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CHEROKEE NATION[®]
Office of Child Support Services

RESOURCE GUIDE for CHEROKEE PARENTS

In Partnership with Cherokee Nation Child Care and Development

Strong Parents, Strong Families, Strong Foundations

1511 KETCHER ST. BLDG C
TAHLEQUAH, OK 74464
OFFICE: 918-453-5444
TOLL-FREE: 1-866-247-5346
childsupport.cherokee.org

CHEROKEE NATION REFERRALS AND RESOURCES

The Cherokee Nation offers many services to its citizens and to other Native American tribes throughout its reservation in northeastern Oklahoma. These services include but are not limited to: Housing Authority of the Cherokee Nation, Community Services, Education, Health Services, Human Services, Commerce Services and Career Services.

These services often are designed to help citizens help themselves. The Cherokee Nation dedicates resources through both federal funding and tribal revenue to provide these and other services to the citizens who need them most. Please refer to each division's page or contact them directly to learn more about eligibility requirements for each one. You can also view more information, at www.cherokee.org or the Cherokee Nation Facebook page.

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CAREER SERVICES

The mission of Career Services is to develop and encourage individuals to achieve and maintain work habits and skills that promote employability and self-sufficiency through programs that encompass education, training, rehabilitation, supportive services and economic development.

Contact Career Services at 918-453-5555
email: career-services-dept@cherokee.org

Vocational and Educational Programs

Career Services offer several in-house training programs as well as assistance to those enrolled in vocational training or Associate of Applied Arts or Applied Science degree programs.

- Career Literacy and Adult Education
- Vocational Training
- In-House Training Programs
 - Surgical Technician Program
 - High Voltage Lineman
 - Fiber Technician Program
 - Building Trades
 - RN Scholarship Program
- Vocational Rehabilitation
- Public Law 102-477
- Talking Leaves Job Corps
- QUEST Grant

Coming Home Reentry and Justice Involved Programs

The Reentry and Justice Programs assists Cherokee Nation citizens who are justice involved or have recently been released from incarceration and are returning to, or reside in, the Cherokee Nation Reservation in northeast Oklahoma. The program can assist with employment and vocational programs or other identified barriers that might impede successful community and family engagement.

Employment Programs

Career Services has programs that can assist you in acquiring work experience, receive job-specific training on the job, and provide with assistance in job search.

- On-the-Job Training
- Tribal Training
- Direct Placement
- Wildland Fire Program
- Public Law 102-477
- QUEST Grant
- Work Experience

Youth Programs

Career Services has educational, vocational, leadership and employment programs for youth aged 16-24, both summer specific and year round. Summer Youth Leadership Intern Program.

- Summer Youth Program
- Public Law 102-477

Assessments and Certifications

Career Services assists Cherokee citizens in addressing barriers to employment. The department utilizes a variety of tools to assess and address career readiness, training, and employability. Citizens have access to in person and online instruction through our Aztec Online Program. GED Instructors are housed throughout the reservation area and are ready to assist citizens at the location nearest them.

Services offered include:

- Resume Development
- Interviewing
- GED and HiSET Attainment
- Vocational Services and Programs
- Career Specific Assessments

Career Services Field Offices

Main Office (Cherokee County) PH: 918-453-5555
17675 S. Muskogee Ave., Tahlequah, OK 74464

Tribal Employment Rights Office (TERO).....PH: 918-453-5334
P.O. Box 948 Tahlequah, OK 74465

Vocational Rehabilitation (Cherokee County)..... PH: 918-453-5004
23205 S. HWY 66, Claremore, OK 74018

Career Literacy/Adult Education Center..... PH: 918-458-0577
17822 S. Muskogee Ave., Tahlequah, OK 74464

* Literacy centers also located in Claremore, Jay, Pryor, Sallisaw,
and Stilwell

Stilwell Office (Adair County)PH: 918-696-3124
406 W. Locust St., Stilwell, OK

Sallisaw Office (Sequoyah County)PH: 918-776-0416
100 E. Choctaw Ave., Sallisaw, OK 74955

Wagoner Office (Wagoner County) PH: 918-453-5555
109 N. Casaver, Wagoner, OK 74467

Muskogee Office (Muskogee, McIntosh, and Wagoner Co.) PH: 918-682-2077
1305 S. Country Club Rd., Muskogee, OK 74403

Jay Office (Delaware County).....PH: 918-253-3243
1178 W. Cherokee, Jay, OK 74346

Pryor Office (Mayes County)PH: 918-825-7988
6789 US 69 S., Pryor, OK 74361

Catoosa Office (Tulsa County) PH: 918-342-7450
701 W. Rollins St., Catoosa, OK 74015

Tulsa Office (Tulsa County)PH: 918-574-2749
10837 E. Marshall St. Suite, 101, Tulsa, OK 74116

Vinita Health Clinic (Craig County)..... PH: 1-800-256-0671
27469 S. 4410 Rd., Vinita, OK 74301 ext. 2501

COMMERCE

Cherokee Nation Commerce Services is dedicated to helping build the economic security of Cherokee Nation citizens and communities and offers programs that assist in building financial security, advancing and encouraging small business development and entrepreneurship, promoting artist development, and fostering community tourism.

Free Tax Preparation

Free tax preparation at VITA tax sites. For low to moderate income families (under \$60,000). All locations are by appointment.

Call 918-453-5536 to schedule.

Small Business Assistance Center

The Cherokee Nation Small Business Assistance Center (SBAC) is proud to service and support Native American-owned businesses by providing access to capital for new business start-ups and business expansion projects. SBAC is dedicated to the growth of Native American-owned companies, and also provides business coaching services designed to enhance the operation of small businesses. Programs offered through the Cherokee Nation SBAC are designed to encourage Native American-owned companies to have a greater presence in the business community.

Loan Programs

Tribal (Consumer) Loan:

Consumer loan programs provide affordable access to financing and promote family self-sufficiency through budget counseling and credit counseling.

Small business (Commercial) Loan:

The commercial loan program exists to enhance and secure the financial well-being of Cherokee people, businesses, and communities.

For more information, about Cherokee Nation Commerce Services, call 918-453-5536.

Community Cultural Outreach Program

The Community Cultural Outreach Program mission is to assist faith and community-based organization's ability to increase their effectiveness; enhance essential services to those most in need and build upon the organizational capacity of each community, diversify resources, and create collaborations to serve those in Cherokee communities.

For more information, email cco@cherokee.org or call 918-207-4963.

Programs and Resources

- Community and Cultural Outreach Conference – Each year CCO brings Cherokee community leaders from the Cherokee Nation Reservation area as well as satellite communities across the United States for two days of learning, networking and interaction. The conference consists of capacity building, Cherokee culture and history, and youth leadership sessions. For more information, contact, cco@cherokee.org.
- Volunteer Program – Established from tribally generated revenue and support, services are accessible to eligible Cherokee Nation citizens or community organizations within the Cherokee Nation Reservation. The mission of the volunteer program is to serve elderly and/or disabled Cherokee citizens in need by partnering with other organizations to secure labor, tools, equipment, etc. to create safer living conditions.
- The Cherokee Nation at-large website is dedicated to exclusively connect Cherokee Nation citizens residing beyond the borders of the Cherokee Nation with federal and tribal programs and services. For more information, visit the at-large Cherokee website: <https://cherokeesatlarge.org>
- Community and Cultural Outreach Facebook Page: <https://www.facebook.com/CNCCO/>
- Community/Organization In District Grants – for more information, email cco-grants@cherokee.org
- Sustainability Grant
- Community Work Grant
- New Organization Grant
- Community Organizing Training and Technical Assistance (COTTA)
- At Large Organizational Grant – for more information, please email contact@cherokeesatlarge.org

EDUCATION SERVICES

The Cherokee Nation Education Services continues to fulfill its purpose of cultivating the development of skilled and knowledgeable Cherokees through operations of programs that focus resources on serving people of all ages, from early childhood to adulthood. Tribal citizens can benefit from services provided by these programs, both within and outside the Oklahoma public school system.

Head Start – Early Childhood Unit

The mission of the Early Childhood Unit is to bring about a greater degree of social competence in children who may be disadvantaged. The ECU's approach is based on the philosophy that a child can benefit most from a comprehensive, interdisciplinary program to foster development and remedy problems through the involvement of the child's entire family as well as community.

Cherokee Nation Early Childhood Unit offers two options: Head Start, a classroom environment promoting early childhood development stages; and Early Head Start, serving children aged six weeks to three years old. In addition, we collaborate with select public schools within the Cherokee Nation Reservation to provide Head Start Services.

*For more information, contact the Early Childhood Unit at 918-453-5757
toll free 888-458-4393 ext. 5717.*

Head Start serves children ages 3 years to 5 years old at the following areas:

- Tahlequah
- Cherry Tree
- Jay
- Nowata
- Pryor
- Stillwell
- Salina

Public School Collaborations serve Pre-K children in these districts:

- Brushy
- Inola
- Salina
- Webbers Falls
- Rocky Mountain
- Tahlequah
- Zion
- Hulbert

Cherokee Immersion School

A language preservation program designed to revitalize the Cherokee language beginning with our children. For more information, on how to apply and additional requirements, contact the Cherokee Immersion School at 918-207-7597. Parents must apply in person.

Tribal Youth Council

The Cherokee Nation Tribal Youth Council's purpose is to create future tribal leaders. Strive to act as a voice and role model for Cherokee youth. Promote the mental and physical well-being of our youth, develop peer programs, and participate in community service projects.

*Contact Education at 918-453-5000 or download an application from
www.cherokee.org > Education Services > Youth Leadership.*

Scholarships

Students must be a Cherokee Nation tribal citizen and reside within the Cherokee Nation Reservation area or contiguous counties and attend an accredited public or private institution, unless otherwise noted. Proprietary institutions are not funded. If you live outside of the Cherokee Nation Reservation, you must be PELL eligible.

- Concurrent Enrollment Scholarship
- Valedictorian and Salutatorian Scholarship

*Contact High School Resources: 1-800-256-0671 ext. 3948
Email: concurrentenrollment@cherokee.org*

Higher Education Resources:

- Undergraduate Scholarship
- Graduate Scholarship

*Contact College Resources: 918-453-5000 ext. 5465
email: collegeresources@cherokee.org
Toll Free: 1-800-256-0671*

Outreach Program

The Cherokee Nation College Resource Center Outreach Program targets students ranging from 6th grade through college.

Arts Outreach

Arts programs for schools and community groups are offered through the Cherokee Arts Institute.

Camp Cherokee

Day Camp and Residential Camp

Day Camp is an enriching academic experience for Cherokee Nation students entering grades 1-6 during the school year. Residential Camp is an enriching academic experience for Cherokee Nation students entering grades 7-12 during the school year. The camps include classes in the areas of STEM (Science, Technology, Engineering, and Mathematics) as well as cultural activities. Students must have a Cherokee Nation citizenship card.

For more information, about Camp Cherokee, please call 918-453-5224 or visit the website www.cherokee.org.

Cherokee National Youth Choir

The Cherokee National Youth Choir performs traditional songs in the Cherokee language. The choir members are middle and high school youth between grades 6th through 11th.

To schedule an audition or for more information, please contact Mary Kay Henderson at 918-772-4172. You may also contact via e-mail at youthchoir@cherokee.org.

Partners JOM

JOM is designed to provide supplemental and/or operational support to public schools within Cherokee Nation Reservation serving students from three years of age through 12th grade. Each school district determines what services JOM may provide directly to the child. Please contact your child's school district to determine what resources may be available.

*General Contact 918-453-5000 ext. 5144
e-mail education@cherokee.org.*

HEALTH SERVICES

Cherokee Nation Health Services (CNHS) is the largest tribally-operated health care system in the United States. CNHS is a growing multifaceted health care system.

Cherokee Nation Health Services is committed to providing the highest quality of care and the most advanced, effective treatments for our patients. With almost 160 full-time providers and over 2,200 health services employees, CNHS is the gem of the region in continuity of care. Committed to improving patient access, Cherokee Nation has invested substantially in technology, building new facilities and expanding existing locations. Our hospital and nine health centers are full of talented staff that are dedicated to providing world-class patient care.

Behavioral Health Services

Cherokee Nation Behavioral Health Services offers a variety of programs. These include mental health and substance abuse services, community prevention, research and evaluation. Outpatient services include individual and group therapy, grief and trauma counseling, substance abuse counseling, relapse prevention, parenting skills, psychiatry, psychological testing, and crisis intervention.

All health centers provide Adult Behavioral Health Services. Child and adolescent services are currently offered in Tahlequah, Muskogee, Jay,

and Nowata and are provided by the HERO project. Availability varies by location.

*Behavioral Health Adult Clinic PH: 918-207-4977
1325 E. Boone Tahlequah, OK 74464 PH: 918-453-5000
General Contact: Toll Free: 1-800-256-0671
behavioralhealth@cherokee.org*

The HERO Project

The HERO Project is Cherokee Nation's Children's Behavioral Health Unit. Their goal is to support children, youth, families, and communities. They provide counseling and support services for families with children from newborn to 21 years old who are citizens of a federally recognized tribe.

Contact HERO Project at 539-234-3503.

Therapeutic Services

Group, family, and individual.

Family Care Management

- Help find community resources (child care, parenting classes, social services, etc.).
- Collaborate with families to help set and meet their goals.
- Provide psychoeducation classes for parenting support.
- Advocate for families involved in systems (including schools, etc.).

Support for Parents and Caregivers

Circle of Security Parenting Program is an evidence based program for parents and caregivers of children birth to six years of age. Participants of this course meet once a week for nine weeks, each session lasting 90 minutes.

Learning Objectives of the Training:

- Understand your child's emotional world by learning to read the emotional needs.
- Support your child's ability to successfully manage emotions.
- Enhance the development of your child's self-esteem.
- Honor your innate wisdom and desire for your child to be secure.

*For more information, contact:
Behavioral Health: 539-234-3500
Adult Behavioral Health: 539-234-3502
Prevention: 918-453-5000 ext: 7184
Research: 918-453-5000 ext. 4984*

Cherokee Nation Cancer Programs

The Cherokee Nation Cancer Programs offers clinical breast exams, screening mammography, diagnostic mammography, biopsies, breast ultrasound, diagnostic follow-up, Pap smear test, colposcopy, LEEP (a diagnostic procedure), community outreach and case management. Eligibility: Services available to Native American women ages 40-64 who are uninsured and are at or below 250 percent federal poverty level.

For Cherokee Nation Breast and Cervical Cancer Early Detection Program and Comprehensive Cancer Control at 918-453-5000 and ask for the program by name.

PUBLIC HEALTH

Cancer Programs Cancer Registry

Cherokee Nation is the only tribe in the U.S with a cancer registry. The Registry was funded initially in 1997 by the National Cancer Institute's Surveillance, Epidemiology and End Results (SEER) program. Among some of the information the registry collects are: type of cancer, stage of disease at the time of diagnosis (how far the cancer has advanced), and how and when cancer is diagnosed and treated.

*For further information regarding the Cancer Registry call:
Sohail Khan, MPH; Principal Investigator
Sohail-khan@cherokee.org or PH: 918-453-5602.
Travis Wickliffe, CTR; Registry Manager/Registrar
Travis-wickliffe@cherokee.org or PH: 918-453-5453.*

Emergency Medical Services

Cherokee Nation Emergency Medical Services is a state-licensed paramedic level ambulance service owned and operated by the Cherokee Nation serving people in Cherokee, southern Delaware, northern Sequoyah and western Adair counties. CNEMS consists of three major components: ambulance services, communications and training.

*Administrative Office: 918-453-5200.
Also for EMS Training:
Toll-Free: 1-888-238-7551
Email: emstraining@cherokee.org
Emergency Services: Dial 911*

Cherokee Nation Health Centers

Three Rivers Health Center PH: 918-781-6500
1001 S. 41st St. E. Muskogee, OK 74403

Cooweescoowee Health Clinic..... PH: 918-535-6000
395200 W. 2900 Rd., Ochelata, OK 74051

Sam Hider Health Center..... PH: 918-253-1700
859 E. Melton Dr., Jay, OK 74346

Will Rogers Health Center PH: 918-273-7500
1020 Lenape Dr., Nowata, OK 74048

Salina Health Center PH: 918-434-8500
900 N. Owen Walters Blvd., Salina, OK 74365

Redbird Smith Health CenterPH: 918-775-9159
301 S. J.T. Stites Blvd., Sallisaw, OK 74955Toll Free: 888-797-9159

Wilma P. Mankiller Health Center..... PH: 918-696-8800
471688 HWY 51, Stilwell, OK 74960..... Toll Free: 877-747-8800

Vinita Health Center PH: 918-256-4800
27371 S. 4410 Rd., Vinita, OK 74301

Cherokee Nation W.W. Hastings Hospital..... PH: 918-458-3100
100 S. Bliss Ave., Tahlequah, OK 74464..... Toll Free: 877-838-3100

* Mail order pharmacy application available online

Cherokee Nation Outpatient Health Center PH: 539-234-1000
19600 E. Ross St., Tahlequah, OK 74464

Jack Brown Center

The Jack Brown Center is a twenty-bed, co-educational facility providing treatment in a residential setting for chemically-dependent Native American adolescents. The program is intended to serve clients from 13 to 18 years of age who are experiencing serious substance abuse problems.

General Information: 918-453-5500 or 877-448-0496

Application packet available on www.cherokee.org

Woman Infants and Children (WIC)

WIC is a federally funded health and nutrition program for women, infants and children. The program is directed toward pregnant or nursing women, as well as infants and children less than five years of age.

WIC also provides nutrition education, breastfeeding support and referrals for healthcare and other community services. Participants must meet income guidelines. WIC serves women who are pregnant, postpartum, or breastfeeding; infants, and children under the age of five. Within the Cherokee Nation WIC clinics are located inside the Cherokee Nation Reservation boundaries providing services to more than 7,300 women, infants, and children each month. Contact Cherokee Nation WIC in your community to set up an appointment or call 1- 800-256-0671 or 918-453-5000 ext. 5589. Walk-ins are always welcome!

Oklahoma Breastfeeding Hotline 1-877-271-MILK (6455)

A 24-hour, toll-free breastfeeding support line for nursing mothers, their families, partners, prospective parents and health professionals. Cherokee Nation International Board-Certified Lactation Consultants: 918-453-5591 or 918-207-6952

HOUSING AUTHORITY OF THE CHEROKEE NATION

The Housing Authority of the Cherokee Nation was created in 1966 to provide safe, quality housing for citizens of the Cherokee Nation and their families. Today, HACN continues that original mission and provides housing assistance to our citizens and other Natives through a number of programs.

HACN offers low-income rental housing, rental assistance, college housing, housing rehabilitation, homeowner's insurance, mortgage assistance and the homeowner assistance fund, as well as offering an innovative new home construction program that allows Cherokee families to more easily achieve their goal of home ownership. HACN uses both federal and tribal funding to provide its services.

*For more information, contact Housing Authority at services@hacn.org
918-456-5482 or 1-800-837-2869.*

Website: www.hacn.org

College Housing Assistance Program

The College Housing Assistance Program will provide students with up to \$1,000 per semester for housing cost only.

Contact 918-456-5482 or 1-800-837-2869

Email services@hacn.org

Mortgage Assistance Program (MAP)

This program provides qualified tribal citizens with down payment and closing costs assistance in obtaining a mortgage to purchase or construct a home.

Contact the Housing Authority of Cherokee Nation at 918-456-5482

Email services@hacn.org.

Community Shield Homeowner's Insurance

The Cherokee Nation's Community Shield Home Owner's Risk-Pool Program provides basic coverage for the value of a dwelling and personal property.

Rental Housing Assistance Program

The Housing Authority of the Cherokee Nation offers two different rental programs to meet the needs of Cherokee Nation citizens. These programs are designed to assist low-income Native Americans with securing decent, safe, and sanitary housing within the Cherokee Nation Reservation. Maximum allowable family income is 80% of the US Median Family Income.

- Rental Properties – The Housing Authority of the Cherokee Nation owns and operates rental properties throughout the Cherokee Nation.
- Rental Assistance Program – The Rental Assistance Programs allows participants the flexibility to find and select their own rental unit within the Cherokee Nation, with a landlord who agrees to enter into a contract with HACN.

Contact HACN at 918-456-5482

Email services@hacn.org.

New Home Ownership Program

The program is designed to provide a set payment option allowing the family to rent to own the home. Houses are based on a basic floor plan of a modest size.

HUMAN SERVICES

This division is focused on providing direct client case management that provides immediate services to assist children and families in the tribal community. By providing direct services it is the hope that it will lend to self-sufficiency in the tribal community.

John A. Ketcher Youth Center

The mission of the Cherokee Nation's John A. Ketcher Youth Center is to strengthen the wellness of children, youth and families through prevention and redirecting those who have gotten off track. The emergency youth shelter is a short-term residential option for runaways, homeless, abused, neglected, and other youth facing family conflicts and other crisis situations. All services at the John A. Ketcher Youth Center are free of charge and to open to everyone regardless of race.

*Contact the John A. Ketcher Youth Center at 918-458-4440
Toll Free: 877-696-8890 (Oklahoma only)
Fax: 918-458-7655*

Child Care and Development Programs

Offer a variety of different services for parents seeking child care and developmental resource services.

Child Care Subsidy

Cherokee Nation Child Care Subsidy helps parents pay for the cost of child care. There are five subsidy offices located in Tahlequah, Catoosa, Pryor, Stilwell, and Sallisaw as well as two document drop-off locations in Jay and Ochelata.

To be eligible, parents/guardians must meet the following guidelines:

- Be working, going to school, in need of protective services, and/or actively participating in a structured job search for the purpose of obtaining employment
- Meet income guidelines
- Have proof of citizenship in a federally recognized tribe
- Live within the Cherokee Nation Reservation

- Children must be age 12 and under, children with special needs may qualify for services up to age 19
- Use a Cherokee Nation licensed contracted provider or a relative provider that has been approved by Cherokee Nation Child Care Licensing, providers must be located within the Cherokee Nation Reservation

Documents needed to apply for child care subsidy:

- Proof of citizenship in a federally recognized tribe
- Birth certificate
- Proof of residence
- Income verification
- School schedule (if applicable)
- Custody (if applicable)
- Client information form
- Client responsibility form
- Employment verification form

How to apply for subsidy:

Parents/guardians may apply for subsidy in person, by email or fax. If the parent/guardian subsidy application is approved, certification lasts up to 12 months. To apply by email, call the child care office for caseworker contact information.

Website: <https://childcare.cherokee.org/subsidy>

Phone: 918-453-5300

Email: cdc_resource@cherokee.org

Child Care Licensing

Cherokee Nation subsidy allows use of relative providers. Registered exempt (relative) providers are the grandparents, great grandparents, aunts, uncles, or adult siblings not living in the home of the child. The relationship can be by blood or marriage. Relative providers are exempt from DHS licensing, but must meet tribal Health and Safety Standards of Operation and Quality of Service. Periodic monitoring visits are made. For more information, on how to apply to be a relative provider, please contact Child Care Licensing at 918-453-5300 or email licensing@childcarelicensing@cherokee.org.

Child Development Centers

The Cherokee Nation is committed to providing quality child care for children and families. Cherokee Nation provides outstanding centers in Stilwell and Tahlequah.

For more information about services or enrollment, contact:

*Tahlequah Child Development Center
918-453-5070*

*Stilwell Child Development Center
918-696-3222*

*For additional centers, see Early Childhood Unit under Education
on www.cherokee.org*

Child Care Resource Center

The Child Care Resource Center works with parents with child care referrals and information on evaluating quality child care, plus resources on various parenting issues. Child care referrals are provided free of charge and information collected from families will remain confidential. The Child Care Resources Center offers valuable training and support services to new or established child care programs.

Phone: 918-453-5300

Email: ccrc@cherokee.org

Website: <https://childcare.cherokee.org/resource-and-referral>

Cherokee Connections

Cherokee Connections is a way to help support and develop those close family member caregiver relationships, focusing on relatives who are caregivers for children by providing home visits with educational resources. To be eligible, relative providers must have a current contract with Cherokee Nation Child Care Licensing for child care services.

Contact 918-453-5300

Cherokee PARENTS

Cherokee PARENTS (Positive and Rewarding, Educational, Nurturing Tribal Services) is a 20-week, in-home, parent support program offered to Native American families in the Cherokee Nation Reservation. Participants in the Cherokee PARENTS program will receive a weekly visit from a parent educator that will last approximately one hour. These weekly visits are scheduled at the convenience of the parent or caregiver. Cherokee PARENTS uses a curriculum called SafeCare, which includes home safety, health and Parent-Child or Parent-Infant Interaction. Each module lasts approximately six weeks, not including intake and discharge. Participants

will gain valuable knowledge, earn monetary incentives, and receive invaluable tools and resources.

To be eligible, parent must:

- Live in the Cherokee Nation Reservation
- Have a child 0-5 years of age
- Does not have an active DHS or ICW case
- Child or parent must be Native American

For more information, or to sign up, please go to <https://childcare.cherokee.org/resource-and-referral/home-visiting/> and complete the referral form in the download section or call 918-453-5300.

General Assistance

This program is a financial assistance service for eligible Indian families to address essential living needs. Assistance is based on welfare payment standards and is considered a secondary resource to the Department of Human Services TANF program and Social Security SSI program.

Families who are eligible for TANF and SSI are required by federal regulations to apply and comply with their guidelines and requirements.

Family Assistance also offers burial assistance and LIHEAP services to eligible households. Please contact Family Assistance for more information.

When families are not eligible for the General Assistance program or any other program within Family Assistance, then they are referred to other agencies. Referrals may be made to other agencies by sending a referral form to the other agency on behalf of the family. *NOTE: You cannot receive General Assistance from Cherokee Nation if you are receiving assistance from another tribe.

Tribal Emergency Assistance

The program was designed and approved by the tribal council to assist families in the time of imminent need. Imminent need is defined as basic needs of an individual or family that if not addressed immediately within 24-48 hours or less may result in hunger, loss of shelter, medical peril, job loss or family breakdown.

Emergency Housing Assistance

The program’s primary focus is keeping families safe and in secure housing. Assistance is always made to the landlord or mortgage facility

and in some cases utility companies. This assistance is a onetime payment to the vendor and payment is based on the family's need and their ability to remain self-sufficient. The family's income cannot exceed the current HUD income guidelines and the family must have sufficient income to maintain their housing. A family can only receive service in this category once in a three year period of time.

*Contact Human Services at 918-453-5422
Email: human_services@cherokee.org*

PRIORITY IS GIVEN TO ASSIST THOSE THAT ARE:

- Currently living in shelters
- Homeless families or individuals living on the streets or in cars
- Recent disasters such as burnouts, total loss of a home due to flood, fire or tornado
- Elderly persons
- Cherokee Nation Indian Child Welfare cases
- Families residing in over-crowded conditions
- Families living in Cherokee Nation or state-subsidized housing and are at risk of becoming homeless

School Clothing Assistance Program

The overall goal of this program is to assist families with back to school expenses by providing financial assistance for school clothes for those attending public or private school. Applications are usually taken during the summer months on the Gadugi Portal.

Eligibility Requirements:

- Open to students enrolled in kindergarten through 12th grade in a public/private school or a Cherokee Nation operated school.
- Student must be 5 years old by September 1
- Must reside within the Cherokee Nation Reservation
- Must be a Cherokee Nation citizen at time of application
- Must meet income eligibility guidelines

General Contact: 918-453-5000 or 1-800-256-0671

Food Distribution

The Cherokee Nation Food Distribution Program has been dedicated to distributing nutritious foods to eligible Native American families residing within the reservation boundaries of the Cherokee Nation and within the

USDA Food Nutrition Services approved Service Areas since 1983. The Cherokee Nation Food Distribution Program is funded through the United States Department of Agriculture Food and Nutrition (USDA) and the Cherokee Nation. USDA-Food and Nutrition Services has developed a well-balanced food package for each participating household member. The amount of food a household receives is determined by the number of eligible household members approved. Services are provided through eight Food Distribution Stores. The Food Distribution Stores operate in a grocery store environment that allows participants to shop in a comfortable and familiar setting.

General Contact: 1-800-865-4462.

Food Distribution Sites

Tahlequah (Administration Office)..... PH: 918-207-3920
Cherokee Nation Complex.....Toll Free: 1-800-865-4462

Collinsville PH: 918-371-4082
1101 N. 12th Collinsville, OK 74021

Jay PH: 918-253-8279
1501 Industrial Parkway Rd. Jay, OK 74346

Nowata PH: 918-273-0050
1018 Lenape Dr. Nowata, OK 74048

Salina..... PH: 918-434-8401
737 E. Campus Rd. Salina, OK 74365

Sallisaw PH: 918-775-1120
3400 W. Cherokee Sallisaw, OK 74955

Stilwell..... PH: 918-696-5171
470512 E. 868 Rd., Stilwell, OK 74960

Vinita..... PH: 918-323-4335
27469 S. 4410 Rd. Vinita, OK 74301

Child Support Services

The Cherokee Nation Office of Child Support Services (CNOCSS) provides genetic testing for paternity establishment; location services, establishes child support obligations and can assist in modifying child support orders. In addition, CNOCSS has a payment processing unit that ensures recordkeeping for all payment history and a case management unit that strives to ensure regular child support payments. The Child Support Services office focuses on ensuring that parents are supporting their children. CNOCSS works to provide additional services referrals that may be of benefit to the family and understands that support can come in a myriad of ways and works with all parties in a neutral environment to establish child support that is beneficial to each particular child and family.

Eligibility Requirements:

- A Cherokee child under the age of majority, and whom is currently residing within the tribe's reservation.
- A Cherokee child under the age of majority is defined as a person under the age of eighteen (18) years old or a person under the age of twenty (20) years old who has not graduated from high school and is regularly attending public or private school to complete their high school education.
- Child Support Services can also assist Cherokee citizens outside of the Cherokee Nation Reservation, with limited enforcement activities.

For more information, or to request an application, please visit one of our offices in Tahlequah, Catoosa, Stilwell, Sallisaw or Pryor or contact the Tahlequah office at 918-453-5444 or toll-free at 1-866-247-5346.

Email: childsupport1@cherokee.org

Website: <https://childsupport.cherokee.org/>

Cherokee First Program

Cherokee First is a resource located at the main Cherokee Nation complex for all Cherokee Nation citizens. They offer an array of information on Cherokee Nation. They also offer the Cherokee Community Leadership program to youth ages 10 to high school graduation in which applications start at the beginning of each fiscal year in October until all stipends are dispensed. This program offers financial stipends to youth if they are willing to contribute volunteer hours in approved areas. This same program extends this opportunity to anyone in a vocational program for at least six months or college as well as adults 62 years of age and older.

General Contact: 918-453-5000

Email: human_services@cherokee.org.

INDIAN CHILD WELFARE

The division of Indian Child Welfare offers an array of protective services for children and families. The program will accept, investigate and record all reports of alleged abuse and neglect of Cherokee children and provides protection to Indian children directly on tribal trust land. Child Protective Services also works with the Department of Human Services to investigate the abuse or mistreatment of Cherokee children residing outside the Cherokee Nation. The primary responsibility of Child Protective Services is to assess the safety of the child and take the appropriate action to protect and promote the best interest of the child.

General Contact: 918-458-6900

Website: <https://icw.cherokee.org>

Email: homes4kids@cherokee.org

What is child abuse?

Child abuse is defined by law as harm or threatened harm to a child's health and welfare through acts or neglect by the child's parent(s), legal guardian or caretaker.

- **Physical Abuse:** non-accidental physical injury to a child under the age of 18.
- **Physical Neglect:** failure to provide a child under the age of 18 with basic needs such as food, clothing, shelter, medical care, educational opportunity, protection or supervision.
- **Sexual Abuse:** sexual exploitation of a child or adolescent for the gratification of the perpetrator or another person.
- **Psychological Maltreatment:** rejecting, terrorizing, isolating, exploiting, corrupting, and/or denying emotional responsiveness.

Who is required to report child abuse?

EVERY PERSON, whether private citizen or professional, with reasonable cause to believe that a child under 18 is being abused or is in danger of being abused, is required to report the suspicion of abuse by federal, tribal and state law.

When should someone report child abuse?

A report should be made when there is reasonable cause to believe that a child or adolescent has been abused or neglected or is in danger of being abused.

How should an abuse report be made?

A report can be made to any county office of the Department of Human Services. Child abuse can also be reported 24 hours per day, seven days a week by calling the statewide child abuse hotline.

Statewide Child Abuse Hotline: 800-522-3511. or contact Cherokee Nation Indian Child Welfare Intake at 918-458-6900.

What information is needed when reporting abuse?

- Name of the child and family members
- Approximate age of the child (required) and family members
- Gender of the child and family members
- Family address or directions to the child's home or current location (required)
- Family phone number
- Parents place of employment
- Description of suspected abuse (required)
- Current condition of the child (required)

Those reporting child abuse can remain anonymous.

Becoming a Placement Resource Home

Cherokee Nation welcomes a variety of Indian families from all over the U.S who are willing to be a resource for our Cherokee children and other Native American children. Cherokee Nation ICW actively recruits families of ALL degrees of Indian blood from ALL federally recognized tribes.

A family willing to open their home to Cherokee children in need of temporary or permanent care may apply to become a certified "Placement Resource home" with Cherokee Nation.

To learn more information, or make an application, contact ICW at 918-458-6900 or <https://icw.cherokee.org>

Foster Care and Adoptive Home Certifications

Cherokee Nation Indian Child Welfare accepts inquiries for families who want to become a certified foster or adoptive home for children who may be involved in the court systems throughout the United States. The criteria includes being able to love, respect, nurture, protect and parent a child, being at least 21 years of age, a citizen of a federally recognized tribe, in good health, and able to provide adequately for a child's day-to-day needs.

*If you are interested in foster or adoption, please email: homes4kids@cherokee.org
or visit the website at www.cherokeekids.org or their Facebook page:
www.facebook.com/homesforcherokeekids.*

Cherokee Nation Angel Project

The Cherokee Nation Angel Project which is facilitated by the Indian Child Welfare division was established to help provide Christmas gifts to low-income Native American children, living within the Cherokee Nation Reservation. Applications are accepted each fall usually during the month of October and November. Angels are distributed to several trees located at Cherokee Nation properties.

Parents applying for Angel Project assistance must provide:

- Proof of income for all household members over the age of 18
- If a parent(s) is unemployed, please provide two letters from non-relatives verifying unemployed status
- Proof of tribal citizenship for each child applying
- Proof of residence within the Cherokee Nation Reservation
- Clothing sizes for each child
- Two gift ideas for each child

*General Contact: 918-458-6900
Please check website or Cherokee Nation
Facebook page to determine application dates.*

JUDICIAL BRANCH

Cherokee Nation Courts are open to every person or entity within the Cherokee Nation Reservation.

The District Court handles matters in the civil, criminal, and juvenile realms, while the Supreme Court hears cases of appeals and other jurisdiction as may be conferred by statute.

Cherokee Nation Judicial Branch
101 S. Muskogee Ave., Tahlequah, OK 74465
Phone: 918-458-9440 Fax: 918-458-9572

MARSHAL SERVICE

The Cherokee Nation Marshal Service is a certified law enforcement agency with jurisdiction throughout the Cherokee Nation. The agency offers array of special teams focusing on prevention and justice in matters concerning criminal activities.

The Marshal Service provides an array of special emphasis units including: D.A.R.E.

- Dive Team
- Marshal Swift Water Rescue
- Domestic Violence Presentations
- Methamphetamine Presentations
- Narcotics Unit
- Gang Awareness
- Vehicle Accident Investigation
- Special Operations Team

General Contact: 918-207-3800 (non-emergency only)

Emergencies dial 911

Email: marshal-service@cherokee.org

REAL ESTATE SERVICES

Real Estate Services is responsible for administering the laws, regulations, policies and procedures protecting and managing restricted and trust lands of individual Indians within the Cherokee Nation Reservation area of Cherokee Nation as well as tribal-owned real estate property. Real Estate Services provides advice and technical assistance to Cherokee Nation departments, Native American landowners and the public in general for the benefit of these properties, all under a self-governance compact with the Secretary of Interior. Real Estate Services can also assist tribal citizens with writing their Last Will and Testament.

General Contact: 918-453-5000

TAX COMMISSION

The Cherokee Nation can register your motor vehicle and license your personal watercraft. In order to process your application you will need a title, serial number verification, bill of sale, driver's license, tribal citizenship card, proof of residency, lien information and a completed application.

Tahlequah Office PH: 918-453-5100
120 E. Balentine Rd., Tahlequah, OK 74464

Sallisaw Office..... Contact Tahlequah Office
100 E. Choctaw, Sallisaw, OK 74955

Adair Office Contact Tahlequah Office
215 W. Main, Adair, OK 74330

Collinsville Office..... Contact Tahlequah Office
107 E. Main, Collinsville, OK 74021

Jay Office Contact Tahlequah Office
1178 W. Cherokee, Jay, OK 74346

Catoosa Office Contact Tahlequah Office
400 N. 161st E., Tulsa, OK 74116

For quotes call: 918-453-5100 or Email: tags@cherokee.org

Hunting and Fishing

Cherokee Nation tribal citizens are eligible to hunt and fish within the Cherokee Nation Reservation in accordance with tribal law, which requires a Cherokee Nation citizenship blue card or Cherokee Nation ID as a valid hunting and fishing license (subject to applicable trespassing laws and respect for private property rights). Individuals who are not Cherokee Nation citizens are eligible to hunt and fish within the reservation in accordance with state law; however, only citizens of the Cherokee Nation are allowed to hunt or fish on tribal lands.

*For more information, contact: 918-453-5333 or
844-259-4868 or Email fishandgame@cherokee.org.*

TRANSPORTATION SERVICES

Providers

Cherokee Nation Transit has operation agreements with four providers in order to maximize the number of drivers, dispatchers, and vehicles available for public transportation services. Each provider is listed below along with contact information, service hours, and dispatch locations.

Ki Bois Area Transit System (KATS)

Demand response hours 8:00a.m. to 5:00p.m. Monday – Friday except for holidays. Dispatcher hours: in town rides are 8:00a.m. to 4:00p.m..

Out of town (most areas) are 8:00a.m. to 3:30p.m..

Stilwell Office	PH: 918-696-4787
• Tahlequah Office	PH: 918-453-1155
• Sallisaw Office	PH: 918-775-7433
• Wagoner Office	PH: 918-485-0059

For a complete listing of all KATS offices and services please visit www.kibois.org.

Pelivan Transit System

All dispatch routed to Big Cabin, OK

Demand response service times vary by location.

Dispatch hours: during hours of operation.

Hours of operation traveling outside of the city/town limits vary dependent upon trip need.

Miami, OK PH: 855-735-4826

Monday – Thursday 8:00a.m. - 6:00p.m.

Fridays 8:00a.m. - 8:00p.m.

Saturdays and Sundays 12:00p.m. - 8:00p.m.

Claremore, OK PH: 855-735-4826

Monday – Thursday 8:00a.m. – 4:30p.m.

Fridays and Saturdays 8:00a.m. – 8:00p.m.

Owasso, OK PH: 855-735-4826

Mondays – Fridays 8:00a.m. – 4:00p.m.

Grove, OK..... PH: 855-735-4826

Monday – Friday 8:00a.m. – 4:00p.m.

Pryor, OK PH: 855-735-4826
Monday – Friday 8:00a.m. – 4:00p.m.

Vinita, OK PH: 855-735-4826
Monday – Friday 8:00a.m. – 4:00p.m.

For a complete listing of all Pelivan offices and services please, visit www.pelivantransit.org.

Muskogee County Transit Authority

Demand Response hours 6:00a.m. – 5:30p.m. Monday – Friday and 9:00a.m. – 4:00p.m. on Saturdays.

Dispatcher hours: In town rides are 9:00a.m. – 4:00p.m. Monday – Friday.

Muskogee Office 918-682-1721

For a complete listing of all Muskogee County Transit services please visit www.muskogeecountytransit.org.

Cimarron Public Transit System:

Demand Response hours 7:00a.m. – 5:00p.m. Monday – Friday with limited Saturday service, except holidays.

Dispatcher hours: 8:00a.m. – 4:00p.m..

Bartlesville Office 918-336-2233 TDD: 800-722-0353

For a complete listing of all Cimarron services please visit http://www.ucapinc.org/Transit_Sites.html

Commuter Routes

The Cherokee Nation Transit program in coordination with Pelivan Transit, Kibois Area Transit System (KATS) and Muskogee County Transit (MCT) have several commuter-routes that span over numerous counties. These commuter-routes are listed in a Multi-Purpose Schedule. The schedule is available in the download section on the Cherokee Nation website: <https://transit.cherokee.org/commuter-routes/>. All commuter-routes are open to the public for anyone needing transportation to the specified locations within the established timeframes. Fares are \$1.00 round-trip or \$.50 cents one way with free rides on Fridays.

TRIBAL REGISTRATION

The Cherokee Nation Registration Office processes Certificate of Degree of Indian Blood (CDIB), Dawes and tribal citizenship applications and issues CDIB, citizenship, and photo ID cards. The Registration office also issues Indian Preference Letters, provides verification of tribal citizenship, verifies eagle feather applications and provides registration services as needed.

The basic criteria for CDIB/Cherokee Nation tribal citizenship is that an application must be submitted along with documents that directly connect a person to an enrolled lineal ancestor who is listed on the "Dawes Roll" Final Rolls of Citizens and Freedman of the Five Civilized Tribes.

Photo ID? All you need is your driver's license or an ID. Call the registration department.

**General Contact: 918-453-5058 or 1-800-256-0671 you can also email the registration department at: registration@cherokee.org*

Need assistance with research?

In addition to protecting and preserving Cherokee assets, the center provides access to archival materials, a research library, and genealogical services to assist in family history research. Artifacts, documents and other materials are available to view in person by request, and the center is dedicated to digitizing the collection for greater accessibility.

For more information, contact 918-456-6007 or email research@visitchokeenation.com

Access the “DAWES ROLLS” at

accessgenealogy.com or www.okhistory.org/research/dawes

If you are tracing to an ancestor that came from around Tennessee, Georgia, Eastern Alabama or South Carolina, you may want to correspond with:

*The Eastern Band of Cherokee Indians Qualla Boundary
Mailing Address: PO BOX 445
Cherokee NC 28719
828-497-7000
www.ebci.com*

CHARLES L. HEAD ONE FIRE

The Charles L. Head ONE FIRE Against Violence Victim Services Office provides services to increase the safety for victims of crime. ONE FIRE stands for Our Nation Ending Fear, Intimidation, Rape, and Endangerment. They will provide victim advocacy services for those who may need emergency assistance from family violence situations.

The ONE FIRE program advocates will assist with referrals for domestic violence shelters, legal help, counseling, support groups. In addition they will assist with accompanying the victim to court proceedings, assisting them with competing police reports and assists in explaining court procedures. They will work toward identifying any necessary services for you and your children.

*Cherokee Nation ONE FIRE Victim Services
17725 S. Muskogee Ave.
Tahlequah, OK 74464
Main Office: 918-772-4260
After-hours Emergency Hotline: 1-866-458-5399*

Domestic Violence Shelters

Domestic violence shelters generally have room for both the mother/father and their children. The shelter will provide for all your basic living needs, including food and child care. The length of time you can stay at the shelter is limited, but most shelters will also help you find a permanent home, job, and other things you need to start a new life. The shelter should also be able to refer you to other services for abused and battered women in your community which include the following:

- Legal Help
- Counseling
- Support Groups
- Services for your children
- Employment Programs
- Health-Related Services
- Educational Opportunities
- Financial Assistance

Cherokee Nation does not currently operate a women's shelter, however, there are shelters that are within the reservation that the tribe works with.

Help-In-Crisis 918-456-4357 (Tahlequah)

SafeNet 918-341-9400 (Claremore)

DVIS 918-743-5763 (Tulsa)

Osiyo Men's Shelter 918-708-9474 (Tahlequah)

The background features a series of overlapping, curved, organic shapes in shades of red and dark grey. The red shapes are more prominent in the upper half, while the dark grey shapes are more prominent in the lower half. The overall effect is a dynamic, layered composition.

RESOURCES AVAILABLE

OUTSIDE OF THE CHEROKEE NATION

OKDHS

Adult Abuse

Oklahoma Adult Protective Services PH: 1800-522-3511

Oklahoma Nursing Home Hotline PH: 1800-747-8419

Family Support and Prevention Service PH: 405-271-4000

Child Abuse and Neglect

Cherokee County (Help in Crisis Center) PH: 918-456-0673
205 N. College, Tahlequah, OK 74464

OKDHS Abuse and Neglect Hotline PH: 1-800-522-3511

Department of Health

www.ok.gov/health

Adair County..... PH: 918-696-7292
600 W. Hickory, Stilwell, OK 74960

Cherokee County..... PH: 918-456-8826
912 S. College, Tahlequah, OK 74464

Craig County..... PH: 918-256-7531
115 E. Delaware, Vinita, OK 74301

Delaware County PH: 918-253-4511
432 S. 9th St., Jay, OK 74346

Mayes County PH: 918-825-4224
111 Northeast First, Pryor, OK 74361

McIntosh County..... PH: 918-689-7774
29 Hospital Rd., Eufaula, OK 74432

Muskogee County PH: 918-683-0321
530 S. 34th St., Muskogee, OK 74401

Nowata County PH: 918-341-3166
2664 N. Highway 88, Unit A, Claremore, OK 74017

Ottawa County PH: 918-540-2481
1930 N. Elm, Miami, OK 74354

Rogers County..... PH: 918-341-3166
2664 N. Highway 88, Unit A, Claremore, OK 74017

Sequoyah County..... PH: 918-775-6201
612 N. Oak, Sallisaw, OK 74955

Tulsa County..... PH: 918-595-4400
5051 S. 129th E. Ave., Tulsa, OK 74133

Wagoner County.....PH: 918-485-3022
212 N. Pierce, Wagoner, OK 74467

Washington County.....PH: 918-335-3005
5121 S.E. Jacquelyn Ln., Bartlesville, OK 74006

Department of Human Services

Adair County..... PH: 918-797-2900
83346 S 4700 Rd (Section Line Rd)..... Toll Free: 1-800-225-0049
Stilwell, OK 74960

Cherokee County.....PH: 918-207-4500
1298 W. Fourth St., Tahlequah, OK 74464 Toll Free: 1-800-225-9868

Craig County..... PH: 918-713-5000
310 N. Wilson, Vinita, OK 74301 Toll Free: 1-800-572-6844

Delaware County PH: 918-435-3001
438 S. 9th St., Jay, OK 74346 Toll Free: 1-800-433-6772

Mayes County PH: 918-824-4900
501 S. Elliott, Pryor, OK 74361 Toll Free: 1-800-815-7572

McIntosh County..... PH: 918-689-1200
25 Hospital Rd., Eufaula, OK 74432..... Toll Free: 1-800-219-3238

Muskogee County PH: 918-684-5300
727 S. 32nd, Muskogee, OK 74403 Toll Free: 1-800-815-7573

Nowata County.....PH: 918-273-2327
309 Delaware, Nowata, OK 74048Toll Free: 1-800-815-7574

Ottawa County PH: 918-541-2400
2114 Denver Harnar Dr., Miami, OK 74354

Rogers County..... PH: 918-283-8300
2020 Holly Rd., Claremore, OK 74017 Toll Free 1-800-270-0804

Sequoyah County.....PH: 918-776-8000
502 George Glenn Blvd., Sallisaw, OK 74955 ..Toll Free: 1-800-270-0805

Tulsa County..... PH: 918-430-2300
3666 N. Peoria, Tulsa, OK 74106..... Toll Free: 1-800-734-7509

444 S. Houston, Tulsa, OK 74127PH: 918-581-2401
..... Toll Free: 1-800-734-7516

Wagoner County..... PH: 918-614-5000
102 N.E. Seventh St., Wagoner, OK 74467 Toll Free: 1-800-734-7518

Washington County.....PH: 918-338-5700
205 Jacquelyn Ln., Bartlesville, OK 74006Toll Free: 1-800-734-7512

CHILD CARE

Contact your local DHS office on child care or visit the OKDHS website
at: www.okdhs.org

CLOTHING

Golden Rule Thrift Shop..... PH: 918-456-1623
1305 Park Hill Rd., Tahlequah OK 74464

Help-In-Crisis, Inc.PH: 918-456-0673
205 N. College Ave., Tahlequah, OK 74464
Crisis Hotline: 1-800-799-7233

Kings Aid Station..... PH: 918-458-0350
706 Cherry St., Tahlequah, OK 74464

Vian Peace Center..... PH: 918-773-6374
208 Scheley, Vian, OK 74962

Catholic Charities

Bartlesville – Mary Martha Outreach PH: 918-337-3703

Broken Arrow-Ministry of Compassion.....PH: 918-872-1661

Catholic Charities Food Bank PH: 918-681-6115

Sallisaw Helping Center PH: 918-775-6111

ZOE Institute INC.....PH: 918-453-9778

Zoe Institute is an independent organization helping single mothers with a place to get food and clothing for themselves and their children. Zoe Institute has become a multi-functioning agency that is equipped to provide both temporary relief and assistance in discovering long-term solutions by connecting clients with resources and networking people to find the assistance that they need.

COUNSELING – MENTAL HEALTH – SUBSTANCE ABUSE

National Suicide Prevention Lifeline..... Toll Free: 1-800-273-8255
Can call or text 988 (instead of toll-free number)

Alcoholics Anonymous (AA)..... Toll Free: 844-335-2408

Substance Abuse and Mental Health Services Admin.
24/7..... 1-800-662-4357

Addiction Campuses 1-888-816-8415

CREOKS Mental Health

Bartlesville Clinic..... PH: 918-336-0810
500 S. Johnstone, Ste. 102, Bartlesville, OK 74003

Claremore Clinic..... PH: 918-342-2080
24797 S. Hwy 66, Suite 5, Claremore, OK 74019

Miami Clinic..... PH: 918-542-6412
203 2nd Ave. SW, Miami, OK 74354

Muskogee Clinic.....PH: 918-687-7064
433 W. Broadway, Muskogee, OK 74401

Sallisaw Clinic.....PH: 918-775-5513
1108 N. Wheeler, Sallisaw, OK 74955

Stilwell Clinic.....PH: 918-696-6212
716 S. 2nd St. Suite 103, Stilwell, OK 74960

Tahlequah Clinic PH: 918-207-0078
711 S. Muskogee Ave., Tahlequah, OK 74464

Tulsa Clinic.....PH: 918-382-7300
4103 S. Yale Ave., Ste. B, Tulsa, OK 74135

Vinita Clinic PH: 918-256-9961
120 E. Illinois Ave., Vinita, OK 74301

Wagoner Clinic.....PH: 918-485-0242
109 S. Harrill Ave., Wagoner, OK 74467

ParentPRO

ParentPro connects Oklahoma families with young children by linking you with programs that best fit your family. Professionals help reduce the stress that comes with being a parent by modeling skills, providing information, and connecting to resources.

The programs are designed to:

- Reduce parental stress
- Promote health
- Increase family communication
- Improve parent-child bonding
- Help manage child behavior
- Promote learning about your child's development

*For more information, call 1-877-271-7611
or visit their website at www.parentpro.org*

Improving Lives

Improving Lives Counseling Services is dedicated to helping people live better lives by providing high-quality counseling services in Tahlequah to adults, children, couples and families in a professional, non-judgmental, supportive and friendly environment. Counseling services include: marriage counseling, therapy services, family counseling, depression counseling, many other counseling and therapy services.

For more information, contact: 918-506-4012.

OK Treatment Services, LLC PH: 918-427-3344
109 W. Ray Fine Blvd., Roland, OK 74954

People, Inc.
Sallisaw Office..... PH: 918-775-7787
210 N JT Stites Blvd, Sallisaw, OK 74955..... Toll Free: 800-318-6866
Email: info@peopleinc.org

Tahlequah Office PH: 918-453-1217

Stilwell Office PH: 918-696-5536

Viewpoint Counseling Center PH: 918-790-2292
204 E. Choctaw Ave Sallisaw, OK 74955

DISABILITY SERVICES

KI BOIS Community Action Disability ProgramsPH: 918-647-7264
www.kibois.org Toll Free: 800-832-2648

Social Security Administration Toll Free: 800-772-1213
2401 W Shawnee St Muskogee, OK 74401 www.ssa.gov

March of Dimes Birth Defects Foundation (MOD)..... PH: 405-943-1025
.....Toll-Free: 1-888-63-4637
.....www.marchofdimes.org.ok

Oklahoma Autism CenterPH: 405-842-9995
3901 NW 63rd St. Suite 100, OKC, OK 73116autismcenterok.org

National Multiple Sclerosis Society of Oklahoma.... PH: 1-800-344-4867
4604 E. 67th St.Bldg 7, Ste. 103, Tulsa, OK 74136nationalmssociety.org

Muscular Dystrophy Association (MDA) National PH: 520-529-2000
3300 E. Sunrise Dr., Tucson, AZ 85718Toll Free: 1-800-344-4863
.....www.mdausa.org

National Easter Seal Society.....Toll Free 1-800-221-6827

Oklahoma Department of Rehabilitation Services..... PH: 405-951-3400
3535 N.W 58th St. Suite 500.....Toll Free: 800-845-8476
Oklahoma City, OK 73112

Parkview School for the Blind PH: 918-781-8200
3300 Gibson, Muskogee, OK 74403 Toll Free: 877-229-7136

Social Security Administration

Adair, Cherokee, Muskogee Counties..... Toll Free: 800-772-1213
2401 W. Shawnee St., Muskogee, OK 74401

Leflore, Haskell, Sequoyah Counties..... Toll Free: 877-405-7697
1306 Tarby Rd., Poteau, OK 74953

Nationwide Toll Free: 1-800-772-1213

DOMESTIC VIOLENCE/SEXUAL ASSAULT SERVICES

Crisis Center for Women (Ft. Smith, AR) PH: 479-782-4956

Women Crisis Center Services (24 Hour) 918-647-4198
Poteau, OK..... Hotline 918-647-9800

Adair County..... PH: 918-696-6865
P.O. Box 1211, Stilwell, OK 74960..... Toll Free: 1800-300-5321

Cherokee County..... PH: 918-456-0673
205 N. College, Tahlequah, OK 74464..... Toll Free: 1800-300-5321

Sequoyah County.....PH: 918-775-3300

Crisis Line..... Toll Free: 877-810-5637

National Domestic Violence Hotline Toll Free: 1-800-799-SAFE (7233)..... www.ndvh.org

Reach-Out Hotline Toll Free: 1-800-522-9054 (for mental health or substance abuse issues)

OK Dept. of Mental Health and Substance Abuse..... PH: 405-522-3908

Safenet (Claremore) PH: 918-341-9400

Domestic Violence Intervention Services (DVIS) PH: 918-743-5763

*If you are in need of protective services call:..... 918-967-3277 or877-810-5637

National Human Trafficking Hotline..... Toll Free: 1-888-373-7888

National Dating Abuse Hotline Toll Free: 1-866-331-9474

National Sexual Assault Hotline..... Toll Free: 1-800-656-4673

EDUCATION

Adair County Public Library PH: 918-696-7512
5 N. 6th St., Stilwell, OK 74960.....
stilwellplweols.org

Cherokee County Public Library PH: 918-456-2581
120 S College Ave., Tahlequah, OK 74464

Adult Learning Resource Center PH: 918-776-0976
Adair and Sequoyah County
312 S. Walnut St., Sallisaw, OK 74955

Tahlequah Adult Learning Center (Cherokee County).... PH: 918-458-4170

Indian Capitol Technology Center

- Adair County PH: 918-696-3111
- Cherokee County PH: 918-456-2594
- McIntosh County Call Muskogee Campus
- Muskogee County PH: 918-687-6383
- Sequoyah County PH: 918-775-9119

Health and Wellness Center PH: 918-967-0748
1400 Hensley Dr., Tahlequah, OK 74464
Serving Adair, Cherokee, McIntosh and Sequoyah Counties

FOOD PANTRY

CARE Food Pantry PH: 918-458-5338
315 E. Shawnee St., Tahlequah, OK 74464

Stilwell Food Pantry (ACRC) PH: 918-696-4470
110 S 2nd St., Stilwell, OK 74960
..... PH: 918-575-4284

Hope Center Inc. PH: 918-723-4673
829 W. Elm, Westville, OK 74965

Muldrow 1st Assembly of God Food Pantry PH: 918-427-7844
1400 W. Shawntel Smith Blvd., Muldrow, OK 74948

Vian Peace Center PH: 918-739-5351
202 Schley, Vian, OK 74962

ZOE Institute INC.....PH: 918-453-9778
309 S. Muskogee Ave., Tahlequah, OK 74464

EMPLOYMENT

Workforce of Oklahoma oklahomaworks.gov

Oklahoma Works American Job Center..... PH: 918-456-8846
1295 Skill Center Rd., Tahlequah, OK 74464

Sequoyah County..... PH: 918-775-5541
401 W. Houser, Sallisaw, OK 74955

Tulsa American Job Center PH: 918-224-9430
14002 E. 21st Tulsa, OK 74134

HEALTH

American Heart Association PH: 918-877-8359
2227 S. Skelly Dr., Tulsa, OK 74105 Toll Free: 1-800-242-8721
March for Babies Toll Free: 1(888)274-3711
To learn more information, call the number above for visit the website
at: www.marchforbabies.org

Sallisaw Health and Wellness Center PH: 918-790-2653
1630 S Kerr Blvd., Sallisaw, OK 74955

RX for Oklahoma Statewide: 877-794-6552

Sooner Care Helpline Toll Free: 1-800-987-7767
..... (Hearing Impaired) 1-800-757-5979

SoonerRide..... Toll Free: 1-877-404-4500
Arranges for non-emergency transportation for citizens who have no
other way to get to medical services. Available: Monday - Saturday from
8a.m. - 6p.m.

Behavioral Health Helpline..... Toll Free 1-800-652-2010

Sooner Care Advice Line Toll Free: 1-800-987-7767

Improving Lives..... PH: 918-506-4012
308 E. Downing St., Tahlequah, OK 74464
Offers services for depression counseling, marriage counseling,
therapy services, family counseling, and many other counseling and
therapy services.

HEALTH CLINICS

Good Shepherd Health Clinic PH: 918-683-8080
2130 W. Okmulgee, Muskogee, OK 74401

NEO Hulbert Health Center PH: 918-772-2879
124 E. Main, Hulbert, OK 74441

NEO Health Muskogee PH: 918-683-0470
1328 S. York St., Muskogee, OK 74403

NEO Health Westville Family Medical Center PH: 918-723-3997
761 Buffington., Westville, OK 74965

NEO Health Women’s Care Center..... PH: 918-456-2496
1500 E. Downing St. Suite 208, Tahlequah, OK 74464

HOSPITALS

St. Francis Hospital – Muskogee East..... PH: 918-687-7777
2900 N. Main St., Muskogee, Ok 74401

St. Francis Hospital – Muskogee West..... PH: 918-682-5501
300 Rockefeller Dr., Muskogee, OK 74401

Sequoyah Memorial Hospital PH: 918-774-1100
213 E. Redwood, Sallisaw, OK 74955

Stilwell Memorial Hospital.....PH: 918-696-3101
1401 W. Locust, Stilwell, OK 74960

NEO Health System PH: 918-456-0641
1400 E. Downing, Tahlequah, OK 74464

VA Medical Center PH: 918-577-3000
1011 Honor Heights Dr., Muskogee, OK 74401

W.W. Hastings Indian Hospital PH: 918-458-3100
100 S. Bliss Ave., Tahlequah, OK 74464

HOUSING

Stilwell Housing Authority PH: 918-696-2494
801 N. 4th St., Stilwell, OK 74960

Garden Walk of Stilwell..... PH: 918-696-3957
803 Skywood Dr., Stilwell, OK 74960

Garden Walk of TahlequahPH: 918-456-0561
18165 W. 798 Rd., Tahlequah, OK 74464

Ozark Ridge Affordable Housing PH: 918-453-2717
1331 W. Ozark St., Tahlequah, OK 74464

Muskogee Housing Authority PH: 918-910-5489
220 N. 40th St., Muskogee, OK 74401

Tulsa Housing Authority Central Office..... PH: 918-582-0021

Oklahoma Housing, Finance Agency.....PH: 405-848-1144
205 NW 63rd St. STE 140, Oklahoma City, OK 73116

LEGAL SERVICES

Legal Aid Services PH: 918-708-1150
224 S. Muskogee Ave., Tahlequah, OK 74464 .. Toll Free: 888-534-5243

Oklahoma Indian Legal Services PH: 405-943-6457
4200 Perimeter Center Dr. Suite 222 Toll Free: 1-800-658-1497
Oklahoma City, OK 73112..... Email: oils@oilsonline.org
(Services all of Oklahoma)

Early Settlement Mediation

In mediation, a neutral, third party helps those in conflict define issues, explore solutions and reach practical, workable, and mutually satisfactory agreements. Mediation seeks to prevent conflicts from escalating, saving everyone involved the time and expense of going to court.

Services offered are the following:

East Program PH: 918-444-3008
601 N. Grand Ave. (Dobbins Building #001)
Tahlequah, OK 74464
Serving Adair, Cherokee, Delaware, Mayes, Muskogee, Sequoyah, and
Wagoner Counties

Northeast Program PH: 918-338-8027
401 S. Dewey Suite 217..... Toll Free: 888-965-2110
Bartlesville, OK 74003
Serving Craig, Nowata, Osage, Ottawa, Rogers, and
Washington Counties

Tulsa Program.....PH: 918-596-7786
2315 Charles Page Blvd., Tulsa, OK 74127
Serving Tulsa Area and Parts of Osage and Wagoner Counties

LIBRARIES

John F. Henderson, Public Library..... PH: 918-723-5002
1152 N. Williams Ave., Westville, OK 74965

Stilwell Public Library..... PH: 918-696-7512
5 N. 6th St., Stilwell, OK 74960

Hulbert Community Library..... PH: 918-772-3383
210 N. Broadway, Hulbert, OK 74441

Tahlequah Public Library..... PH: 918-456-2581
120 S. College, Tahlequah, OK 74464

Tulsa City County Library..... PH: 918-549-7323
400 Civic Center, Tulsa, OK 74103

The Henry Zarrow Tulsa City – County Library..... PH: 918-549-7323
2224 W 51st, Tulsa, OK 74107

Stanley Tubbs Memorial Library..... PH: 918-775-4481
101 E. Cherokee Ave., Sallisaw, OK 74955

SHELTERS

Gospel Rescue Mission Inc.....PH: 918-682-3489
323 Callahan, Muskogee, OK 74403

John Ketcher Youth Shelter..... PH: 918-458-4440
21834 S. Jules Valdez, Tahlequah, OK 74464

Tahlequah Men’s Shelter..... PH: 918-708-9474
118 W. Keetoowah St., Tahlequah, OK 74464

TRANSPORTATION

KATS Transit
Serving Adair, Cherokee, Wagoner, Sequoyah, and McIntosh counties
Toll Free Number 1-800-289-7228

KIBOIS Community Action KATS

www.kibois.org

- Checotah KATS PH: 918-473-2388
- Sallisaw KATS PH: 918-775-7433
- Stilwell KATS PH: 918-696-4787
- Tahlequah KATS PH: 918-453-1155
- Wagoner KATS PH: 918-485-0059

SoonerRide.....Toll Free: 877-404-4500

VOLUNTEER OPPORTUNITIES

American Red CrossPH: 918-456-8788
1051 E. 11th St., Tulsa, OK 74128.....Toll Free: 1-800-733-2767

CASA (Court Appointed Special Advocate for Kids).....PH: 918-456-8788
201 E. Delaware St., Tahlequah, OK 74464

YOUTH ACTIVITY CENTERS

Boys and Girls Club
Cherokee County..... PH: 918-456-6888
400 W. Morgan, Tahlequah, OK 74464

Sequoyah County..... PH: 918-775-4659
208 S. Main St., Sallisaw, OK 74955

OTHER TRIBES

Chickasaw Nation..... PH: 580-436-2603
520 E. Arlington, Ada, OK 74820

Choctaw Nation PH: 1-800-522-6170
1802 Chukka Hina, Durant, OK 74701

Muscogee (Creek) Nation..... PH: 918-732-7600
HWY 75 and Loop 56, Okmulgee, OK 74447 Toll Free: 1-800-482-1979

Seminole Nation..... PH: 405-257-7282
36645 US 270, Wewoka, OK 74884

CALL 211

211 is highly trained specialists available 24/7 to help access the best local resources and services to address any need. Reach out to 211 to speak with a community resource specialist in your area who can help find you services and resources that are available to you locally and provide critical services that can improve – and save – lives. You will find help with:

- Supplemental food and nutrition programs
- Shelter and housing options and utilities assistance
- Emergency information and disaster relief
- Employment and education opportunities
- Services for veterans
- Healthcare, vaccination and health epidemic information
- Addiction prevention and rehabilitation programs
- Reentry help for ex-offenders
- Support groups for individuals with mental illnesses or special needs
- A safe, confidential path out of physical and/or emotional domestic abuse

211 is completely confidential

Cherokee Nation Office of Child Support Services and Child Care & Development has in good faith, made every effort to assure that the information in this publication is complete, current and accurate.

The information contained within this publication is courtesy of numerous sources; namely, www.cherokee.org, www.yellowpages.com, and www.okdhs.org .

This publication has been created to help you connect with the resources in your community. The content provided in this publication is not exhaustive and is subject to change. While services listed in this publication may very well suit a particular client's needs, other services not listed herein may be available in the community that might better meet an individual's specific needs or serve them equally as well.

DO YOU NEED HELP PAYING FOR CHILD CARE?

You may qualify for Cherokee Nation Child Care & Development child care subsidy!

ELIGIBILITY GUIDELINES

- Parents must be working/going to school
- Meet income guidelines
- Proof of citizenship in a federally recognized tribe
- Children must be age 12 or under (children with special needs up to age 19)
- Live within 14-county Cherokee Nation reservation

Subsidy Guidelines		
Note: Clients not classified as self employed are eligible for a work related expense deduction of 35% of the total gross income.		
Family Size	Yearly	Monthly
1	\$36,732	\$3,061
2	\$48,034	\$4,003
3	\$59,336	\$4,945
4	\$70,638	\$5,887
5	\$81,940	\$6,828
6	\$93,242	\$7,770
7	\$95,361	\$7,947
8	\$97,480	\$8,123
9	\$99,600	\$8,300
10	\$101,719	\$8,477



Contact a Child Care & Development Subsidy Caseworker
for more information.

918-453-5300

childcare.cherokee.org/subsidy