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PROGRAM INFORMATION

Welcome

This booklet has been prepared to welcome you and your child to CRAYON CASTLE PRESCHOOL. We are licensed by the department of Human Services. Our program is planned by teachers skilled in the field of early childhood development. We participate in the Q.R.S. rating system, and follow Iowa Quality Preschool Program Standards (IQPPS.) Crayon Castle is funded by the Iowa Statewide Universal Preschool Program.

Crayon Castle Preschool is designed to provide a secure and stimulating environment for your child when he/she is away from home. The activities are designed to satisfy the emotional, social, physical and intellectual needs of the children on their own individual level of development. Each day offers challenging active periods integrated with quiet, restful times. We offer the young child the opportunity to explore and learn by the discovery method in a variety of learning centers.

Preschool staff will ensure that all parents can access preschool policies and information and clearly understand the content. Translations, reading assistance, etc., will be provided as needed or requested.

Program Goals

1. It is the philosophy of Crayon Castle Preschool that early childhood should be a time of fun, warmth, security, exploring and discovering. Preschool children are creative and receptive; the staff strives to nurture and encourage these qualities in the children who attend.

2. Planned within the framework of philosophy and purpose, Crayon Castle Preschool uses Creative Curriculum.

3. Crayon Castle advertises in the public media in order to make openings known to all. Children are admitted regardless of race, creed, color, sex, national origin or religion.

Sessions

Four year old (class size limited to 20 children/2 staff)
Monday - Thursday  8:15 AM – 11:30 AM
General Information

According to state regulations, the following information and documentation are required by the first day of school:

1. Enrollment forms include, but are not limited to, the child and parent/guardian name, address, telephone number, medical emergency consent, medical/dental service providers, emergency contacts (if the parent/guardian cannot be reached), and a list of individuals authorized to pick up the child from preschool.

2. Birth Certificate verifying the child’s age.


4. Immunization Certificate indicating the child is current on all required immunizations or submitted with a physician’s waiver for immunizations not up-to-date.

5. Health Insurance Information card or other documentation of current health insurance information. (Please keep this information updated in our files, if parent/ family insurance arrangements change during the year.) Parents shall be responsible for keeping all health insurance information updated for school files.

6. Medication and Allergy plans if needed.

7. Access Policy/Consent Form (picture release & field trip)

8. Home Language/Ethnicity Survey

Emergency/Weather Announcements

Spalding Catholic/Crayon Castle late starts, early dismissals and cancellations will be announced, as soon as possible, on the following:

LeMars Daily Sentinel TextCaster (sign up for alerts from Spalding Catholic)
Admission Policy

Admission requirements and enrollment procedures are as follows:

- A child must be 4 years old on or before September 15 to be admitted into the 4 year old class.
- If the classes are filled when a parent calls, the child's name will be put on a waiting list to fill vacancies as they occur.
- Parents of enrolled children will receive a letter in the summer inviting them to the open house where registration is completed and home visits are scheduled.
- As vacancies occur during the year, they are filled from the waiting list, or from new registrations, according to the above procedures.

Confidentiality

Children's records are open only to the child's teacher, the Director, an authorized employee of the licensing agency, or the child's parents or legal guardian.

Absence Policy

Parents are asked to report student absences on the day of the absence by calling before the start of the school day. Calls will be made to parents/guardians if a call from the parent/guardian is not received.

Abuse Policy

As required by Iowa state law, we will report any instance of suspected child abuse. All staff are mandatory reporters.

Attendance Policy

Students more readily see the importance of school if parents do all they can to ensure consistent attendance. Your effort to schedule dental and medical appointments outside of school time will be much appreciated.
**Access Policy**

Crayon Castle Preschool does not provide transportation to and from class sessions. Our access policy will need to be completed and on file in the classroom and updated as needed. This form states who can pick up your child from school, emergency contact information for such persons and must be signed by the parent or guardian of the child. Parents are responsible for transporting their children to school or arranging carpooling. No child is to be brought to preschool more than 10 minutes before class begins. Children should be picked up within 5 minutes of dismissal time. If there is a possibility you might be late, please notify a teacher so we can plan accordingly (calm anxious children, arrange for additional supervision staff, etc.).

For safety’s sake, children must be brought directly to the classroom. They must never be left at the Preschool without the teacher present in the room. Parents or persons listed on the access policy must return to the classroom to pick up their children after class is over. Proper conduct needs to be exercised in the hallways; parents must not let children enter the building before them. Because of state regulations per class size and teacher/child ratio, it is not possible for children to bring friends to visit.

**Dress**

Daily activities include active and messy play, and the children should feel comfortable enough to enjoy themselves without worrying about their clothes. They should be easy for the child to manage, be washable and comfortable. Gym shoes may be more appropriate as students will be using the gym on certain days. Please mark your child’s coats, mittens, and boots. **ALL CHILDREN ARE REQUIRED TO KEEP A CHANGE OF CLOTHES IN THEIR BACKPACK.**

**Personal Belongings**

Each child should bring a backpack to carry art projects and messages back and forth from home to school. Please label backpacks by putting the child’s name on with a permanent marker.
Child Assessment

Guiding Principles:
The Crayon Castle believes that assessment of young children should be purposeful, developmentally appropriate, and take place in a natural setting by familiar adults. All results shall be kept confidential, placed in each child’s file, and stored in a secure filing cabinet.

Children are assessed in the following ways:

- The Creative Curriculum® GOLD Assessment, Birth Through Kindergarten, goals and objectives are fully aligned with Iowa Early Learning Standards. It records a student’s progress in all developmental areas in the beginning, middle, and end of the year.

- Observation data provides an ongoing anecdotal record of each child’s progress during daily activities.

- Child portfolios are organized by the teaching staff and include the assessments, observational data, and child work samples collected on an on-going basis. Families are asked to contribute information about their child’s progress. Young children often show different skills in different settings. Working together, the teaching staff and families can gather a complete picture of a child’s growth and development.

This information will be used in the following way:

- Provide information about children’s needs, interests, and abilities;

- Plan developmentally appropriate experiences for them;

- Provide information to parents about their child’s developmental milestones;

- Indicate possible areas that require additional assessments;

- Plan program improvements;

- Arrange for developmental screening and referral for diagnostic assessment when indicated.
**Snack Policy**

Healthy snacks are provided daily. Children are encouraged to try the snack each session, but are never forced to eat. Please keep in mind children do not receive snacks right away in our schedule, so they really need to eat a good breakfast before coming to preschool. **If you wish to send an edible treat for birthday or other special events the food item must be store bought and factory sealed.**

**Info on Food Allergies**

For each child with special health care needs or food allergies or special nutrition needs, the child’s health provider gives the program an individualized care plan that is prepared in consultation with family members and specialists involved in the child’s care. The program protects children with food allergies from contact with the problem food. The program asks families of a child with food allergies to give consent for posting information about that child’s food allergy and, if consent is given, then posts that information in the food preparation area and in the areas of the facility the child uses so it is a visual reminder to all those who interact with the child during the program day.

**Field Trips**

One aspect of the Preschool curriculum is exposing children to varied experiences within the community. Field trips for children will consist of walking field trips to the library post office, or nature walks within walking distance of the Preschool. We often bring field trips to us. For example, visits from nurses, firefighters, dentists, etc. Parents are notified of field trips in the monthly newsletter.

**Pet Policy**

All pets (dogs, cats, birds, etc.) must have written proof of current vaccinations by a veterinarian before admittance to the classroom. This information must be given to a member of the staff.
Toilet Training

It is understood that children of preschool age (and even older) can become so involved in their play that they forget to go to the toilet in time. It is recommended that an extra set of clothes be sent to preschool with each child so the staff can assist them with changing should such toileting accidents occur. Parents are asked to clearly label the clothing with their child’s name.

When accidents do happen:
Clothing that is soiled by urine or feces shall be immediately placed in plastic bags (without rinsing or avoidable handling) and sent home that day for laundering. The parent-provided, clean set of clothing shall be used to replace the soiled clothing, and a replacement set of extra clothing should be sent with your child to school the following school day.

Toilet training is an important time in a child’s development. For children who are unable to use the toilet consistently, the following procedures are in place:
1. Diapering will only be done in the designated diaper area, which is the preschool bathroom. Food handling will not be permitted in the diapering/changing areas.
2. Staff will follow all diapering guidelines set forth in the Iowa Quality Preschool Programs Standards: Standard 5, Criteria 7:
   - Cloth diapers and clothing that are soiled by urine or feces are immediately placed in a plastic bag (without rinsing or avoidable handling) and sent home that day for laundering.
   - Staff checks children for signs that diapers or pull-ups are wet or contain feces at least every 2 hours. Diapers are changed when wet or soiled.
   - Staff change children’s diapers or soiled underwear in the designated changing areas and not elsewhere in the facility.
   - Caregivers have a hand on the child at all times if being changed on an elevated surface.
   - Surfaces used for changing and on which changing materials are placed are not used for other purposes, including temporary placement of other objects, and especially not for any object involved with food or feeding.
   - Containers that hold soiled diapers and diapering materials have a lid that opens and closes tightly using a hands-free device (e.g., a step can). Containers are kept closed and are inaccessible to children. The container will be clearly labeled to show its intended use.
Diapering and gloving posters will be posted in the changing area showing procedures through the use of visuals and words. These procedures are used by the program to evaluate teaching staff that change diapers.

3. Potty chairs will not be used due to the risk of spreading infectious diarrhea.

4. All families are asked to provide an extra set of clothing for their child in case of an “accident” or messy play. Please clearly label the clothing with your child’s name to reduce the possibility of mistakes.

5. All families with students who need to have pull-ups/diapers at school need to provide pull-ups/diapers for their child, as well as wipes. When the supply of pull-ups/diapers and wipes are getting low, the teacher will contact the families to ask that more pull-ups/diapers and wipes be brought to school for their child’s use.

**Volunteers**

We welcome volunteers! If you are able to give of your time and/or talents please contact the teaching staff. You will be required to sign the volunteer form, have a background check and be fingerprinted. The staff will be able to give proper contact information and forms.

**HEALTH AND SAFETY**

**Health Information**

- Children may not attend when ill. Notify the preschool if your child is sick and will not attend. Children who become ill at preschool will be placed in supervised isolation until the parent comes for the child.

- Parents are required to come for the child who has a temperature of 99 degrees or above, has vomiting, diarrhea, rash, or other signs of illness which make it uncomfortable for the child to participate in regular activities. This policy is for the well-being of all concerned and assures all parents that their child will not be unduly exposed to illness or disease.

- In the event of an accident, we attempt to notify the parent or designated person for emergency medical or dental care by the parents. If they cannot be reached, suitable medical or dental care will be sought.
Parents, please inform the staff if your child contracts a communicable condition such as chicken pox, lice, or impetigo. The staff will notify parents of any contagious conditions. The affected child should not return to preschool until the period of contagion has passed. Notice of communicable disease will be posted in the hallway.

Crayon Castle Preschool offers vision and hearing screenings through AEA. Dental screening is through a local dentist. Developmental screening is assessed in our curriculum.

**Health and Immunization Certificates**

By the first day of preschool, health records that document the dates of service shall be submitted that show the child is up to date for routine screening tests and immunizations according to the schedule recommended and published by the Iowa Department of Health.

When a child is overdue for any routine health services, it will be required of the parents, legal guardians, or both to provide evidence of an appointment for those services before the child’s entry into the program and as a condition of remaining enrolled in the program, except for immunization for which parents are using religious exemption.

**Child Health and Safety Records will include:**

1. Current information about any health insurance coverage required for treatment in an emergency.
2. Results of a health examination showing up-to-date immunizations and screening tests with an indication of normal or abnormal results and any follow-up required for abnormal results.
3. Current emergency contact information for each child that is kept up-to-date by a specified method during the year.
4. Names of individuals authorized by the family to have access to health information about the child.
5. Instructions for any of the child’s special health needs such as allergies or chronic illness.
6. Supporting evidence for cases in which a child is under-immunized because of a medical condition or the family’s beliefs. Staff shall implement a plan to exclude a child if a vaccine-preventable disease to which children are susceptible occurs in the preschool program.
Medication Policies and Procedures

Safeguards are used with all medications for children:

1. Staff administer both prescription and/or over-the-counter medications to a child only if the child’s record documents that the parent or legal guardian has given the program written permission.

2. The child’s record includes instructions from the licensed health provider who has prescribed or recommended the medication for that child; alternatively, the licensed health provider’s office may give instructions by telephone to the program staff.

3. Any administrator or teaching staff who administers medication has (a) specific training and (b) a written performance evaluation, updated annually, by a health professional on the practice of the five right practices of medication administration.

4. Medications are labeled with the child’s first and last names, the date that either the prescription was filled or the recommendation was obtained from the child’s licensed health care provider, the expiration date of the medication or the period of use of the medication, the manufacturer’s instructions or the original prescription label that details the name and strength of the medication, and instructions on how to administer and store it.

5. All medications shall be kept in a locked container. If there are any exceptions to this policy, communication will be made between the parents, teachers, and health assistant.

Cleaning and Sanitization

The preschool facility will be maintained in a clean and sanitary condition. When a spill occurs, the area will be made inaccessible to children and the area will be cleaned immediately.

Staff will be trained in cleaning techniques, proper use of protective barriers (such as gloves), proper handling and disposal of contaminated materials, and information required by the US Occupational Safety and Health Administration about the use of any chemical agents. Staff will follow all cleaning and sanitation guidelines set forth in the Iowa Quality Preschool Programs Standards: Standard 5, Criteria 23:

- Surfaces that may come in contact with potentially infectious body fluids must be disposable or made of a material that can be sanitized;
• Staff use barriers and techniques that minimize contact of mucus membranes or of openings in skin with potentially infectious body fluids and that reduce the spread of infectious diseases;
• When spills of body fluids occur, staff cleans them up immediately with detergent followed by water rinsing;
• After cleaning, staff sanitizes nonporous surfaces by using the procedure for sanitizing designated changing surfaces described in the Cleaning and Sanitation Frequency Table;
• Staff clean rugs and carpeting by blotting, spot cleaning with a detergent disinfectant, and shampooing or steam cleaning;
• Staff disposes of contaminated materials and diapers in a plastic bag with a secure tie that is placed in a closed container.

A toy that a child has placed in his or her mouth or that is otherwise contaminated by body secretion or excretion shall be (a) washed by hand, using water and detergent; then rinsed, sanitized and air dried or (b) washed and dried in a mechanical dishwasher before it can be used by another child.

PARENT INFORMATION

Parent Communication

While preschool children are alike in many ways, no other child is exactly like your child. And no one knows your child better than you do. You know how your child learns and reacts to new situations, so you can help your child’s teachers. If you share with us what is happening to your child at home -- the arrival of a new baby, the death of a pet, nightmares, temper tantrums, trips, separation, or divorce -- we can understand your child better. We can support positive and difficult events through reassuring stories, soothing art activities, imaginative dramatic play, and extra love and attention.

If your child has a physician diagnosed health problem such as an allergy, diabetes, or asthma, please let us know we can implement an action plan with your physician’s help to keep your child safe. We also want to know if your child has a physician diagnosed disability or any other type of special need that may require an action plan. While a child may have a disability in one or more areas of development, in other areas a child may be developing at a completely normal rate. We will do everything we can to help your child participate as fully as possible in all aspects of our program.

Many parents ask us what they can do to help their children succeed in school. The best thing you can do is to take time to play with your child, read books
together, and talk as you go about your everyday routine. Sometimes after a long day at work, this may seem difficult, but this kind of attention has a powerful effect and makes your job as a parent fun and interesting. You are your child’s first and most important teacher. The way you talk with your child makes a big difference in how your child thinks and feels and the kind of person your child will become. If we can work together and do some of the same things at school and at home, your child will benefit in many ways. Parents will be informed of the activities of the preschool through newsletters, meetings, schools website, e-mail and phone calls.

**Home Visits**

Teachers make home visits in order to better meet the needs of the child and family. This is a great time for parents/guardians to share what makes their family unique, how they prefer to communicate with the teacher, and share their knowledge about their child’s interests, approaches to learning, and developmental needs. Parents/guardians can help the teacher understand what their goals are for their child and whether they have any concerns they would like addressed. Parents are encouraged to share these preferences, concerns, and inquisitions at any time with either the classroom teacher or administrator. Home visits will be made prior to the first day of classes.

**Open House**

Open house will be conducted by teachers and staff of the program roughly two weeks before the scheduled start date. Staff will introduce themselves and be available to answer parent questions. A tour of the facility will be given. The handbook will be distributed and discussed. All policies will be reviewed. Physical examination forms, emergency contact information, medical and dental information, media release, and other forms will be explained and filled out if applicable. Please be sure to read through the handbook and sign & return the form on the last page.

**Parent Meeting**

Group Parent Meeting – the annual group parent meeting serves as an opportunity for the program to share information with parents as well as providing time for parents to share their input about the program. It could also serve as a time for the center to invite a speaker to share information with the parents on a host of topics (child development, school readiness, parenting, etc.)
Parent-Teacher Conferences

Parent-Teacher Conferences will be scheduled in the fall and spring of the school year. The assessment information will be shared formally with families at this time. Biweekly newsletters regarding children’s activities and developmental milestones will be sent home throughout the year. Informal conferences are always welcome and can be requested at any time by contacting the teacher. When program staff suspects that a child has a developmental delay or other special needs, this possibility is communicated to families during a conference by sharing documentation of the concern. Suggestions for follow-up steps may include a request to Northwest Area Education Agency for support and additional ideas or more formalized testing with parent consent. The preschool teacher will assist in arranging for developmental screening and referral for diagnostic assessment.

Please sign and return to school.
Thank you.

I, ______________________________ acknowledge that I have received and read the (please print name clearly)

Crayon Castle handbook, and that I am familiar with the policies and procedures outlined in the handbook.

_________________________ (parent signature) ____________________________ (date)
AREA RESOURCES

ABUSE
After-hours Crisis Hotline............................................(1-800) 546-0730 Dept of Human Services Abuse Hotline ....(1-800) 362-2178
Family Crisis Centers of NW Iowa.................................722-4404
24 hour crisis line ......................................................(1-800)-382-5603
www.familycrisiscenters.org/site/counseling.html
Family Solutions Services, Inc .................................... 707-9222
www.family-solutions-services.com
Iowa Sexual Abuse Hotline .............................(1-800) 284-7821
Elderbridge Agency on Aging ...........................(1-800) 243-0678
www.elderbridge.org, kanderson@elderbridge.org
Seasons Center for Behavioral Health ......(1-800) 242-5101
www.seasonscenter.org, info@seasonscenter.org

SUBSTANCE ABUSE
Compass Pointe .............................................................439-1170
www.compass-pointe.org
Naaman Recovery Ministries.....................................722-2227
National Alcohol Hotline ...........................................(1-800) 252-6465

CHILDCARE
Department of Human Services Office............737-2943 or (1-800)-337-2943
Iowa Child Care Resource & Referral ..... (1-877) 216-8481
www.iowaccrr.org

DISABILITIES
Child Health Specialty Clinics
   Spencer Regional Center...............................(712) 264-6362
   Sioux City Regional Center..........................(712) 224-5437
   Central Office-Iowa................................. (1-866) 219-9119
   www.chsciowa.org
Hope Haven.... www.hopehaven.org ......................... 476-2737
Iowa Department for the Blind.................... (1-800) 362-2587
Iowa COMPASS................................................... (1-800) 779-2001
Sioux County Community Services.................... 737-2999
www.siouxcounty.org/departments/ community_services.php,
   mh-dd@siouxcounty.org
Village Northwest Unlimited............................. .324-4873
www.villagenorthwest.org, info@villagenorthwest.org
Vocational Rehabilitation Services....................324-4864
**EARLY CHILDHOOD/PREGNANCY**
Bethany Christian Services............................................. 737-4831
www.bethany.org/orangecity

**BREASTFEEDING SUPPORT**
Community Health Partners...........................................(1-800) 435-3454
Orange City Area Health System.................................737-4984
Sioux Center Health..................................................722-1271 Mid-Sioux
Opportunity ......................................................(1-800) 859-2025 www.midsioux.org,
info@midsioux.org
Maternal Child Health Program Title V Agency

**PARENT EDUCATION**
Healthy Families Sioux County .................. (1-800) 435-3454
www.siouxcountychn.org/Healthy-Families-Program, chp@siouxcountychn.org
Hope Haven Nurturing Program.................................476-2737
Just In Time Parenting Sioux County ISU Extension.............737-4230
Orange City Area Health System.................................737-2000
www.ocHealthSystem.org/educational-programs/childbirth -classes
Strengthening Families Sioux County ISU Extension...............737-4230
Northwest AEA..........................................................722-4378
www.nwaea.k12.ia.us/
WIC (Women, Infants, and Children)........ (1-800) 859-2025 (See Mid-Sioux
Opportunity)

**FOOD ASSISTANCE**

**CONGREGATE MEALS(Cong)/HOME DELIVERED MEALS(HDM)**
Dinner Date (for seniors).............................................722-4846
Elderbridge Agency on Aging.................................(1-800) 242-5033
GA Foods (Shelf-Ready/Frozen) ......................1-866)-516-7796
   Hawarden (Cong/HDM) ........................................551-1358
   Hospers (Cong) ..................................................752-8741
   Ireton (Cong) ....................................................278-2054
Meals On Wheels (HDM) Sioux Center.........................722-2237
Hull...........................................................................439-2464 Orange
City.................................................................(1-800) 808-6264
Mom’s Meals (HDM).............................................(1-866) 204-6111
New Life Reformed Community Unity Meal...............722-3520
Rock Valley (Cong/HDM)...........................................476-5148
Sioux Center (Cong) .............................................722-2237
FOOD PANTRIES
American Lutheran Church (Hawarden)........ 551-2979 or 278-2256
American Reformed Church (Orange City)......... 737-4430
Amistad Cristiana Meat Ministry...................... 722-3520
ATLAS (Sioux Center)........................................ 722-4900 (Lyon County)
Christ Community Church Meat Ministry............ 722-4747
Christ the King Cath. Church Meat Ministry......... 579-9416
First Reformed Church (Rock Rapids)............... 472-3729
Hope Food Pantry (HOME Building).................... 722-3257
www.sc-home.org, siouxcenter.home@gmail.com
Hull Community Building................................... 470-5619
Hull Sack Pack Program................................. 441-1465
hullsackpack@gmail.com
Inwood City Offices........................................ 753-4833
Inc............................................................ 476-5990
or (1-800) 621-2335
Mid-Sioux Opportunity
(SiouxCity County).......................... 722-3611 www.midsioux.org,
info@midsioux.org
(Lyon County).................................................. 472-3746
New Hope E. Free Church Meat Ministry............. 737-4620
New Life Reformed Church Meat Ministry........... 722-3520
New Life Reformed Community Unity Meal........... 722-3520
O’Brien County SOS.......................................... 957-0105
Pass Along Clothing (Hawarden)....................... 578-8649
Pioneer Methodist Church............................... 476-5634
Sack Pack Program.......................................... 722-3725
sackpack@mtcnet.net
Sioux City Gospel Mission.................................. 255-1119
http://www.siouxcitygospelmission.org/
The Bridge...................................................... 707-9944 United
Church of Christ (Larchwood)....................... 477-2568
Upper Des Moines Opportunity Inc.
O’Brien County.............................................. 757-1023
Osceola County............................................ 754-2573
WIC....................................................................(1-800) 859-2025
www.midsioux.org, info@midsioux.org
Zestos, Inc...................................................... 737-4263
www.zestosinc.com, info@zestosinc.com
Zion-St. John’s Lutheran School (Paullina)......... 949-3915
**HOUSING**
American Red Cross................................................................. 252-4081
The Bridge................................................................................ 707-9922
www.thebridgehousing.org
Family Crisis Center............................................................... 722-4404
www.familycrisiscenters.org IowaHousingSearch.org

**MENTAL HEALTH/COUNSELING**
ATLAS..................................................................................atlasgroupltd.org
   Orange City ......................................................................... 737-4090
   www.atlasorangecityarea.com ocatlas@orangecitycomm.net
   Sioux Center..........................................................................722-4900
   www.atlasofsiouxcenter.org, atlas@mtcnet.net
Bethany Christian Services ................................................ 737-4831
   www.bethany.org/orangecity
Bethesda Christian Counseling........................................ 737-2635
   www.bethesdachristiancounseling.org bcc@orangecitycomm.net
   Compass Pointe ...................................................................... 439-1170
   www.compass-pointe.org
Creative Living Center.......................................................... 476-5245
   www.creativelivingcenterpc.com
Family Crisis Center............................................................ 722-4404
   www.familycrisiscenters.org/site/counseling.html
Family Solutions Services, Inc ........................................ 707-9222
   www.family-solutions-services.com
Hope Haven, Inc. ................................................................. 476-2737
   www.hopehaven.org
   NAMI — Iowa Concern .................................................. 722-4462
   www.namiow.com
National Alliance on Mental Illness...........(1-800) 417-0417
Plains Area Mental Health.................................................. 546-4624
   After-hours Crisis Hotline................................................ (1-800) 546-0730
Seasons Center for Behavioral Health.....(1-800) 242-5101
   www.seasonscenter.org, info@seasonscenter.org
Sioux County Community Services............................... 737-2999
   www.siouxcounty.org/departments/community_services.php,
   mh-dd@siouxcounty.org
Suicide Crisis Line................................................................. 252-5000 After-hours
   Crisis Hotline...............................................................(1-800) 546-0730