

Western Dakota Technical College
Campus & Community Resource Guide
Student Success Center

Housing

One Heart Campus: Transitional Housing and co-locating services for individuals without homes to move into permanent housing and a better quality of life.

Referral: Available through your Student Success Coach

Cost: Free

Location: Black Hills Area

Roommate Facebook Group: Connect with other WDTC students looking for housing in the area. Like the page on Facebook for access: Western Dakota Tech Housing, Rooms, Apartments, Sublets, Roommates

Referral: Approval for Students only

Cost: Free

Location: All WDTC Locations

Student Housing Resource Guide: List of all subsidized and unsubsidized housing partnerships that WDTC has in the Rapid City area.

Referral: Access is available by e-mailing studentsuccesscenter@wdt.edu

Cost: Free

Location: Rapid City Area

<u>SD Housing Search:</u> A free internet housing locator listing, which provides information on everything from apartments to single-family units, including Section 8 and accessible properties. The service is free and provides the option to view properties by location, so you can choose by neighborhood and proximity to schools, churches, and public transportation.

<u>South Dakota Housing Development Authority:</u> Provides multi and single-family development including down payment assistance, home buyer education, home improvement loans for low-income homeowners, and more.

<u>South Dakota Housing for Homeless Consortium Coordinated Entry System:</u> Serves as a mechanism to bring persons who are homeless or at imminent risk of homelessness into the service system, so that they may use all services available to become adequately housed and provided with needed assistance when possible.

Referral: Call for information (800-664-1349)

Cost: Must be an individual or family experiencing or at risk of being homeless

Location: 111 New York St. Rapid City, SD 57701 (Volunteers of America)

Mental Health

<u>9-8-8</u> Suicide and Crisis Lifeline: National Suicide Prevention Lifeline where people can call, text, or chat with trained counselors who will listen and understand problems that are affecting them providing support and connecting them to resources.

Behavior Management Systems: Students have access to three free counseling sessions through BMS with a Student Success Coach referral

Referral: Available through your Student Success Coach

Cost: Free for first three sessions

Locations: Rapid City Area or via telehealth as available through appointment set-up with

BMS (350 Elk St. Rapid City, SD 57701)

Lost and Found Peer Mentors: Peer mentoring is available through our Student Success Center. Peer mentors have basic mental health training and can provide referrals to various community resources.

Referral: Available through the Student Success Center

Cost: Free

Location: Rapid City Area or Virtually through Microsoft Teams

<u>Lutheran Social Services</u>: Provides free counseling services (3-8 sessions) to any student that is the victim of abuse, bullying, or sexual assault

Referral: Call 605-791-6700

Cost: Free

Location: 2920 Sheridan Lake Rd. Rapid City, SD, 57702

SDSU Counseling Interns: Free counseling sessions via Zoom available to all WDTC students through student counseling interns enrolled in the SDSU Counseling program with practicum students.

Referral: Schedule directly by contacting sds.counselingclinicrc@sdstate.edu

Cost: Free

Location: Appointments are set up through telehealth or at the BHSU-Rapid City location

<u>Youth and Family Services</u>: Geared toward young people and their families to provide support to individuals suffering from mental health issues, alcohol and drug abuse, domestic violence, and relationships. Specific referrals are made for students interested in participating in the YFS Stronger Families Program (free childcare and meals are provided).

Referral: Students can sign-up for classes directly through YFS or contact their Student Success Coach for more information.

Cost: Free

Location: 120 E. Adams St. Rapid City, SD 57701

Food

WDTC Food Pantry: Grab and go pantry (including hygiene products) in Lewis and Clark - open to all students during building hours. Please list the number being served in household when picking up food items so we can report for additional food pick-up. Names can remain anonymous.

Referral: None Cost: Free

Location: WDTC Campus; Lewis and Clark first floor hallway across from Auto Tech Lab

and Facility Services

Seasonal Food Donations: Student Success Center hosts various food drives throughout the academic year. Keep an eye out on your WDTC e-mail and on posters throughout the building for updates.

Referral: Contact your Student Success Coach to sign-up

Cost: Free

Location: WDTC Student Success Center

<u>Feeding South Dakota:</u> Feeding South Dakota provides a mobile food pantry on dates posted on the bulletin boards throughout WDTC. Our partner location is Rapid Valley Methodist Church.

Referral: Must qualify for services based on family income

Cost: Free

Location: Black Hills Area; 1111 N. Creek Dr. Rapid City, SD 57703

<u>Department of Social Services – SNAP:</u> The Supplemental Assistance Program helps low-income South Dakotans buy the food needed while working on regaining financial independence. For eligibility requirements, visit the website.

Referral: Available through the DSS online application

Cost: Sliding scale based on family income

Location: 510 N. Cambell St. Rapid City, SD 57701

Academic

*All Academic Resources are free to WDTC students.

General Resources

<u>Peer Tutors:</u> Our peer tutors are available Monday through Friday from 8am to 5pm. We cover all of your general education courses including Math, English, Chemistry, Psychology, Anatomy & Physiology, Sociology, Medical Terminology, and CIS 105.

Referral: Directly through the Student Success Center or by appointment through e-mailing studentsuccesscenter@wdt.edu

Rapid City Public Library: The Library is more than just books. They have computers and WiFi. The Public Library can proctor tests.

Referral: None

Cost: Varies depending on residency. Call 605-394-6139 for details.

Location: 610 Quincy St, Rapid City, SD, 57701

<u>EBSCO Databases</u>: EBSCO Databases are an excellent resource for academic information. You'll search all the available options at once.

Office 365 Tutorials: These tutorials from Microsoft office can help prepare you for the Microsoft Computer Applications Course Challenges or as a basic refresher using the Microsoft Suite.

<u>StudentLingo</u>: Short workshops for students and faculty to use to help overcome some common barriers to success in higher education including reducing test anxiety, avoiding plagiarism, and time management to name a few.

<u>WDTC Library</u>: See what the WDTC Library offers in the physical collection by searching the online catalog.

Nursing Resources

<u>American Nurse Today:</u> This is a periodical that is purchased by the WDTC Library and available in physical and digital copies.

<u>PubMed:</u> This is from the National Library of Medicine and includes millions of citations for biomedical literature.

Academic (cont.)

*All Academic Resources are free to WDTC students.

Testing Resources

<u>Accuplacer:</u> The College Board offers many resources to students testing and preparing to for the placement exams used by WDTC.

Khan Academy: Khan Academy requires a sign-up with an email, but then offers video tutorials about several subjects. An excellent resource for classes and preparing for the Accuplacer.

<u>Learning Express Library:</u> Learning Express Library offers excellent test prep and career prep resources. These resources are excellent study tools working to prepare for the Accuplacer, TEAS, or program certifications. This resource is available thanks to the South Dakota State Library and South Dakota Institute of Museum and Library Services.

<u>Union Test Prep:</u> Union Test Prep offers a variety of Accuplacer testing resources for students to use. The study materials include practice tests and flashcards.

Writing Resources

<u>APA Style Center:</u> The APA Style Center is an excellent resource for citations in APA Style.

MLA Style Center: The MLA Style Center can help with MLA citation questions.

<u>Purdue Owl:</u> The Purdue Online Writing Lab (OWL) is an excellent citation resource with sample papers and example citations for MLA and APA.

<u>Zotero:</u> An excellent resource to manage citations and resources for larger projects. Can link to the cloud for free for a small amount of storage. Will hold PDFs and links as well as citations. Caution: citations will need to be edited for accuracy.

Parenting/Childcare

<u>Uplifting Parent's Program:</u> WDTC Partners with Catholic Social Services on a singleparent mentorship program in which students receive a monthly stipend, are mentored through graduation, and receive support throughout their educational journey.

Referral: Available through your Student Success Coach

Cost: Free

Location: Black Hills Area

Title IX Pregnancy Accommodations: If you are currently expecting, contact your Student Success Coach to begin the process of setting up accommodations. This ensures full communication between you and your instructors for all pregnancy-related absences and any other updates.

Referral: Contact your Student Success Coach or the Director of Student Success

(whitney.bischoff@wdt.edu)

Cost: Free

Location: All WDTC Students

<u>Bright Start:</u> Bright Start provides pre- and post-natal services for first-time expecting mothers through support services. A registered nurse provides one-to-one support, advice, and information regarding health to you and your baby from the first two trimesters of pregnancy through the child's 2nd birthday.

Referral: Your Student Success Coach can assist with connecting you

Cost: Free for students meeting income requirements

Location(s): Rapid City, Pine Ridge, Spearfish, Belle Fourche, Huron, Sisseton, Aberdeen,

Sioux Falls

<u>Care.com</u>: Online resource that allows you to search for childcare by zip code tailored to your specific family needs. A profile will be required to be created to search for providers.

Referral: None

Cost: Varies based on service

Location: Based on Zip Code provided

Transportation

Western Dakota Technical College Auto Tech Repairs: Did you know that our Auto Tech students and instructors provide services for our students in need? If you find something is wrong with your vehicle, speak with your Coach and they may be able to connect you to services here on campus. Students are responsible for all parts costs.

Referral: Available through your Student Success Coach Cost: Free Labor; Student is responsible for parts costs

Location: WDTC Campus

Rapid Transit System – RapidRide: Operating on 6 different fixed routes, RapidRide provides timely service to many convenient locations throughout Rapid City. All RapidRide routes run on 35-minute frequencies. Closest bus stop to WDTC is at the corner of Cambell St. and Hwy. 44 and requires a 1 mile walk to campus (Jefferson Loop)

Referral: None

Cost: \$1.50 cash only exact fair; \$30 monthly pass

Location: Rapid City System Routes

Rapid City Transit System – Dial-A-Ride: Dial-A-Ride is a curb-to-curb/door-to-door transportation service in Rapid City operated by the Rapid Transit System. Dial-A-Ride operates within the city limits of Rapid City, including the airport.

Referral: Based on disability status

Cost: \$3.00 cash only exact fair; \$90 monthly pass

Location: Within Rapid City limits

<u>Shift Garage</u>: Shift Garage offers an option for low-income repairs for vehicles. If you're interested, complete the online application and they will be in touch.

Referral: Applications are submitted through the Shift Garage website.

Cost: Free Labor; Student is responsible for parts costs

Location: Rapid City Area

<u>Lyft – Rapid City:</u> The Lyft app matches you with local drivers in just a few taps. Request, ride, then simply pay in the app.

Referral: None

Cost: Varies (Approximately \$1.00 per minute)

Location: Rapid City Area

Wellness

<u>CampusWell:</u> Free Online Wellness magazine offering articles on body, food, mind, academics, self, relationships, money, sexual culture, and more!

Referral: Directly available through website access; Questions can be referred to studentsuccesscenter@wdt.edu

Cost: Free

Location: Online Magazine

<u>Community Health Center:</u> Through a staff of Medical Doctors, Physician Assistants, Certified Nurse Practitioners, Dentists and support staff, Community Health Center of the Black Hills gives unconditional primary care. Our staff performs most routine medical services and practices several specialized fields. If Community Health Center cannot perform a service, we help arrange for the service elsewhere.

Referral: None

Cost: Sliding scale based on income

Location: 350 Pine St.; Rapid City, SD 57701

<u>Black Hills Pregnancy Center:</u> Provides free pregnancy tests, ultrasounds and confirmation of pregnancy, parenting classes, infant clothing, and diapers in Earn While You Learn Program, and post-abortion support.

Referral: None Cost: Free

Location: 1774 Center St. Suite 1 Rapid City, SD 57701

<u>Bella Pregnancy Center:</u> Provides confidential and no-cost early pregnancy testing, peer counseling, emotional support, referrals to community resources, and information on pregnancy options.

Referral: None Cost: Free

Location: 119 E. Grant St. Suite 2 Spearfish, SD 57783

<u>Pennington County – Office of Child and Family Services</u> – Information on WIC (Women, Infants, and Children's Program), Immunizations, Family Planning, and Pregnancy Support Services.

Referral: Varies; must meet income guidelines for some programs

Cost: Varies (immunizations require fee; no fees for WIC) Location: 909 E. St. Patrick St. Suite 7 Rapid City, SD 57701

Wellness (cont.)

Oyate Health Center – Oyate Health Center provides a range of health and wellness services to American Indians and Alaska Natives. Anyone eligible as a patient with Indian Health Services may receive care at OHC

Referral: Directly through OHC

Cost: Varies

Location: 3200 Canyon Lake Dr. Suite 1; Rapid City, SD 57701

<u>South Dakota American Cancer Society</u> – If you're looking for cancer information and resources in South Dakota including lodging, transportation, advocacy, and other cancer information. From our local fundraising events to our cancer support programs, you'll find everything you need to fuel the fight against cancer and get patient support – right here in our community.

Referral: Contact 1-800-227-2345

Cost: Varies

Location: linked website

Alcohol and Other Drugs

Addiction Recovery Centers of the Black Hills - Provides adults with behavioral health services focusing on addiction and co-occurring disorders. Services include needs assessments (regarding mental health, substance abuse, and gambling);Intensive Outpatient Treatment;After Care;MRT (Moral Reconation Therapy);CBISA (Cognitive Behavioral Intervention Substance Abuse);individual and group counseling;and 12-hour DUI classes.

Referral: Call: 605-716-7841; Or One group is held on Monday, Tuesday, and Wednesday at 5-8pm, another group is held on Tuesday, Wednesday, and Thursday between 5-8pm, and the last group is Monday, Tuesday, Wednesday between 1-4pm. These groups are in the Rapid City Addiction Recovery office location.

Cost: Free app download; 1:1 coaching covered by most insurance Location: 937 East North St, Suite 401, Rapid City, SD 57701

<u>Oaye Luta Okolakiciye</u> - Oaye Luta Okolakiciye (Moving Forward in a Sacred Way) is a cultural community-based approach to substance and alcohol abuse addiction and behavior health management program.

Referral: Directly through the organization website

Cost: Free app download; 1:1 coaching covered by most insurance

Location: 937 East North St, Suite 401, Rapid City, SD 57701

Recovery Communities of South Dakota - Provides monthly collaborative meetings identifying resources and needs within the recovery communities. Provides information and education regarding root causes, particularly unresolved trauma and grief and provides technical assistance and technical training to tribal, local, county, state, regional entities, and community profit and non-profit organizations and agencies.

Referral: Meeting Calendar Available here
Cost: See website for additional information

Location: Online

ROADS Outpatient Treatment Program - Outpatient counseling for chemical dependency in adults 18 years and older including intensive outpatient treatment, continued care, Moral Recognition Therapy (MRT), and assessments.

Referral: Call for information: 605-348-8026

Cost: Insurance may be applied as well as payment based on sliding scale

Location: 103 E Omaha St. Rapid City, SD 57701

Alcohol and Other Drug (cont.)

<u>WeConnect App</u> – 1:1 coach covered by most insurance. Features including routine creation, online meetings either general or catered groups including LGBTQ+ & Moms, daily motivational quotes, sober days count, etc.

Referral: Self Download

Cost: Free app download; 1:1 coaching covered by most insurance Location: Available for download on the iPhone or Android app store

Sexual Harassment (Title IX)

*Includes sexual assault, domestic violence, dating violence, and stalking

<u>Native Women's Society of the Great Plains:</u> Provides educational material on overcoming traumatic experiences to create healthy, powerful lives.

Referral: Visit the website for information and resources

Cost: Free

Location: PO Box 448, Eagle Butte, SD 57625

<u>Working Against Violence:</u> Working Against Violence, Inc. (WAVI) provides safe, temporary shelter to women, children and men survivors of domestic violence and sexual assault. WAVI provides 24 hour staff support and advocacy to those who utilize our shelter services, helping them through difficult and uncertain life transitions.

Referral: 24-Hour Crisis Hotline 605-341-4808; Office Number 605-341-3292

Cost: Free

Location: 527 Quincy St; Rapid City, SD 57701

<u>Ellsworth Sexual Assault Prevention & Response:</u> Provides education on prevention, response, and resources for active duty military and dependents.

Referral: SAPR Victim Advocate: 605-385-1474; 24/7 Helpline: 605-385-7272;

eunice.mcfarling@us.af.mil

Cost: Free

Location: Rushmore Center, suite 2800

Monument Health Rapid City Hospital Sexual Assault Response Team: Anyone who has experienced a sexual assault can go to the Monument Health Emergency Room and have an exam done by a sexual assault nurse examiner and have the evidence collected. The evidence can be collected anonymously until the individual decides how to proceed.

Referral: Monument Health Emergency Room

Cost: Free

Location: 353 Fairmont Blvd, Rapid City, SD 57701

<u>Pennington County Sheriff's Office Victim Specialists:</u> The Victims' Assistance Program administers state and federal grants that provide funding to programs that offer shelter, advocacy, crisis counseling and other victims' services to sexual assault, domestic violence, stalking and other violent crime victims.

Referral: Contact the Director of Student Success

Cost: Free

Location: Information & Assistance is available by calling 605-773-6317

Other Resources

Student Emergency Fund: If you find yourself in an emergency financial situation due to unforeseen circumstances, we have funding available through the WDTC Foundation.

Referral: Available through your Student Success Coach

Cost: Free

Location: Student Success Center at Western Dakota Technical College

One Step Closer Fund: Provides students with assistance in optioning the certifications, insurance, licensing, exams, background checks, drug screenings, and vaccines required for their degree thus helping students get one step closer to graduation and employment. If you find yourself struggling to cover these costs, please visit your coach for assistance.

Referral: Available through your Student Success Coach

Cost: Free

Location: Student Success Center at Western Dakota Technical College

<u>Handshake:</u> Comprehensive Career Services platform that allows students to interact directly with employers, search for jobs, get resumes reviewed, and offers sample resume and cover letter documents.

Referral: Access through Library Tab in MyWDT; Additional resources available by e-mailing <u>career.services@wdt.edu</u>

Cost: Free

Location: Appointments with Career Services can be made through Handshake to be held in person or via Microsoft Teams

<u>AtoZ Database:</u> A comprehensive database for finding addresses, searching for jobs, and running reports for addresses.