, praying, meditating, reading inspiration material or being in nature. Look for and think about intangible tokens of grace through what you observe in creation and in what you hear or receive from strangers and other supportive people in your life.

Keep **mentally** active. Pursue knowledge of your or your loved one’s mental illness (see suggestions starting on page 7). Have a good book on hand. Work on a puzzle or play a board game that requires some concentration.



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## **For the Family: What to do when someone you love has a mental health condition**

*“What mental health needs is more sunlight, more candor, more unashamed conversation about illnesses that affect not only individuals, but their families as well.” Glenn Close*

### **Destigmatize the Illness—Understand these basics:**

Mental illnesses are physical disorders of the brain that result in disturbed brain functioning, thinking and behavior.

The person who is ill is not to blame, is not bad, is not someone to be ashamed of, is not weak and is not a failure.

The family of a person who is mentally ill is not at fault, did not cause it, could not have prevented it, has not failed, and does not need to feel ashamed.

Respond to this illness as you would for any other disease.

Love the person; hate the illness.

### **Educate yourself about Mental Illness**

Ask healthcare providers for information.

Access websites for current mental health information. Go to libraries and bookstores.

Attend your local NAMI support meeting and ask for information. NAMI is dedicated to dispelling the stigma and misconceptions of mental illness through support, education, training, and advocacy. See inside front cover for contact information.

Attend a NAMI Family-to-Family 8 week course or the 2 or 4 hour Family and Friends class. They provide current and detailed information about the major mental illnesses and how to best cope with them. (See description on page 20.)

You will find there are numerous resources with current information. What is known is changing rapidly and the medications available to treat mental illnesses are becoming increasingly effective. Stay as up-to-date as possible!

## **Don't go it alone – get support for yourself**

The stigma and shame about mental illness that is still so prevalent in our society often keeps us isolated and alone in trying to cope with the illness of our loved one. It is helpful to reach out to others who know what we are going through and can understand our feelings and concerns.

Consider counseling for yourself with a trained professional.

Ask your local mental health program/care provider or hospital about their family support services or other groups such as NAMI.

## **Get involved in your loved one's healthcare**

Because of the disordered and dysfunctional thinking that is part of mental illness, it is especially important that we be involved in our loved one's care and treatment. Our loved one may not be able to communicate clearly or report accurately about what is going on. We need to be his/her advocate and voice when that is necessary.

Find out who is treating your loved one. Encourage your relative to sign a release of information so that you can communicate and consult with his/her health care providers when necessary. If consent is not given, you can always provide written communication to these providers about your observations.

Become familiar with the medications your loved one is taking so you can report on their level of effectiveness and side effects.

Help your loved one keep current and accurate written records including dates and symptoms experienced, medications taken, and names of current or past health care providers.

Do not be afraid to be assertive if you feel a health care provider is not adequately attending to your loved one's health care needs.

## **Prepare for a Crisis**

No time is more important to maintain an empathetic mindset toward our loved ones than when they're experiencing an increase in symptoms that create a crisis situation. Separate the disorder from the person you love; view their behaviors from the perspective of protecting the person living with the condition as well as the rest of the family.

The universal warning signs of relapse may help you identify and address the situation preventing a full-blown crisis. These include noticeable

changes in behaviors (sleeping, eating, talking, threats, withdrawal, substance abuse) and emotions (fear, anger, depression, excitement). Nami.org has resources to help you identify these signs.

Take the warning signs of suicide seriously and don't be afraid to ask questions about their thoughts and intentions. Don't leave them alone and call a suicide crisis line for help. See page 1 for numbers.

Your relative may need hospitalization to recover from these episodes. This can be frightening, so talk to them about going voluntarily, allowing them to make choices if safe and possible.

If you must call law enforcement, request a CIT (Crisis Intervention Team) officer if one is available. CIT officers have special training in verbal de-escalation techniques for mental health crisis situations. Missoula also has a Mobile Crisis Response Team that can respond with mental/behavioral health specialists in these situations.

## **Care of Yourself**

Sometimes it feels like we are professional caregivers and we can experience burnout. We should watch our stress level and learn how to cope through social contact, physical activity, slow belly breathing and relaxation.

Strive to live a balanced life and continue to pursue your own interests. Be kind to yourself as well as others.

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## Treatment Services

### Mental Health and Addiction Services

#### St. Patrick Hospital

**Providence Center Neurobehavioral In-patient Unit:**

327-3011, 902 N Orange St, 59802. St. Patrick Hospital offers acute inpatient treatment for primary psychiatric diagnosis. Adolescents and adults receive treatment under the direction of a Psychiatrist, and services are provided by Clinical Social Workers, Licensed Addiction Counselors, Nurses, Occupational Therapists, Pharmacists, Dieticians, and other health care professionals.

Treatment is short-term and directed toward evaluation, stabilization of symptoms, and referral to outpatient services as needed.

Admission is by referral and must meet admission criteria; an appropriate bed (ICU/adolescent/general) must also be available. Call 327-3011 (24/7) for admission questions and referrals. After hours, physicians can call the inpatient unit at 327-3011 to contact the psychiatrist on call. Most private insurance, Medicaid and Medicare are accepted.

**Adolescent Partial Hospitalization Program (APHP):** 327-3182, Providence Center, Level 2, 902 N Orange St, 59802. This is an outpatient service for 12-18 year olds having behavioral or emotional difficulties. It offers a safe environment for assessment and treatment of adolescent mental health issues. Partial hospitalization may be utilized to prevent an inpatient admission or as a step-down from inpatient or residential treatment. Access to inpatient psychiatric unit is available if necessary. The adolescent remains at home and in the community while participating in daily treatment. The program accepts most private insurance plans, Medicaid and Medicare.

**Providence Psychiatry and Counseling:** 327-3034, M-F 8am-5pm, 900 N Orange St, 2nd floor, Suite 202, 59802. Short term or long term mental health care by appointment only.

#### Community Medical Center Mental Health and Addiction

**Services:** 728-4100, 2827 Fort Missoula Rd, 59804, [www.communitymed.org](http://www.communitymed.org). CMC's Community Physician Group Clinics offer integrated mental and behavioral health care, and psychiatric medication management.

**Montana State Hospital:** (406) 693-7000 300 Garnet Way, Warm Springs MT 59756. Inpatient psychiatric treatment for adults with serious mental illnesses. Admission by involuntary court commitment or voluntary commitment by a screening from a mental health services provider.

**Partnership Health Center:** 258-4789, 401 Railroad St W, 59802. Medical clinic, pharmacy, mental health and addictions counseling, a Medication-Assisted Treatment program, referral services for patients with depression and co-occurring conditions, and social work services. Accepts Medicaid, Medicare, private insurance, and uninsured patients.

**Private Practice Counseling:** Treatment can be provided by psychiatrists, psychologists, counselors and social workers who are trained to treat mental illness, work with families, and address co-occurring disorder issues. There are many therapists in the Missoula area. Ask your health care providers for referrals or ask around for “word of mouth” recommendations.

**Western Montana Mental Health Center:** 532-9700, 1315 Wyoming St, 59801. Programs include medication clinic, substance abuse treatment, case management, outpatient therapy for adults and children, day treatment services for adults, adolescents and children, crisis intervention.

**Outpatient Services:** Assessment and referral, medication clinic, psychiatric nursing services and outpatient therapy. This includes a contract to provide services to veterans.

**Dakota Place:** 532-8489, walk-ins welcome for evaluations. Short-term residential crises stabilization facility. Typically clients are referred by treatment staff or mental health professionals.

**Genesis House:** 777-3751. An eight bed women’s therapeutic group home providing rehabilitation and training toward the goal of independent living in Stevensville. Clients work with WMMHC.

**Western Montana Addiction Services, Turning Point:** 532-9800, 1325 Wyoming St, 59801. Drug and alcohol treatment services includes Adult and Adolescent Outpatient Therapy, the ACT Program (required for DUI conviction), and the Prevention–Flagship Program. Housing options: Cove Apartments, Sem Apartments, Share House (below), Sand Teen Recovery Center, and Carole A. Graham House.

**Share House:** 532-9830, 1335 Wyoming St, 59801. Therapeutic group home for persons in recovery and with co-occurring disorders. Priority is to individuals who are homeless or have co-occurring mental illness.

**Recovery Center Missoula:** 532-9900, 1201 Wyoming St, 59801, [www.recoverycentermissoula.org](http://www.recoverycentermissoula.org). A 14 bed Inpatient Residential Treatment Facility, designed to meet the needs of adults suffering from chemical dependency and related co-occurring disorders.

**Winds of Change Mental Health Center/Wellness Institute:** 721-2038, 1120 Cedar St, 59802. Case management, community-based psychiatric and rehabilitation services, peer support, representative payee services, and a Recovery Mall. Adult group homes: J's Place (below), La Casa, Casa Dos, Tres Casa, and Quarto Casa.

**J's Place:** 543-4055. A 12 bed home for adults with mental illness staffed 24 hours daily. Services provided are meals, laundry, light house-keeping and medication monitoring.

**3 Rivers Mental Health Center:** 830-3294, 715 Kensington, Suite 24B, 59801. Adult and youth psychiatric services and out-patient therapy. Adult: case management, rehabilitation and support, medication monitoring, 24 hour mental health crisis line, adult foster care, day treatment, representative payee, and two co-ed mental health group homes, Platinum House, 16 beds in Missoula, and Cooper House, 8 beds in Butte, that provide supported employment.

**Cedar Creek Integrated Health:** 203-9948, M-F 8am-4pm, 1635 S Russell, 5980, [www.cedarcreekintegratedhealth.org](http://www.cedarcreekintegratedhealth.org). Offers youth case management and adult mental health services.

**We Care Behavioral Health:** 546-2301, M-F 8am-5pm, 2809 Great Northern Loop, Ste. 300; (406) 546-2301. Crisis Line, (406) 370-2940. On and off site psychotherapy, adult case management, and community based rehabilitation services. Group homes in Great Falls, Hamilton, and Butte.

~~**Dignity Drop In Center:** 493-6663, winter hours M-Su 5am-5pm, 1500 W Broadway, Suite D, 59808, [www.hopeclinics.org](http://www.hopeclinics.org). An inviting place for persons who are unhoused and/or experience behavioral health issues, food and a warm beverage. Provides peer mentoring and support, community resource information, resume/job search assistance, classes, SOAR applications, TV rec area, and access to computers.~~

**New Health Montana:** 721-2537, 690 SW Higgins, Suite E, 59801. Ketamine treatment, medication management, lab draws, weight loss program, and facial analysis.

**Vet Center:** 721-4918, M-F 8am-4:30pm, 910 Brooks St, Suite 101, 59801. Provides PTSD, sexual trauma, and bereavement counseling for

combat veterans and their families.

**All Nations Health Center:** 829-9515, 830 W Central, 59801.

This program offers intensive out-patient counseling and a chemical dependency program open to the public.

**University of Montana:** 243-2122, Curry Health Center, 634 Eddy, 59812. Counseling services and self-over-substances programs for UM students.

**Big Sky Ketamine Care:** 327-4075, 2831 Fort Missoula Rd Building 2, Suite 305, 59804. [www.bigskyketaminecare.com](http://www.bigskyketaminecare.com). Offers infusion ketamine therapy for a variety of mental health issues, including depression, post-traumatic stress disorder, anxiety, suicidal thoughts, bipolar disorder and obsessive-compulsive disorder.



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## Children's Mental Health Services

If you are concerned that your child may have a serious emotional disturbance (SED), an excellent place to seek information is your child's school counselor, school psychologist, school social worker or family health care provider. There are many services in Missoula County. We suggest you obtain a copy of the Missoulian's "Uncover Missoula" for additional listings (available at the Missoulian).

Montana's public mental health system provides a full range of mental health services to children and adolescents with serious emotional disturbances (SED). To the extent possible, services are offered in the least restrictive, most appropriate setting, preferably in the youth's home or home community.

**Children's Mental Health Bureau (CMHB):** The CMHB is responsible for management of Healthy MT Kids (HMK) and HMK Extended Mental Health benefits. Services include assessment, individual and group therapy, case management, therapeutic foster and family care, therapeutic group homes, partial hospitalization and psychiatric residential treatment and acute inpatient services. Youth with SED may be eligible for Comprehensive School and Community Treatment. For further information contact 329-1330. Crisis text line (free) Text "MT" to 741-741.

**Aware:** 543-2202, 2300 Regent St, Suite 103, 59801. Offers a full range of services including case management, group homes, therapeutic family care and out-patient services.

**Child and Family Mental Health:** 532-9770, 1305 Wyoming St, 59801. Offers a full range of services for children and their families. Medication management, outpatient, case management, and home support. (See pg. 11, Western Montana Mental Health Center.)

**Cedar Creek Integrated Health:** 203-9948, M-F 8am-4pm, 1635 S Russell, 59801, [www.cedarcreekintegratedhealth.org](http://www.cedarcreekintegratedhealth.org). Offers youth case management and adult mental health services.

**Dan Fox Family Care Program:** 543-7792, 515 S Reserve St., 59801.

**Youth Dynamics:** 619 SW Higgins, Unit E, 728-2662. Primarily serves youth with an SED diagnosis, such as Oppositional Defiant Disorder, Bipolar Disorder, Post-Traumatic Stress Disorder, Depression or Reactive Attachment Disorder, along with a mentoring program, group and individual therapy and a licensed addiction counselor.

**Partnership for Children:** 543-5531, 2825 Stockyard Rd, #A11, 59808, [www.pfcmt.org](http://www.pfcmt.org). Offers individual and group therapy, targeted care management, and group home care.

**Missoula Youth Crisis Diversion Project:** Call the Providence Urgent Mental Health Center, 327-3046, and ask for the Youth Crisis Diversion Project. The goal of this project is to help youth in crisis stay in their homes by responding quickly, helping families navigate the system to make informed choices about services and supports that best fit their needs. Contact is Sandy Cummins.

**Youth Homes:** 721-2704, 550 N California St, 59802, [www.youthhomesmt.org](http://www.youthhomesmt.org). Offers child and family counseling, family support services, and group home care.

## **Other Services Available**

**Families First Education Programs:** 721-7690, Supports families of all backgrounds and life circumstances through parenting classes. Community Connections classes, free to the public, and Circle of Security, a 5 week series that focuses on parent-child attachment. List of classes and registration at [www.familiesfirstmt.org](http://www.familiesfirstmt.org). Family education workshops, offered through Missoula County Public Schools, register at <https://mcpsasapconnected.com/#CourseGroupID=10724>, on hold due to Covid.

**St. Patrick Hospital Adolescent Partial Hospitalization Program (APHP):** 327-3182, M-F, 8am-3pm. (See pg. 10, St. Patrick Hospital.)

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## Housing, Food and Assistance

**Missoula Food Bank:** 549-0543, M, T, and Th, 10am-7pm, W and F 10am-1pm, 1720 Wyoming St, 59801. Emergency 3-day supply of food. Brief screening interview for information and referral.

**Missoula Housing Authority:** 549-4113, 1235 34<sup>th</sup> St, 59801, Register online at [www.missoulahousing.org](http://www.missoulahousing.org). Provides housing for low and moderate income individuals and families. Includes public and tax credit housing, Section 8 vouchers, and Shelter Plus Care for people who are homeless, have certain disabilities, and program specialist.

**Human Resource Council:** 728-3710, 1801 S Higgins, 59801, [www.humanresourcecouncil.org](http://www.humanresourcecouncil.org). Referral to housing for low and moderate income families and helps with low-interest loans for home repairs and help with down payments for qualified families.

**Housing:** Section 8 rental assistance, First Time Homebuyers Program, Homeowner Rehab and Repair Loans, Emergency Housing Solutions Grant, and Montana Emergency Rental Assistance Program (for Covid).

**Interim Assistance Program:** Assists individuals in Missoula County who are permanently or temporarily disabled with case management, rental assistance, and supportive services while they pursue Social Security (SSI/SSDI) and/or transition back to employment. Funding is limited.

### **Low Income Energy Assistance Program (LIEAP)/**

**Weatherization:** Qualified households can get supplemental heating assistance, emergency heating system assistance, and/or energy conservation services.

**Energy Share of MT:** Helps households facing an immediate energy emergency, once other options are exhausted.

**Missoula County Office of Public Assistance:** (888) 706-1535, M-F 8am-5pm, 2677 Palmer St, Suite 100, 59808, <https://apply.mt.gov/>. Medicaid for people with disabilities, low-income parents, children and seniors. SNAP (Supplemental Nutrition Assistance Program) and TANF (Temporary Assistance for Needy Families).

**Poverello Center:** 493-7955, [www.thepoverellocenter.org](http://www.thepoverellocenter.org), 110 W Broadway, 59802. Poverello provides emergency housing, free breakfast, hot lunch and dinner, sack lunches year-round. Nurse on site M-Th and some case management through Winds of Change available. Homeless Outreach Team.

**Valor House:** 829-3928, 2820 Great Northern Loop 59808, [www.poverellocenter.org](http://www.poverellocenter.org). Offers transitional housing for homeless veterans.

**Hope Rescue Mission:** 542-5240, PO Box 306, 59806. Provides basic needs to homeless and needy. Grace House is an 18-month recovery program for women. Also manages the Temporary Safe Outdoor Space (TSOS) camp on S Brooks St. for anyone needing a temporary camping spot, offering case management.

**YWCA:** 543-6691, 1800 S 3rd St. West, 59801, [www.ywcamissoula.org](http://www.ywcamissoula.org). Family housing and domestic violence shelter. 24 hour Crisis Hotline for domestic abuse, 542-1944.

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## Legal Services

Unfortunately, the legal system is often the first point of contact for many persons with a mental illness. There may be a co-occurring problem with drugs and/or alcohol or other behavior problems that cause the criminal justice system to intervene. It helps for families and friends to get involved and become advocates for their loved ones.

**Bail Bondsman:** If a family member is in custody and you want to post bail, you can post it yourself, or go to a bondsman (search “bail bonds”). A private person is normally required to post the entire amount, but should get it all back if the person makes his or her court appearances. Hiring a professional bondsman requires paying a fee, which may be around 10% or more, and is not returned.

**Missoula City Municipal Court:** 552-6180, 435 Ryman St, 59802, [www.ci.missoula.mt.us/municipalcourt](http://www.ci.missoula.mt.us/municipalcourt). Primarily handles misdemeanor charges within city limits. Everyone has right to speak with the judge and to bring a support person.

**Missoula County Justice Court:** 258-3470, 200 W Broadway, 59802, [www.missoulacounty.us](http://www.missoulacounty.us). Justice Court uses the Mental Health Court staff when appropriate.

**Missoula Co-occurring Treatment Court:** 258-4641 or 258-4728. This court diverts people with serious mental health conditions charged with misdemeanors and nonviolent felonies from jail to treatment. Also Veterans Treatment Court for Vets with similar conditions.

**Missoula County Detention Facility (Jail):** 258-4000, 2340 Mullan Rd, 59808. Inmates must request their medications while in jail. If your loved one is on prescribed medication request that the jail staff contact the pharmacy where the prescription is filled. It is allowed to drop off labeled medication, but is discouraged. The following website includes the jail roster and visitation information. <https://apps.missoulacounty.us/jailroster>.

**Missoula Public Defenders Office:** 523-5140, 610 Woody St. 59802, [www.publicdefender.mt.gov](http://www.publicdefender.mt.gov). Lawyers for indigent persons, mental health commitments, guardianships, dependent neglect cases.

**Involuntary Hospital Admissions:** Involuntary Mental Health Commitments are initiated by the Missoula County Attorney’s Office if a mental health professional recommends involuntary treatment because a

person with a mental illness has become dangerous to himself or to other persons. Individuals may be detained and evaluated at the Montana State Hospital or other recommended facility. Emergencies call 911.

**Montana Legal Services:** Helpline (800) 666-6899, 9am-1pm, 1535 Liberty Lane, Suite 110D, 59808, [www.montanalawhelp.org](http://www.montanalawhelp.org). Help for common questions about courts and legal resources.

**Missoula Self Help Law Center:** 258-3428, 200 W Broadway, Room 271, 59802. Self-help legal resources are also available at [AskKarla.org](http://AskKarla.org). Forms can be accessed at [missoulacounty.us](http://missoulacounty.us).

## Other Support Agencies and Organizations

**Recovery Warmline:** (877) 688-3377, M-F 8am-9pm, Sa-Su 12pm-9pm, [mhaofmt.org/warmline](http://mhaofmt.org/warmline). [montanawarmline.org](http://montanawarmline.org). The Recovery Line is for people with a mental illness who want to talk to a friendly and understanding peer.

**Police – Non Emergency:** 552-6300 (24/7)

**Adult Protective Services:** 329-1315, [www.dphhs.mt.gov/sltc/aps](http://www.dphhs.mt.gov/sltc/aps). Abuse Intervention. Online reporting form.

**Veterans Crisis Line:** Text 838255. Veterans, family and friends. [www.veteranscrisisline.net](http://www.veteranscrisisline.net), (800) 273-8255 and press 1 (online chat).

**NAMI Missoula:** 880-1013, St Paul Lutheran Church, 202 Brooks Ave, Room 210, 59801 (call first for hours). Email [namimissoula@gmail.com](mailto:namimissoula@gmail.com) for information. Provides support and advocacy for people living with a mental health condition, their family and friends. Lending library of books available to check out.

**NAMI Classes and Support Groups:** Call 880-1013 or email [namimissoula@gmail.com](mailto:namimissoula@gmail.com) for information. All NAMI programs are confidential and offered at no charge.

**Family to Family Class:** Class for family and friends of people living with a mental health condition. This is an 8 week class.

**Family and Friends:** A 90 minute or 4 hour class offered throughout the year that provides an introduction to mental illness and information about NAMI resources.

**Peer to Peer Class:** An 8 week class about mental illnesses and recovery skills for people living with mental illness.

**In Our Own Voice:** A free 1 hour educational presentation about living with mental illness. Trained presenters are happy to speak to your organization.

**Anti-stigma Program:** A 30 or 60 minute NAMI program to end stigma in the community, workplace, schools and organizations. Call to schedule a presentation.

**NAMI Connection:** W 1-2:30 & Tu 7-8:30, St. Paul Lutheran Church, Room 212. Support group for individuals living with mental illness. Currently meeting on Zoom. Visit [namimissoula.org](http://namimissoula.org) for links.



**Family Support and Education:** 6:30-8pm, 3rd Thursday of the month, St. Paul Lutheran Church, Rm. 208. For relatives, friends and caregivers of individuals living with mental illness.

**NAMI Crafts:** On hold due to Covid. Check [namimissoula.org](http://namimissoula.org) for updated information. Drop in craft group open to those living with mental illness. Drawing, painting, decorating and other crafts.

**Missoula Aging Services:** 728-7682, M-F 8am-5pm, 337 Stephens Ave, help @missoulaagingservices.org. Provides information and assistance to older adults and people with disabilities, and referrals to community resources. Medicare specialists.

**Missoula 2-1-1:** Call 211 or (406) 549-5555, [www.montana211.org](http://www.montana211.org). A free service that connects people with local resources that can meet their needs. All calls are confidential.

**Montana Aging and Disability Resource Center:** [www.montana-ADRC.org](http://www.montana-ADRC.org). or call (800) 552-3191. An online directory of resources for older adults and people with disabilities.

**Summit Independent Living Center:** 728-1630, 700 SW Higgins Ave, Suite 101, 59803, [www.summitilc.org](http://www.summitilc.org). Offers disability counseling and referral services.

**Disability Rights Montana:** (800) 245-4743. Provides information and referral for people with disabilities, individual advocacy, legal representation, systems advocacy, education and training.

**Mental Disabilities Board of Visitors:** (406) 444-5278 or (888) 444-9669 (toll free). Provides consumer oriented independent oversight of publicly-funded mental health programs and state-operated facilities. They serve Montana citizens by reviewing treatment programs and assisting people in resolving complaints within the public mental health programs and state-operated facilities. They also provide legal and advocacy services to patients at Montana State Hospital.

**Montana Mental Health Ombudsman:** (888) 444-9669, M-F 9am-5pm, [mhombudsman.mt.gov](http://mhombudsman.mt.gov). Provides information and advocacy to help individuals and families access community mental health services.

**Missoula Suicide Prevention Office:** 258-3881, [nhobbins@missoulacounty.us](mailto:nhobbins@missoulacounty.us), 223 West Alder, 59802.

**Project Tomorrow Montana:** <https://projecttomorrow.org>. A suicide prevention initiative through the United Way of Missoula County.

The initiative was established to reduce the number of suicides and suicide attempts in Western Montana through collaboration efforts that promote, support, and increase the awareness, prevention, intervention, and recovery. Under this model, Project Tomorrow has educated hundreds of health care professionals, school counselors and community members on how to identify suicide warning signs and safe interventions strategies.

**Vets4Warriors:** (855) 838-8255, [www.vets4warriors.com](http://www.vets4warriors.com).  
(24 hour peer support).

**V.A. Outpatient Clinic:** 493-3700, 3885 W Broadway, M-F 8-4:30.

**Big Sky Rx Program Pharmaceutical Assistance:** (866) 369-1233, [dphhs.mt.gov/MontanaHealthcarePrograms/BigSky/](http://dphhs.mt.gov/MontanaHealthcarePrograms/BigSky/). Helps Medicare clients pay for prescription drug insurance premiums.

**Mental Health America of Montana:** (406) 587-7774, [mhaofmt.org](http://mhaofmt.org).

**Montana Job Service:** 728-7060, 539 S. 3rd St, 59801, M, Tu, Th, F 8-5, W 11-5, [montanaworks.gov/job-service-montana](http://montanaworks.gov/job-service-montana).

**MissoulaWorks:** 926-3400, 202 Brooks St, 59801. Employment/staffing service with expertise working with people who have experienced barriers to employment. Works with individuals at all levels, skill, experience and background.

**Partners for Reintegration (PFR):** A subcommittee of the Criminal Justice Coordinating Council. Facebook or Messenger use @MissoulaPRF. Mission to increase opportunities for citizens returning to the community after incarceration through advocacy, education, and collaboration.

**Salvation Army:** 549-0710, 355 S Russell, 59801, M-F 9am-3pm, [missoula.salvationarmy.org](http://missoula.salvationarmy.org). Call for hours of services. Laundry/showers.

**State Division of Addictive and Mental Disorders:** (406) 444-3964, [dphhs.mt.gov/amdd](http://dphhs.mt.gov/amdd).

**Social Security:** (866) 931-9029, 3701 American Way, 59808, [ssa.gov](http://ssa.gov). Some people diagnosed with a severe mental health condition that limits employment, may be eligible for Social Security Disability Insurance (SSDI) and/or Supplemental Security Income (SSI). Obtaining Social Security benefits can be a long process. Patience and persistence are needed.

**Vocational Rehabilitation and Blind Services:** 329-5400, 2675 Palmer, Suite A, 59808, [dphhs.mt.gov/detd/vocrehab](http://dphhs.mt.gov/detd/vocrehab). Assessment and assistance in job placement for persons with disabilities.

## Support Groups

Call for meeting times and locations. Go to websites for additional information.

**Al-Anon & Alateen:** 888-4AL-ANON (888-425-2666), [www.al-anon-montana.org](http://www.al-anon-montana.org). For family and friends of alcoholics.

**Alcoholics Anonymous:** (888) 607-2000, [www.aa-montana.org](http://www.aa-montana.org).

**Gamblers Anonymous:** [gamblersanonymous.org/ga/node/888](http://gamblersanonymous.org/ga/node/888).

**The Learning Center at Red Willow:** 530-7175, 721-0033, 700 South Avenue West, Suite C, 59801, [www.redwillowlearning.org](http://www.redwillowlearning.org). Provides mind-body-based healing services for individuals, families and communities who have experienced trauma.

**Missoula Adult Asperger Support Group:** 721-3947, University Center, Rm 225, University of Montana, Th 4:30-6pm, [missoulaaspergers.org](http://missoulaaspergers.org).

**Narc Anon:** (800) 477-6291 (toll free), (310) 534-8188 (local), [www.nar-anon.org](http://www.nar-anon.org). For family and friends of those using narcotics.

**Narcotics Anonymous:** (800) 990-6262, [namontana.com](http://namontana.com).

**Recovery International:** Contact Charlotte at 825-3063, via telephone conference, Sa 1:30-2:45pm, [recoveryinternational.org](http://recoveryinternational.org). Learn skills about how to have a more peaceful and productive life, and the “Power to Change.” Open meeting useful for a range of symptoms including help dealing with stress and useful for people with co-occurring disorders.

## Advocacy Meetings

**Missoula County:** Justice Alliance for Behavioral Health meets monthly. Contact 258-4939 or email [ekautz@missoulacounty.us](mailto:ekautz@missoulacounty.us) for additional information. Open to the public.

**Missoula Behavioral Health Local Advisory Council:** Meets 3rd Monday of each month at 12:00pm (noon) by Zoom. Meeting information found at [www.missoulabehavioralhealthlac.org](http://www.missoulabehavioralhealthlac.org). The LAC is a coalition of community members interested in assessing, planning and strengthening public mental health services.

**Western Montana Service Area Authority:** Meets 2nd Wednesday of each month from 10:00am-1:00pm by Zoom. Meeting information found at [www.westernsaa.org](http://www.westernsaa.org). Their mission is to strengthen public mental health services in Western Montana.

**Notes:**

NAMI is a grassroots organization which benefits from contributions from the community. We will greatly welcome your donation of money, time or talent. Please call (406) 880-1013 if you would like to assist in any way.

If you would like more booklets to distribute, please leave a message at (406) 880-1013.

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