

2022-2023 KAY COUNTY

Community Resource Guide

TRIBAL & KAY CO. SERVICES FOR CHILDREN, YOUTH, FAMILIES & ADULTS

Courtesy of:



WHITE EAGLE HEALTH CENTER
BEHAVIORAL HEALTH DEPARTMENT

and

THE PONCA TRIBE OF OKLAHOMA



Brought to you by

The Ponca Tribe of Oklahoma & United Way of Ponca City



United Way of Ponca City



Some resources may be closed or operating on a limited basis due to the ongoing COVID-19 health emergency. Please call ahead to verify services.

Please send changes or corrections to:
Lesa Westra, White Eagle Behavioral Health Center
Lesa.Westra@ihs.gov

Photo credits: (Kimberly Haws, Ponca.)
Visual Design by: Kimberly Haws, Ponca. dba [Big Moon Ideas](#).





Welcome

IT IS OUR HONOR AND PRIVILEGE TO SHARE THE KAY COUNTY RESOURCE GUIDE brought to you by the Ponca Tribe of Oklahoma's White Eagle Health Center Behavioral Health Department.

The mission of the White Eagle Health Center Behavioral Health Department is to enhance the quality of life for all individuals, families, and communities by providing counseling services that respects your diversity, dignity, and encourages growth and well-being.

This guide can link people to resources that support and sustain not only our tribal communities but also all of Kay County.

Listed here are vital resources for our children and families looking for connection and assistance. The Ponca Tribe offers many services for our tribal members, neighboring tribes, and our non-Native friends. From yoga classes at the Wellness Center, to preserving historical relics with the Tribal Historic Preservation Office, our cultural heritage is vibrant, deeply meaningful, and rich with arts, culture, health and wellness.

We deeply thank all those who contributed to this collaborative effort. The contents of this resource guide are a vivid reflection of the high standards the White Eagle Health Center Behavioral Health Department aspires to every day.

May you find this resource guide helpful and true.

Sincerely,

White Eagle Behavioral Health Department



Family Enrichment Series

Join Us for Class



Attend Weekly—Enroll Anytime

THE PONCA TRIBE OF OKLAHOMA and our sponsors invite you to participate in our **FAMILY ENRICHMENT SERIES**.

Classes are held weekly via Zoom or in-person at The Behavioral Health Department and are open to everyone age 14 and up. All courses are designed with Native people and communities in mind.

Sponsored by:
Native Connections & the Behavioral Health Department



**WHITE EAGLE HEALTH CENTER
BEHAVIORAL HEALTH DEPARTMENT**

123 White Eagle Dr., Ponca City, OK 74601
Ph: 580-762-3421 | Fax: 580-762-3413

Fatherhood is Sacred,™ Motherhood is Sacred® is a registered trademark of the Native American Fatherhood & Families Association.

Fatherhood is Sacred,® Motherhood is Sacred®

with **Jake Roberts, M.S., LPC**

12-Week Course

Open to Everyone Age 14 and Up

Get inspired and motivated to be the best Father, Mother or Grandparent you can be with this Native American-based curriculum. Learn techniques in teaching children to develop their potential and raising them in a way that's positioned for success in life.

Wednesdays @ 10 am

Addressing Family Violence and Abuse

with **Dr. Julie Clark, LPC**

14-Week Course

Open to Everyone Age 14 and Up

Learn how to reduce and control the chaos caused by the disturbing effects of violence and abuse in the lives of families and communities. Understand and strengthen feelings of self-worth. Explore the values of 'change requires choice' and becoming 'forward thinking, forward looking, and forward moving'.

Thursdays @ 9:30 am

Linking Generations by Strengthening Relationships

with **Jake Roberts, M.S., LPC**

14-Week Course

Open to Everyone Age 14 and Up

Assistance for Mothers, Fathers and families to promote strong, healthy and positive relationships.

Family-centered approach to building and strengthening relationships by developing healthy relationship skills.

Contact Jake for Class Details

Call 580-762-3421 or Email Us to Enroll:
jake.roberts@ihs.gov or julie.clark@ihs.gov

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Choose Your Own Path

THE PONCA TRIBE BEHAVIORAL HEALTH DEPARTMENT exists to enhance the quality of life for all individuals, families, and communities by providing counseling services that respects your diversity and dignity and encourages your growth and well-being.

We offer a range of professional services for both individuals and families that can help you get through tough times and become a healthier person. We believe healthy people make healthy families, and healthy families make a healthy Tribe. We can assist you through challenges you face and offer support and skills to build a brighter future for yourself and loved ones.

We always protect your privacy, and all information is kept strictly confidential. Call or come by to meet our team and learn how we can help.

Our Team

- **Jake Roberts, M.S., LPC**—
Director of Behavioral Health
- **Julie Clark, Ph.D., LPC**
- **Michael Degan, MCP, LPC, LADC**
- **Amy Oatman, MCP, LPC**
- **Lesa Westra, MSW, LMSW-P**
- **Anthony Burris, OUD-MAT
SPECIALIST, RMS**—Case Manager
- **Illyce Elston**—Case Manager
- **Vivian Howe**—Support Specialist
- **Eva Harragarra**—Office
Manager

Professional Services

- Individual Counseling
- Family Counseling
- Couples Counseling
- Treatment for Eating Disorders
- Substance Abuse Treatment
- Medication-Assisted Treatment (MAT) for Opioid Use Disorder
- MAT for Alcohol Use Disorder
- Trauma-Informed Therapies
- Case Management
- Alcohol & Drug Assessment
- Mental Health Evaluation
- Domestic Violence Risk Assessment
- ADSAC (DUI Assessment)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Anger Management
- Healing-Centered Yoga Classes
- Fatherhood is Sacred®, Motherhood is Sacred® Classes
- Addressing Family Violence and Abuse™ Classes
- Linking Generations by Strengthening Relationships™ Classes
- Women's Group

580-762-3421



**WHITE EAGLE HEALTH CENTER
BEHAVIORAL HEALTH DEPARTMENT**

123 White Eagle Dr., Ponca City, OK 74601
Ph: 580-762-3421 | Fax: 580-762-3413

All Information Is Kept Strictly Confidential

Open 8a–4:30p, Mon–Fri



Get to Know the Ponca Tribe Behavioral Health Department

The team consists of highly-qualified professionals who are extensively educated, state-licensed and exceptionally experienced in providing a range of mental health services for children, youth and adults in Indigenous communities.

Jake Roberts, M.S., LPC—(Muscogee (Creek) & Cherokee)—Director of Behavioral Health

- Specialized training in Cognitive Processing Therapy
- Specialized training in Cognitive Behavioral Therapy for Chronic Pain
- Certified Facilitator of the Fatherhood is Sacred,[®] Motherhood is Sacred[®] Program
- Certified Facilitator of Addressing Family Violence & Abuse[™] Program
- Certified Trainer of the Question, Persuade, and Refer Suicide Prevention Course
- State-Approved LPC Supervisor

Dr. Julie Clark, LPC—(Kiowa/Absentee Shawnee)—Licensed Professional Counselor, Psychologist

- Specialized training and certification for the treatment of trauma, including: sexual assault (military, childhood, or adult), cultural/historical trauma, interpersonal/domestic violence trauma
- Specializes in creating culturally-informed personalized holistic multidisciplinary treatment plans
- Specialized training in treatment of distressed eating, shame, and abandonment

- Provides therapy for individuals (10 yrs and older), couples, families and groups
- Certified Facilitator for Native American Fatherhood & Family Programs

Michael Degan, MCP, LPC, LADC—Licensed Professional Counselor, Licensed Alcohol and Drug Counselor

- Specializes in Assessing and Treating Substance Abuse Disorders
- Specialized training in Cognitive Behavioral Therapy for Chronic Pain and Opioid Use Disorder
- Experienced in Medication-Assisted Treatment (MAT) for Opioid Use Disorder
- Certified ADSAC Assessor for DUI Assessments and Drivers License Reinstatement

Amy Oatman, MCP, LPC—Licensed Professional Counselor

- Certified in Moral Reconciliation Therapy for overcoming addiction
- Certified in Trauma Focused Treatment for PTSD
- State-Approved LPC Supervisor
- QPR for Suicide Prevention
- Certified Mediator for Family and Divorce

Lesa Westra, MSW, LMSW-P—Provisionally Licensed Social Worker and Therapist

- Specialized training in Moral Reconciliation Therapy for substance abuse treatment
- Experienced in Medication-Assisted Treatment (MAT) for Opioid Use Disorder
- Specialized training in Eye Movement Desensitization and Reprocessing Therapy for trauma
- Certified in Strengthening Families, Circle of Security, and Love and Logic Parenting
- Experienced in Systems of Care Wraparound for Families
- Provides therapy for youth, adults, couples, and families



Schedule an Appointment Today:
580-762-3421



Ponca Tribal Opioid Response Program

ADDICTION IS A MEDICAL CONDITION. The Ponca Tribe's Opioid Response Program combines Medication-Assisted Treatment (MAT) with Therapy and Case Management services to give you a holistic approach to freedom from opioids.

Behavioral Health and Medical staff work together to help those with Opioid Use Disorder overcome the burdens of addiction and return to a life worth living.

MAT uses FDA-approved Suboxone to effectively reduce the severity of opioid withdrawal symptoms—bringing relief in an hour or less to most patients.

Once stabilized, patients can think more clearly and address their emotional, physical and spiritual needs. The Behavioral Health team walks alongside patients with support and skills coaching every step of the way—helping patients build a solid foundation for a healthier life.

Services:

- Suboxone Induction and Maintenance
- Screening and Needs Assessment
- Cognitive Behavioral Therapy (CBT)
- Case Management / Skill Acquisition
- Narcan Training & Distribution
- Medication Safety Education and Resources
- Aftercare and Relapse Prevention

Treatment Staff:

Patrice Mooney, D.O.

Jake Roberts, M.S., LPC—Dir., Behavioral Health

Michael Degan, MCP, LPC, LADC—Licensed Professional Counselor, Licensed Alcohol & Drug Counselor

Lesla Westra, MSW, LMSW-P—Provisionally Licensed Social Worker and Therapist

Anthony Burris, OUD-MAT SPECIALIST, RMS—Case Manager



For more information or to make a referral call:

580-304-2410

ALL INFORMATION IS KEPT STRICTLY CONFIDENTIAL

PONCA TRIBE OF OKLAHOMA

Ponca Tribe of Indians of Oklahoma

580-762-8104

20 White Eagle Dr.
Ponca City, OK 74601
Mon-Fri, 8-4:30pm

Ponca Tribe Child Support Services

580-765-2822

Ponca Tribal Intervention Program with Child Support

580-749-7329

Ponca Tribal Court

580-762-0381

Ponca Tribe Child Care Center & Head Start

580-762-7927

Ponca Tribe Emergency Management

580-304-3429

Ponca Tribe Enrollment

580-749-7243

Ponca Tribe Family Services

580-485-8775

Ponca Tribe Food Distribution

580-749-7290

Ponca Tribe Higher Education

580-763-0120 x6636

Ponca Tribal Historical Preservation Office

580-763-0120 x8568

Ponca Tribe Hope & Recovery

580-749-7322

Residential rehab

Ponca Tribe Housing Department

580-749-7263

Ponca Tribe Indian Child Welfare

580-749-7284



Ponca Tribe Information Technology Department

580-749-7256

Ponca Tribe Language Department

580-382-6626

Ponca Tribe Native Connections

580-749-7261

Ponca Tribe Office of Environmental Management

580-576-8568

Ponca Tribe Public Health Department

580-749-7315

TRIBAL RESOURCES

PONCA TRIBE OF OKLAHOMA (*Cont.*)

**Ponca Tribe Roads
Department**
580-763-0120 x6624

**Ponca Tribe Senior
Center**
580-762-6637

Ponca Tribe Tag Agency
580-382-6637

Ponca Tribe Victim Services
580-718-1199
580-352-4287 Crisis Line

**Ponca Tribe Water
Department**
580-304-5808

**Ponca Tribe Wellness
Center**
580-576-8564

Ponca Tribe Youth Program
580-761-6796

**White Eagle Behavioral
Health Department**
580-762-3421

**White Eagle Diabetes
Center**
580-749-7309

White Eagle Health Clinic
580-765-2501
Reception
Dentist
Lab
Optometry
Pharmacy

White Eagle Transit
580-763-0139
**Open to the public*

Things That Help with Depression:

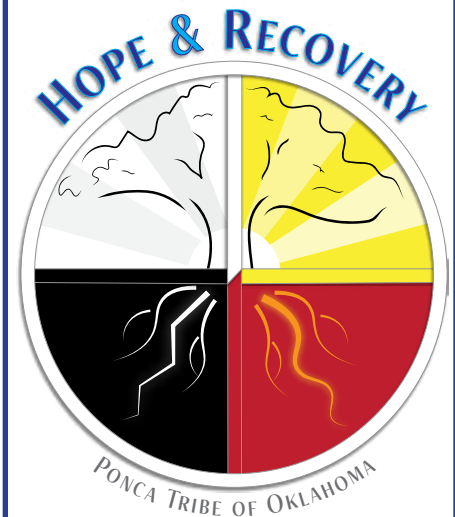
- Sing Ponca or other special songs
- Participate in ceremony or other spiritual activity
- Smoke off with cedar or sage or use aromatic oils for calm and focus
- Eat something healthy, drink water

INTRODUCING THE

PONCA TRIBE'S

HOPE & RECOVERY CENTER:

A 60-DAY INPATIENT
REHABILITATION
FACILITY FOR NATIVE
AMERICANS STRUGGLING
WITH SUBSTANCE
ABUSE.



210 STARTING POINT DR.
PONCA CITY, OK 74601
8A TO 4:30P MON-FRI

580-749-7322



KAW NATION

Kaw Nation Administrative Offices

580-269-2552
698 Grandview Drive
Kaw City, OK 74641

Kaw Nation Child Care Development

580-362-2795
101 Charles Curtis Lane
New Kirk, OK 74647

Kaw Nation Child Support Services

580-765-9952
4075 North Highway 77
Access Road
Ponca City, OK 74601

Kaw Nation Court Administrators

580-362-2552, Ext. 211
698 Grandview Drive
Kaw City, OK 74641

Kaw Nation Domestic Violence

580-362-1098
301 S. Main Street
New Kirk, OK 74647

Kaw Nation Education and Learning Center

580-269-2738
803 Washunga Dr.
Kaw City, OK 74641

Kaw Nation Family Trauma Healing Center

580-362-1098 Office
580-719-8156 Crisis Line
115 S. Maple
Newkirk, OK 74647
*Confidential support for any
victims (not just tribal) of
domestic violence, sexual
assault, dating violence and
stalking. Emergency shelter,
Traditional cultural healing,
Victim Advocacy, Talking Circles,
Children's Group Counseling,
Protective Order & Legal
Assistance*

Kaw Nation (Kanza) Health Clinic

580-362-1405
3151 East River Road
New Kirk, OK 74647

Kaw Nation (Kanza) Pharmacy

580-362-2449

Kaw Nation Housing Authority

580-362-2624
#9 Kanza Lane
Newkirk, OK 74647

Kaw Nation Indian Child Welfare

580-269-2003
698 Grandview Drive
Kaw City, OK 74641

Kaw Nation Later Life Program

580-360-1098
115 S. Maple
Newkirk, OK 74647
Preventing Elder Abuse

Kaw Nation Police

580-767-9424
698 Grandview Drive
Kaw City, OK 74641

Kaw Nation Social Services

580-269-1186
698 Grandview Drive
Kaw City, OK 74641

TRIBAL RESOURCES

KAW NATION (*Cont.*)

Kaw Nation Tribal Youth Program

580-362-1045

3251 East River Road
Newkirk, OK 74647

Kaw Nation Wellness Center

580-362-1444

3201 East River Road
New Kirk, OK 74647

Things That Help with Depression:

- Go outside and let the wind refresh me
- Be kind to myself
- Talk to a friend or loved one
- Write or draw
- Get my hands in the earth / Gardening
- Do something for someone else
- Do yoga, stretching, light exercise
- Start or return to a hobby
- Listen to calming music
- Clean my space
- Read a book
- Dance
- Go to therapy
- Play make-believe or a game with a child
- Ask for help
- Remember that alcohol and marijuana are depressants and make symptoms worse

TONKAWA TRIBE

Tonkawa Tribe

580-628-2561

10951 Allen Dr. Tonkawa, OK
Call for information on services

Tonkawa Tribe Alcohol/ Substance Abuse Program

580-628-2561 Ext. 202

580-670-1228 Mobile

1 Rush Buffalo

Tonkawa, OK 74653

Mon–Fri 8:30a–4:30p

Individual counseling, case management, referrals. Must have CDIB & substance use issue.

“To remember who you are, you will need to forget what society has tried to teach you to be.

Culture matters! Be proud.”

—Unknown

CHILD CARE

Bright Beginnings

580-823-0258

200 N. Main St.

Tonkawa, OK 74653

Mon–Fri 8am–5pm

0–4 years old

Building Blocks I

580-765-9939

3401 N. Union St.

Ponca City, OK 74601

Building Blocks II

580-762-8800

1304 Princeton Ave.

Ponca City, OK 74601

Child Development Center

580-765-7532

702 E. Grand Ave.

Ponca City, OK 74601

Mon–Fri 7:30am–4:30pm

Ages six weeks-five years old (not school age), must meet income guidelines

Daycare Assistance Program—DHS

580-763-6700

801 W. Grand Ave.

Ponca City, OK 74601

Mon–Fri 8am–4pm

*Eligibility and application online
www.oklahoma.gov/okdhs.html*

Delaware Child Development Resource & Referral

800-438-0008

Daycare referral assistance

Fun ‘N Learning Center

580-765-0881

1519 N. Union St.

Ponca City, OK 74601

First Lutheran Childcare Center

580-762-4243

1104 N. 4th St.

Ponca City, OK 74601

One year-Kindergarten

Kanza Child Care Center

580-362-3544

101 Charles Curtis Lane

Newkirk, OK 74647

Mon–Fri 6am–6pm

6 weeks–13 years old

Mother’s Day Out—First United Methodist Church

580-762-1681

200 S. Sixth St.

Ponca City, OK 74601

Mon., Wed, Fri. 10 am–3 pm

Pioneer Technology Center Children’s Preschool

580-718-4268

2101 N. Ash

Ponca City, OK 74601

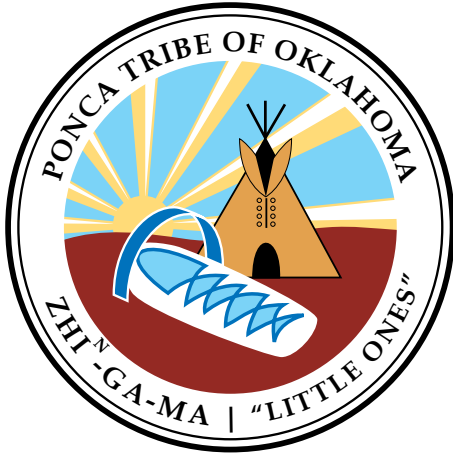
Mon–Fri 7:30am–4:30pm

Ages 1–5 years, DHS licensed, Age 1 rate: \$150/week, Age 2–4 rate: \$130/week

“**A** person’s a person, no matter how small.” —Dr. Seuss

KAY COUNTY RESOURCES

CHILDCARE (CONT.)



Ponca Tribe Child Care Center & Head Start

580-762-7927

20 White Eagle Dr.
Ponca City, OK 74601
Mon-Fri 8am-4:30pm
0-5 years old

Ponca City Assembly Kids Academy

580-762-2401

2313 E. Prospect
Ponca City, OK 74604
Mon-Fri, 7am-5:30pm
Daycare, Preschool, Afterschool
care for 6 wks-12 yrs old

St. Paul's Methodist Church-Kids Special Time

580-765-7512

1904 N. Pecan Rd.
Ponca City, OK 74604
Tues & Thurs 9am-Noon
Children's program w/ Bible study,
crafts, games, music, and stories.

Wee Care Center

580-762-1667

210 N. 5th St.
Ponca City, OK 74601
Tues & Thurs 8:30am-3:30pm
Daycare for children 6 wks-
Pre-Kindergarten

Speak Kindly to Yourself:

- I am enough.
- I believe in me.
- I am worthy of love.
- I take care of myself.
- I am in charge of my future / destiny.
- It's okay to make mistakes.
- I am beautiful.
- I can do hard things.
- I make people smile.
- I'm flawed and still fabulous.
- I am so loved.
- I am a good person.
- I am not my mistakes.



CHILDREN AND YOUTH



Blackwell Youth Center

580-262-2628

131 E. Ikerd Ave.

Friday 7:30pm–10:30pm

Programs and activities for children and youth

Boy Scouts of Ponca City

www.poncacityscouts.org

Girl Scouts

580-762-9616

811 E. Grand Ave.

Ponca City, OK 74601

Northern Oklahoma Youth Services

580-762-8341

2203 N. Ash

Ponca City, OK 74601

Mon–Fri, 8am–5:30pm

Youth shelter, Family Resource

Program, CASA, counseling,

groups, classes, homelessness

assistance, parenting help – ALL

SERVICES ARE FREE

Family Resource Program

580-762-8341

2203 N Ash Street

Ponca City, OK 74601

Free in-home program for children and families prenatal-kindergarten teaching

developmental skills, parenting, and school readiness

Office of Juvenile Affairs

580-762-3281

615 East Hartford Ave.

Ponca City, OK 74601

Juvenile probation services

Ponca Tribal Youth Program

580-761-6796

Mon–Fri 8am–4:30pm

Regular activities, tutoring, leadership training

“Instead of being ashamed of what you’ve been through, be proud of what you’ve overcome.” —Phillip C. McGraw

KAY COUNTY RESOURCES

CLOTHING–RESALE SHOPS

Caboose Thrift Shop

580-765-5897

110 S. 1st St.

Ponca City, OK 74601

Good Buy Shoppe

580-363-2124

115 S. Main St.

Blackwell, OK 74631

Tues–Thurs 9am–3pm

Kids and Her Review

580-762-5437

309 E. Grand Ave.

Ponca City, OK 74601

My Favorite Things

580-767-0728

207 E. Grand Ave.

Ponca City, OK 74601

Mon–Fri 9:30am–4:30pm

Second Best on First Street

580-830-0010

201 N. 1st St. #5235

Ponca City, OK 74601

Stretch A Dollar

580-682-4033 / 580-767-1178

847 N. Union

Ponca City, OK 74601

Takes donations, provides assistance

Wynn’s Thrift Store

580-716-1175

111 N. 3rd St.

Ponca City, 74601

CLOTHING–FREE

Blackwell Associated Charities

580-363-1290

212 E. Bridge

Blackwell, OK 74631

Vintage Swag

580-716-5649

207 W. Grand Ave.

Ponca City, OK 74601

Coats and blankets to give away

We Care Center/Hartford Avenue Church of Christ

580-765-3610

1905 Joe St.

Ponca City, OK 74601

Tues & Thurs 10am–Noon

Free clothes and household items, limited to 30 items per person

“Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves...All things connect.”—Chief Seattle

CRISIS ASSISTANCE

**American Red Cross
Ponca City**
405-590-5761

**Crisis Line for Kay
County**
800-722-3611

**Domestic Violence &
Rape Crisis Hotline**
580-762-2873

Teenline
1-800-TLC-TEEN
(800-852-336)
Call 6:00pm-10:00pm (PST)
Text “TEEN” to 839863
between 6pm–9pm PST

Suicide and Crisis Lifeline
Dial 988
24/7 Service available to
anyone in suicidal crisis or
emotional distress

DISABILITY ASSISTANCE

**Aged, Blind, Disabled
Medical Program—DHS
Advantage Waiver
Program**
580-763-6700
801 W. Grand Ave.
Ponca City, OK 74601
Mon–Fri 8am–4pm
*Program for frail elderly & adults
21+ with physical disabilities but no
intellectual disabilities or cognitive
impairment.*

**Disabled Child
Program—DHS**
580-763-6700
801 W. Grand Ave.
Ponca City, OK 74601
Mon–Fri 8am–4pm
*Assists w/ special health care
needs, diapers, formula, assistive
devices, van lifts*

**Golden Villa Adult Day
Services**
(580) 762-0264
100 E. Hartford Ave.
Ponca City, OK 74601
Mon–Fri 7:30am–5pm
*Daytime program of supportive
health, social, and recreational ser-*

*vices to functionally and/or cog-
nitively impaired adults.*

**OK Department of
Rehabilitation Services**
580-765-3372
400 E. Central Ave.
Ponca City, OK 74601
Mon–Fri 8:00am–5:00pm
*Provides assistance to individuals
with a disability who have barri-
ers to employment*

Opportunity Center
580-765-6782
3007 N. Union St.
Ponca City, OK 74601
*Vocational and residential ser-
vices for adults with developmen-
tal disabilities*

**Supported Community
Lifestyles**
580-762-7296
417 E. Grand Ave.
Ponca City, OK 74601
Mon–Fri 8:00am–5:00pm
*Provides residential, vocational,
transportation, and nursing care
to adults with developmental,
cognitive, or physical disabilities.*

KAY COUNTY RESOURCES

DOMESTIC VIOLENCE / SEXUAL ABUSE

Dearing House Child Advocacy Center

580-762-5266

311 S. 13th St., Ponca City, OK 74601

Child Sexual Abuse services—victim advocacy, support, forensic interviews, counseling, education

Kaw Nation Family Trauma Healing Center

580-362-1098 Crisis (24-hr)

580-716-8156

115 S. Maple, Newkirk, OK 74647

Mon–Fri 8am–4pm

Confidential support for any victims (not just tribal) of domestic violence, sexual assault, dating violence and stalking. Emergency shelter, traditional cultural healing, talking circles, children’s group counseling, protective order & legal assistance

Ponca Tribal Victim Services

580-718-1199

580-352-4287 Crisis

400 E. Central, Ste 405, Ponca City, OK 74601

Confidential support for any victims (not just tribal) of domestic violence, sexual assault, dating violence, stalking, and human trafficking. Court advocacy, emergency shelter assistance, limited financial and housing aid, safety planning, case management, support groups, cultural activities.

Survivor Resource Network

580-762-2873 (Open 24/7)

Text: 580-352-4255 (24-hr)

P.O. Box 85, Ponca City, OK 74602

Counseling, shelter, housing & employment support, legal services, children’s programs. Call for eligibility.



Ponca Tribal Victim Services
Discover Your Strength
Crisis Line: 580-352-4287

Types of Abuse:

- Physical abuse
- Emotional abuse
- Verbal abuse
- Sexual abuse
- Sexual coercion
- Reproductive coercion
- Financial abuse
- Digital abuse
- Stalking

Red Flag Warning Signs of Abusive Relationships

- Humiliates you, yells at you or calls you names.
- Keeps unrealistic expectations of you; forces you to fulfill them.
- Blames you for his/her mistakes; exaggerates disagreements; doesn't listen to your opinions.
- Controls your movement, social activity, dressing style, whom you meet, what you talk about and even your work.
- Threatens to harm you, or self-harm, if you leave the relationship.
- Becomes jealous or angry when you spend time with others.
- Harms you physically in any way, including slapping, pushing, grabbing, shaking, smacking, kicking, and punching.
- Says hurtful things, but later swears that he/she didn't and accuses you of "memory problems."
- Makes you feel guilty; forces you into believing the problem is with you, not him/her.
- Isolates you from friends/family; makes you check-in often.
- Breaks things.
- Harms pets.
- Uses children to manipulate you.
- Makes you stop doing things you enjoy.

“It is the mothers, not the warriors, who create a people and guide their destiny.” —Luther Standing Bear

KAY COUNTY RESOURCES

EDUCATION—CHILDREN & ADULT

Blackwell Public Schools–PreK-12

580-363-2570

201 E. Blackwell Ave.

Blackwell, OK 74631

www.blackwell.k12.ok.us

First Lutheran School

580-762-9950

1104 N. 4th St.

Ponca City, OK 74601

Private Christian school for one-year old through eighth grade.

Kildare Public School–Prek-8th grade

580-362-2811

1265 Church St.

Ponca City, OK 74604

www.kildare.k12.ok.us

New Beginnings Program Pioneer Technology Center

580-718-4308

2101 N. Ash

Ponca City, OK 74601

Education and employment training program

Newkirk Public Schools

580-362-6241

701 W. South

Newkirk, OK 74647

www.newkirk.k12.ok.us

Northern Oklahoma College

580-628-6200

1220 E. Grand Ave.

Tonkawa, OK 74653

OSU Extension Center (Adult Ed)

580-362-2200

226 S. Maple.

Newkirk, OK 74647

Classes for businesses, school enrichment, tribes, daycare centers, etc.

Pioneer Technology Center

580-762-8336

2101 N. Ash St.

Ponca City, OK 74601

Mon–Fri 7:30am–6:30pm

Ponca Tribe Higher Education

580-763-0120 x6636

Ponca City Public Schools

580-767-8000

613 E. Grand Ave.

Ponca City, OK 74601

www.pcps.us

St. Mary’s Catholic School

580-765-4387

415 S. 7th St.

Ponca City, OK 74601

Mon–Fri, 7:30am–4:00pm

Preschool–Eighth grade

Tonkawa Public Schools–PreK-12th

580-628-2566

500 E. North Ave.

Tonkawa, OK 74653

www.tonkawa.k12.ok.us

University Center of Ponca City

580-718-5600

2800 N. 14th St.

Ponca City, OK 74601

Mon–Fri 8am–8:30pm, Sat &

Sun 1–5pm

Educational programs with

NOC, OSU, and NWOSU

EDUCATION—HEAD START & PRESCHOOL PROGRAMS

Blackwell Head Start and Early Head Start

580-363-5566

624 W. Lincoln

Blackwell, OK 74631

Mon–Fri 7:30am–2pm

Low-income based, ages 0–3 and ages 3–5, supports whole family



Peeps Mountain Christian Preschool

580-363-0060

910 N. 9th St.

Blackwell, OK 74631

3–5 years old

Ponca Tribe Head Start

580-762-7927

20 White Eagle Drive

Ponca City, OK 74601

3–5 years old

Trinity Lutheran Preschool

580-363-4026

125 Vinnedge Ave.

Blackwell, OK 74631

Ponca City Head Start & Early Head Start

580-765-1173

407 S. Ash St.

Ponca City, OK 74602

Low-income based, ages 0–3 years and ages 3–5 years, supports the whole family

Washington School Pre-K Center

580-767-8080

1615 N. 7th St.

Ponca City, OK 74601



**“Remember that your children are not your own,
but are lent to you by the Creator.”**—Mohawk Proverb

KAY COUNTY RESOURCES

ELDER / SENIOR SERVICES

Meals on Wheels

580-767-9010

Noon meals for Seniors/Elders 65+ regardless of income, especially for homebound, injured or surgery recovering individuals

Ponca City Senior Center

580-763-8051

319 W. Grand Ave.

Ponca City, OK 74601

Mon–Fri, 9am–5pm

Services open to 50+ yrs. Lunch Meal, support groups, health education, exercise / dance classes, games

Retired Senior Volunteer Program (RSVP)–A

sponsored agency of United Way

580-762-9412

445 Fairview Ave. #101

Ponca City, OK 74601

Mon–Fri 8:30am–4:30pm

NEED: Proof of Residency / one form of ID. Assists elders 55+ yrs with medical appointment transportation, building ramps, meals for shut-ins, tutor children, etc. Call 4 days ahead for transport.

Senior Resource

Specialist – Judy Rupp

580-382-9099

445 Fairview Ave.

Ponca City, OK 74601

Mon–Fri., 8:30am–4:30pm

Appointments available; walk-ins welcome; no charge for services.

Links caregivers & older

Oklahomans with programs

to help them “Age in Place”.

Caregiving options to local,

state & national services;

caregiver newsletter upon

request. Monthly Support Group

meetings; Offer education

classes quarterly; Counseling

as requested; and Help with

everything Medicare: Part A, B,

C, D Enrollment & Supplement

comparison.

Ponca City Fire

Department

580-767-0368

516 E. Grand Ave.

Ponca City, OK 74601

Mon–Fri 8am–5pm

Free smoke alarms and firemen will install for elders

Ponca Tribe Senior Center

580-762-6637

Hospice of North Central Oklahoma

580-762-9102

445 Fairview Ave.

Ponca City, OK 74601

Veteran’s Landing

580-362-6375

400 E. Central Ave, Suite 304

Ponca City, OK 74601

Peer run drop-in center for vets and their families. Connection, support, counseling, help with benefits, employment, housing, food.

Love Languages:

- Words of Affirmation
- Acts of Service
- Quality Time
- Physical Touch
- Receiving Gifts

EMPLOYMENT

Express Employment Professionals

580-767-1144
2712 N. 14th St.
Ponca City, OK 74601
Mon–Fri 8am–5pm
Temporary and permanent employment agency

Personnel Staffing, Inc.

580-762-8376
715 E. Hartford Ave.
Ponca City, OK 74601
M, Tu, Th, & F: 7:30am–5pm,
Wed: 8am–5pm
Temp-to-Perm employment agency

TPI Staffing Services

580-762-0663
215 N. 3rd St.
Ponca City, OK 74601
Mon–Fri 8am–5pm
Temporary, permanent, and replacement employment svcs

Oklahoma Works—Ponca City Workforce Center

580-765-3372
400 E. Central Ave.
Ponca City, OK 74601
Mon–Fri 8am–5pm
Job Corps, OESC, WIOA—training, education, unemployment services, job search, resume building, job skills

Stroke Awareness: B.E. F.A.S.T. – Call 911

- **Balance.** (Watch sudden loss of balance)
- **Eyes.** (Check for vision loss)
- **Face.** (Look for an uneven smile)
- **Arm.** (Check if one arm is weak)
- **Speech.** (Listen for slurred speech)
- **Time.** (Call 911 right away)

**“If a man is as wise as a serpent,
He can afford to be as harmless as a dove.”**

—Cheyenne Wisdom

KAY COUNTY RESOURCES

FOOD

Albright United Methodist Church

580-765-6432

128 S. Palm

Ponca City, OK 74601

Blessing Box available on west side of the church with food and personal care items.

First Lutheran Church – Food Pantry

580-762-1111

1101 N 4th St

Ponca City, OK 74601

Mon–Wed 8:30a–Noon & 1–3p

Enter through door on Albany

Friendship Feast @ First Christian Church

580-763-2633

210 N. 5th St.

Ponca City, OK 74601

Mon–Thurs, 5:30–6pm

Sack meals distributed through south doors

Ponca Tribe Food Distribution

580-749-7290

Meals on Wheels

580-767-9010

Noon meals for Seniors/Elders

65+ regardless of income, esp.

homebound, injured or surgery recovering individuals

The Mission

580-765-1426 or

580-304-3545

909 E. South Ave.

Ponca City, OK 74601

Tues–Fri, Noon–1pm

Pick up hot meal. Emergency food boxes available

New Emergency Resource Agency (NERA)

580-765-5372

112 S. 1st St.

Ponca City, OK 74601

Mon., Noon–3pm, Tues., 9–11:00am, Utility Assistance, 2–5:30pm, Thurs., 9am–1pm, Fri., 11am–3pm, every 2nd Thurs of the month

Senior Food Box program, every 3rd Sat of the month 9am–11am

NEED: For everyone in the household – IDs, social security

cards, paystubs for every adult, current utility bill, and/or late/eviction notice. Grocery pick up, rent, utility and prescription assistance.

Supplemental Nutrition Assistance Program (SNAP) – DHS

580-763-6700

801 W. Grand Ave.

Ponca City, OK 74601

Mon–Fri 8am–4pm

Eligibility and application online www.oklahoma.gov/okdhs.html

Tonkawa Fishes and Loaves Food Pantry

405-880-2712

410 E. Grand

Tonkawa, OK 74653

Wed., 9:30–11am,

First Thurs. of the month

4pm–6pm fruits & veggies

Tonkawa residents only NEED: photo ID and proof of residency

HEALTHCARE / MEDICAL

Alliance Health Ponca City
580-765-3321
 1900 N. 14th St.
 Ponca City, OK 74604

Alliance Health Urgent Care
580-762-9292
 1715 N. 5th St.
 Ponca City, OK 74601
 Mon–Fri., 8am–6:30pm; Sat.
 9a–3p; Sun. Noon–4pm

AMC Urgent Care of Ponca City
580-762-1552
 2101 N. 14th St. Suite #114
 Ponca City, OK 74604
 Mon–Sat., 9am–8:30pm; Sun.,
 10a–5:30pm

Blackwell Health Department
580-363-5520
 1706 S. Main
 Blackwell, OK 74631
 Tues. & Thurs 8–11am & 1–4pm
Immunizations, STD and TB testing, Family Planning, Child Guidance Program, Sooner Start Child Development, Speech and

Hearing testing, WIC, Nutrition assistance, SoonerCare application assistance

Kay County Health Department
580-762-1641
 433 Fairview
 Ponca City, OK 74601
 Monday by Appointment Only; Tues, Wed., & Thurs., 8–11am & 1–4pm; Fri. 8–11am.
Immunizations, STD and TB testing, Family Planning, Child Guidance Program, Sooner Start Child Development program, Speech and Hearing testing, WIC, Nutrition assistance, SoonerCare application assistance

Ponca City Urgent Care and Family Practice
580-762-1911
 1201 E. Hartford Ave.
 Ponca City, OK 74601
 Mon–Fri., 8am–7pm; Sat.,
 9am–6pm; Sun., 1–6pm

Xpress Wellness Urgent Care
580-749-5076
 2501 N. 14th St.
 Ponca City, OK 74604
 Mon–Sat., 8am–8pm; Sun.,
 1–7pm

Hospice
580-762-9102
 445 Fairview Ave.
 Ponca City, OK 74601
 Mon–Fri 8:00am–4:30pm
End of life care and bereavement services, crisis, grief, miscarriage/loss of baby, and kids' counseling, support groups, educational presentations, medical equipment share program, and kids grief camp

Stillwater Medical Blackwell
580-363-2311
 706 S. 13th St.
 Blackwell, OK 74631

KAY COUNTY RESOURCES

HEALTHCARE / MEDICAL (CONT.)

Newkirk Family Health Center

580-362-2555

716 S. Highway 77

Newkirk, OK 74647

Mon–Fri 8am–1pm & 2–6pm

Primary care, dental, pharmacy, immunizations, opioid treatment, behavioral health services, and preventative screenings.

White Eagle Behavioral Health Department

580-762-3421

White Eagle Health – Dentist

580-576-2501

White Eagle Diabetes Center

580-749-7309

White Eagle Health Clinic

580-765-2501

White Eagle Health Clinic Lab

580-576-2501

White Eagle Health – Optometry

580-576-2501

White Eagle Pharmacy

580-576-2501

HOUSING/SHELTER

Peachtree Landing

580-762-3208

105 W. Hazel

Ponca City, OK 74601

NEED: Valid photo ID, warrant clearance, no violent or drug arrests in last 3 yrs. Temporary Emergency Shelter for single women, single parents with children and families.

New Emergency Resource Agency (NERA)

580-765-5372

112 S. 1st. St.

Ponca City, OK 74601

Rent and Mortgage assistance through city grant. Pick up application for assistance

LEGAL

Legal Aid Services of OK

800-256-9601 Main

405-624-1734 Stillwater

Mon–Thurs 9:00am–4:00pm

Non-profit providing legal aid for low-income individuals

with civil, non-criminal

issues. Special project legal assistance available to those

experiencing homelessness,

women in recovery, immigration

issues, seniors 60+ legal issues,

agricultural workers, or legal

issues affecting physical or

mental health.

Oklahoma Indian Legal Services

800-658-1497

Legal help for low-income Native

Americans in cases involving

housing, child welfare, land

issues, individual civil rights and

tribal sovereignty issues.

Ponca Tribal Court

580-762-0381

MENTAL HEALTH PROVIDERS

Please Note: ONLY group practices are listed here.

Numerous individual counselors in private practice are also available in Kay County who aren't listed in this guide.

Edwin Fair Mental Health Center

580-762-7561

800-522-9054 Emergency Hotline

1500 N. 6th St.

Ponca City, OK 74601

Mon–Fri 8am–5pm

Outpatient counseling, case management, support groups, emergency hotline

GRAND Mental Health—Ponca City

844-458-2100

407 W. South Ave.

Ponca City, OK 74601

Mon, Wed, Thurs, Fri, 8am–5pm; Tues. 8am–7pm

Crisis, individual/family/group counseling, wraparound services, case and medication management, substance abuse treatment

GRAND Mental Health—Blackwell

844-458-2100

1313 W. Ferguson

Blackwell, OK 74631

Mon–Fri 8am–5pm

Crisis, individual/family/group counseling, wraparound services, case and medication management, substance abuse treatment

Healing Heart and Mind Counseling

580-382-4211

222 E. Grand Ave., #300

Ponca City, OK 74601

Mon–Thurs 9am–6pm

Fri 10am–2pm

Counseling for adults, children, families, couples, neurofeedback

Lighthouse Counseling Clinic

580-762-6511

1912 Lake Rd.

Ponca City, OK 74604

Individual/family/couples counseling, parenting education, developmental disabilities, trauma therapy

Psychological and Counseling Services

580-762-8367

419 Fairview Ave., Ste. 2

Ponca City, OK 74601



White Eagle Behavioral Health Department

580-762-3421

123 White Eagle Dr.

Ponca City, OK 74601

Mon–Fri 8am–4:30pm

Individual, family, couples & youth counseling for trauma, substance abuse, and domestic violence. Case management, classes, ADSAC, MAT, & assessments also available.

KAY COUNTY RESOURCES

OPIOID & SUBSTANCE ABUSE TREATMENT / ADDICTION PROGRAMS & ASSISTANCE

Bridgeway, Inc.

580-762-1462

620 W. Grand Ave.

Ponca City, OK 74601

Mon–Fri 8am–5pm

Offers substance abuse treatment, mental health counseling, codependency support, DUI assess/classes, Work Release & Halfway House for Okla. Dept. of Corrections

Celebrate Recovery

580-765-4427

218 S. 6th St.

Ponca City, OK 74601

Mon: 6pm step groups

Tues: 5:45pm meal, 6:30pm meeting

“A place for healing from life’s hurts, habits, and hang-ups.”

Reformers Unanimous @ Central Baptist Church

580-765-5840

1732 E. Coleman Rd.

Ponca City, OK 74604

Fridays @ 7pm

Transportation and childcare available

Rightway Medical

580-762-3217

827 Hubbard Rd.

Ponca City, OK 74601

Mon–Fri 5am–11am

Opioid Addiction Treatment

Oxford House Sober/ Reentry Living

800-689-6411

Two houses for men, one for women in Ponca City

Apply online www.oxfordhouse.org/applications

Ponca Tribe Hope & Recovery

580-749-7322

Residential Rehab

White Eagle Behavioral Health Department

580-762-3421

123 White Eagle Dr.

Ponca City, OK 74601

Mon–Fri 8am–4:30pm

Counseling for trauma, substance abuse, & domestic violence. Case management, ADSAC, & MAT.



Things I CANNOT Control:

- Other people’s words
- Other people’s opinions
- Other people’s ideas
- Other people’s behavior
- Other people’s feelings
- Other people’s games
- Other’s thoughts
- Other’s mistakes
- The past or the future
- The weather

OPIOID & SUBSTANCE ABUSE TREATMENT (CONT.)

Things I CAN Control:

- My reactions
- My thoughts
- My feelings
- My behavior
- My ideas
- My opinions
- My boundaries
- Asking for help
- How I bounce back
- How I treat my body
- How I express my feelings
- What I eat
- How I treat others
- My attitude
- My actions
- My choices

Alcoholics & Narcotics Anonymous

Call 866-641-9190 to Find Meetings

Ponca City

AA and Gamblers Anonymous Woodlands Church

1400 E. Hartford Ave., Ponca City, OK 74604

AA: M&W @ 7pm, Tu @ Noon | GA: Mon @ 7pm

AA, Narcotics Anonymous, and Al-Anon Harmony House

580-765-8462

212 S. 3rd St., Ponca City, OK 74601

AA: Mon–Sat @ Noon, Sun @ 11am, and every night @ 6pm

NA: Sat & Sun @ Noon and every night @ 7pm

Al-Anon: Mon & Wed @ 7pm

Blackwell AA/NA

609 W. Dewey, Blackwell, OK 74631

AA: Sun, Mon & Thurs @ 8pm | NA: Tues–Sat @ 7pm

Tonkawa AA

Old Casino Building, Tonkawa, OK

AA: Wed @ 7pm

“Upon suffering beyond suffering, the Red Nation shall rise again, and it shall be a blessing for a sick world ... a world longing for light again.” — Chief Crazy Horse

KAY COUNTY RESOURCES

TRANSPORTATION

Best Taxi

580-761-4306

Open 24/7

500 W. Highland, Ponca City, OK 74601

RATES: within city limits \$5.00, stops \$2.00

BMK Cab

580-304-4663

Open 24/7

910 W. Ponca Ave., Ponca City, OK 74601

RATES: within city limits \$5.00, \$8.00 each

10-min stop, get quote for out of town

Cimarron Public Transit

580-718-0444

Mon-Fri 5am-5pm, Limited Saturday service

222 E. Grand Ave., Ste. 308, Ponca City, OK

NEED: 24-48 hours advance notice

RATES: \$3.00/stop in town, operates in Creek,

Kay, Osage, Pawnee and Washington counties,

Seniors 60+ can apply for free rides, Workride

- \$1 each way, youth discounts in summer

Express Taxi

580-382-1679

Open 24/7

137 Ray Rd., Ponca City, OK 74601

RATES: Within city limits \$5.00

Friendship Bikes First Christian Church

580-762-4990

210 N. 5th Ave., Ponca City OK 74601

Provides and repairs gently-used donated bikes

Poor Boy Taxi

580-491-7636

Open 24/7

RATES: Within city limits \$5.00 with no stops

Veteran's Ride

855-735-4826

Veterans pay 1/2 cost



White Eagle Transit

580-763-0139

Open to the Public

Mon-Fri, 8am-4:30pm

RATES: Within city limits \$2.00 One-Way

Riders, \$1.00 additional stops, children under

5 are FREE. Outside City Limits \$5.00 one-

way to Newkirk, Kaw City, Red Rock, Marland,

Tonkawa, and Blackwell.

Medical Appts outside city limits-OKC, Tulsa,

Enid, Stillwater, etc., \$10 each way plus tolls

round trip. Wait Time Fee: Additional \$7.00/hr

UTILITY ASSISTANCE

First Christian Church

580-763-2633

210 N. 5th St.

Ponca City, OK 74601

Wednesdays 10am–Noon

NEED: proof of Ponca City residency, photo ID, cutoff notice

Note: Limited to \$50/year

Salvation Army

580-762-7501

445 Fairview Ave, Suite 103

Ponca City, OK 74601

Tues, 8:00am–11:30am, Wed. & Thurs, 2:00pm–5:00pm

NEED: 2 forms of ID, bill proving residency, proof asked for help from other sources. Limit \$150/yr.

St. Mary's Catholic Church

580-765-7794

408 S. 8th St.

Ponca City, OK 74601

Thurs 10:00–11:30am

NEED: photo ID, valid driver's license. Note: Rent, utility,

5-gal gas voucher, prescription assistance limited to last \$50

needed, twice in lifetime with 6 mos between assistance

Ponca Tribe Family Services

580-485-8775

New Emergency Resource Agency (NERA)

580-765-5372

112 S. 1st. St.

Ponca City, OK 74601

Tues 9–11am only

Utility Assistance

Low-Income Home Energy Assistance Program (LIHEAP)

580-763-6700

801 W. Grand Ave.

Ponca City, OK 74601

Winter heating enrollment in Dec, summer cooling enrollment in June, and Energy Crisis Assistance Program (ECAP) - utility assistance for those with life threatening medical conditions

LIHEAP Phone assistance

405-522-5050

Apply Online okdhslive.org

**Many area churches provide assistance for rent and utilities.*

WOMEN'S SERVICES

Living Hope Pregnancy Center

580-765-0664

425 Fairview Ave., #3

Ponca City, OK 74601

Mon & Wed 1–3pm, Tues, Thurs & Fri, 10am–Noon

Pregnancy tests, adoption/abortion options counseling, ultrasound, parenting and infant care resources, maternity and baby clothes, breastfeeding support, car seat installation

Child-Only Temporary Assistance to Needy Families (TANF) program

580-763-6700

801 W. Grand Ave.

Ponca City, OK 74601

Supplemental aid for caregivers raising family members' children – NOT income based Apply online at oklahoma.gov/okdhs.html



WHITE EAGLE HEALTH CENTER BEHAVIORAL HEALTH DEPARTMENT

Trauma-Informed Therapies

Individual &
Family Counseling

Anger
Management

**DOMESTIC VIOLENCE
RISK ASSESSMENT**

**MENTAL
HEALTH
EVALUATION**

Addressing Family
Violence & Abuse™
Classes

**Medication-Assisted Treatment
for Opioid Use Disorder**

ADSAC
(DUI Assessment)

**Medication-Assisted
Treatment for Alcohol**

Fatherhood is Sacred,®
Motherhood is Sacred® Classes

Linking
Generations by
Strengthening
Relationships™
Classes

ALCOHOL & DRUG ASSESSMENT

CASE
MANAGEMENT



WHITE EAGLE HEALTH CENTER BEHAVIORAL HEALTH DEPARTMENT

Choose Your Own Path



Call: 580-762-3421



**COMMUNICATION + COLLABORATION =
CONNECTED COMMUNITIES**

**PONCA TRIBE NATIVE CONNECTIONS
580-749-7261**

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2022-2023 KAY COUNTY RESOURCE GUIDE

TRIBAL & KAY CO. SERVICES FOR CHILDREN, YOUTH, FAMILIES & ADULTS



Please send updates to:

Lesa Westra

White Eagle Behavioral Health Center

Lesa.Westra@ihs.gov



WHITE EAGLE HEALTH CENTER
BEHAVIORAL HEALTH DEPARTMENT