

Cimarron Valley Resource Directory



A resource guide for those in need
of shelter, food, medical care,
and more.



Printed: January 2026

Table of Contents

Grocery Assistance	3-7
Medical Care: General	8-10
Medical Care: Counseling	11-14
Substance Abuse	15-16
Pregnancy	17-18
Shelter	19-21
Disability	22-24
Youth	25-26
Section 8 Housing	27-28
Government Assistance	29
Public Libraries	30-31
Miscellaneous	32-34
SNAP Benefits	35-36
WIC Benefits	37-38

Hotline Numbers

Emergency 911

Suicide &
Crisis Lifeline 988

Domestic Violence 1-800-799-7233
405-624-3020

Child Abuse 1-800-522-3511

Food

Grocery Assistance - Payne County

Community Food Bank of Cushing

802 N. Maitlen Dr. Cushing, OK 74023

918-225-4790

- Food pantry for residents of Cushing and Agra who meet USDA income guidelines
- Food distribution the 2nd Tuesday of each month from 8:30am - 10:30am

Cushing Marketplace

324 E. Moses St

918-248-6190

ourdailybreadstillwater.org/cushingmarketplace

- Grocery assistance for residents in Payne County that meet USDA income requirements
- Bring an ID and proof of Payne County residence
- Educational programs and other resources offered on site
- Guest choice shopping sessions every Wednesday from 3:30p - 5:30p

Hope Food Ministry

Hope Free Will Baptist Church

108 N. A Ave

Oilton, OK 74052

- Food is distributed on the 2nd Saturday of each month at 10a. No application requirements

Food

Grocery Assistance- Payne County

St. Peter & Paul Catholic Church - Cushing

214 N. Steele Cushing, OK 74023

918-225-0644

- Food pantry for Cushing residents, available once every 30 days
- Open M-F 9:30am - 4:30pm, must bring ID

Ripley Marketplace

108 N Morton Ave. Ripley, OK 74062

405-533-2555 ext. 110

- Supplemental groceries on Thursdays from 3:00pm - 5:00pm

Stroud Food Pantry

211 N. 3rd Street

Stroud, OK 74079

918-987-0210

- Shopping Session occurs 2nd and 4th Thursdays of each month from 9a-12p.
- Guest choice shopping. ID is required.
- Must be in line to shop no later than 11:45a.

Food Grocery Assistance

Pawnee Ministerial Alliance

720 6th St (Old Head Start Building)

Pawnee, OK 74058

918-769-3669

- Distribution occurs on the 2nd and 4th Tuesday of each month from 5-6:30pm via drive-thru delivery.

Food

Grocery Assistance

ESCAPE Ministries

51131 U.S. 64

Cleveland, OK 74020

918-358-3625

Tues and Thurs 9:30a-1p

- ESCAPE Ministries addresses the needs of low-income individuals and households that lack reliable access to affordable, nutritious food and may experience hunger on a regular basis.
- Provides clothing and other items essential to someone's wellbeing.
- Covers residents of the following cities: Bristow, Cleveland, Drumright, Mounds, and Pawnee.

Our Daily Bread Mobile Market

405-533-2555 ext. 108

- Our Daily Bread offers this program to bring supplemental groceries to towns in Payne County
- Visit ourdailybreadstillwater.org/mobilemarket for an updated schedule

Food Grocery Assistance

Straight Street Ministries

701 Steele Ave

Chandler, OK 74834

405-203-3644

- Distribution occurs on Wednesdays from 12:30p-1:30p. Must provide photo ID, proof of income and proof of residency. Open to residents of Lincoln County.

Medical Care

General

Hillcrest Hospital - Cushing

1027 E Cherry St
Cushing, OK 74023
(918) 225-2915

Blackhawk Health Center

356110 E. 930 Rd
Stroud, Oklahoma 74079
918-968-9531

- Patient registration is open to any Native American patient recognized by a federally recognized tribe, living within our jurisdictional area.

Drumright Regional Hospital

501 Lou Allard Drive
Drumright, OK 74030
918-352-2525

- Financial assistance available. Application required. Find the application at drumrighthospital.net

Medical Care

General

Pawnee Indian Health Center

1201 Heritage Cir.

Pawnee, OK 74058

405-962-1400

- Provides services to all AI/AN beneficiaries and the affiliated tribes within the service unit which includes, the Pawnee, Iowa, Otoe-Missouria, Ponca, Tonkawa, Kaw and Osage Tribes of Oklahoma.

Payne County Health Department

- Stillwater Clinic
 - 1321 W 7th Ave Stillwater, OK 74074
 - 405-743-2619
- Cushing Clinic
 - 1026 N Linwood Ave, Cushing, OK 74023
 - 918-225-3377

Pawnee County Health Department

501 5th St, Pawnee, OK 74058

918-762-3643

Medical Care General

Creek County Health Department

Bristow Location

408 W. 4th

Bristow, Oklahoma 74010

918-367-3341

Lincoln County Health Department

101 Meadow Lane

Chandler, Oklahoma 74834

405-258-2640

Valley Hope Association – Outpatient Services

100 South Jones Avenue Cushing, OK 74023

405-946-7337

- Hours: Mon-Fri 8am-10pm
- Provides a 12-week Intensive Outpatient Program. Sessions include group therapy, family counseling, educational lectures, relapse prevention and 12-step program work. Continuing of Care services available to clients to help maintain a successful recovery.

Medical Care Counseling

CREOKS – Mental Health Services

- Stillwater Clinic
 - 421 E. Thomas Ave. Stillwater, OK 74075
 - 405-372-7791
- Pawnee Clinic
 - 540 Illinois Pawnee, OK 74058
 - 918-762-1045
- Both offer a comprehensive array of community-based substance use disorder treatment services such as:
 - Outpatient services
 - Intensive outpatient services
 - Ambulatory withdrawal management services
 - Emergency care
 - Consultation and education
 - Prescreening
 - Rehabilitative services
 - Aftercare
 - Training programs
 - Research and evaluation.

Medical Care Counseling

GRAND Mental Health Services

Pawnee County Clinic

907 W Caddo St. Cleveland OK 74020

844-458-2100

Payne County Walnut Clinic

604 S Walnut St. Stillwater OK 74074

844-458-2100

- 24/7 Mobile Crisis teams
- 24/7 Crisis Stabilization Centers/Urgent Recovery Centers
- 24/7 Crisis Line at 1-800-722-3611
- Individual Therapy, Family Therapy, Group Therapy, Virtual Services, Children & Adolescent Services, Aging Informed Care, Veteran Services, Case Management/Care Coordination, Medication Management, Court Programs, Community Outreach Services.

Medical Care Counseling

Pawnee Indian Health Center

1201 Heritage Cir.

Pawnee, OK 74058

405-962-1400

- Services include: cardiology, pediatrics, diabetic counseling, rheumatology, wound care, and women's health, and is equipped with on-site diagnostic services including mammography, ultrasound, CT, and general x-ray.
- Provides services to all AI/AN beneficiaries and the affiliated tribes within the service unit which includes, the Pawnee, Iowa, Otoe-Missouria, Ponca, Tonkawa, Kaw and Osage Tribes of Oklahoma.

Medical Care Counseling

The Saville Center

1523 W. 9th Ave. Stillwater, OK 74074

405-377-5670

- A Child Advocacy Center that offers the following services free of charge to clients referred by law enforcement or DHS:
 - Forensic Interviews, Therapy and Counseling referrals, Sexual Assault Nurse Examiner, Victim Advocacy, CARES Team

Substance Abuse

Valley Hope of Cushing

100 South Jones Avenue

Cushing, OK 74023

918-225-1736

- Open 24 Hours
- Medically monitored detox/withdrawal management
- Residential addiction treatment and
- Family counseling
- Treatment and recovery experts that customize a comprehensive treatment plan for each patient that addresses physical, mental, spiritual and emotional health needs.

Green Country Adult & Teen Challenge

1701 S Main St

Sapulpa, OK 74066

918-512-8110

www.okteenchallenge.com/green-country-women

- 13+ month faith-based, residential training program for women ages 18 and over
- Treatment and Recovery due to alcohol abuse, drug abuse, depression, anxiety, and eating disorders.

Substance Abuse

Central Oklahoma Adult & Teen Challenge

3014 S. Main St. Stillwater, OK 74074
405-332-5648

- Assistance offered for men ages 18+
- A faith-based discipleship program for men suffering from substance abuse

Payne County Drug Court Inc.

608 W. Highpoint Dr. Stillwater, OK 74075
405-743-1968

- Provides drug screening, alcohol screening, anger management services, and education for sentencing and probation requirements
- Call M-F for more information

Stillwater Oxford House

- Vertias: Self-supporting drug-free home for men
- Pioneer Lane: Self-supporting drug-free home for women
- For more information visit oxfordhousevacancies.com

Pregnancy

Birthright of Stillwater

1002 N. Duck St. Stillwater, OK 74075

405-377-5683

- Assistance and support for women who are pregnant or think they may be pregnant
- Education information about:
 - Pregnancy, Adoption, Childbirth, Child Care, Prenatal Care, Community Programs, Parenting Skills
- Able to provide referrals for housing, legal, medical services, professional counseling, and social assistance
- Free resources available include:
 - Pregnancy Test
 - Maternity and Baby Items
 - 24/7 Free Helpline: 1-800-550-4900

Shiloh's Place

405-642-0007

shilohspaceinc@gmail.com

- Provides free housing for unmarried pregnant women ages 23 and under who are full time students
- Various support groups for women at no cost

Pregnancy

Baby Mobile by Infant Crisis Services

Locations Vary

405-528-3663

- Assist families with children 0-4 years old with a week's worth of formula/food, diapers, and wipes
- Children may receive services 4 times per year until child's 4th birthday
- Text "BabyMobile" to 405-554-2626 or visit infantcrisis.org/babymobile for current schedule

Stillwater Life Services

1509 W. 8th Ave Stillwater, OK 74075

405-624-3332 (call for an appointment)

- Assistance for sexually active individuals and/or mothers
- Services offered include:
 - Free Pregnancy Tests
 - Options Education
 - STI Testing and Treatment
 - Parent Mentoring Program (Earn while you Learn)
 - Local Referrals
 - Infant Items (twice a year)

Shelter

Mission of Hope

1804 S. Perkins Rd. Stillwater, OK 74074
405-332-5521

- 24/7 assistance for homeless individuals
- Services offered:
 - Emergency Shelter, Transitional Housing, Permanent Supportive Housing, Rapid Rehousing, Prevention Services
- Requirements:
 - Photo I.D.
 - Social Security Number
 - Must be considered homeless
 - Cannot have violent offenses or pending warrants

Shelter

Payne County Youth Services

2224 W. 12th Ave. Stillwater, OK 74074

405-377-3380

- Assistance for ages 4-22 years old
- Services offered include:
 - Emergency Youth Shelter (7-17 years old)
 - Transitional Living Program (18-22 years old)
 - Mental Health Counseling
 - Substance Abuse Counseling
 - Crisis Counseling
 - Telehealth Services for clients
 - Life Skills
 - Safe Place
 - Suicide Prevention
 - Parenting Education
- Text “Safe“ with your location to 4HELP (44357) for a safe place location near you

Shelter

Wings of Hope Family Crisis Services

3800 N. Washington St. Stillwater, OK 74075
405-372-9922

- Provides assistance for victims of domestic violence
- Services offered include:
 - Safe Shelter
 - Individual and Group Counseling
 - Parenting Education
 - Victim Advocacy
 - Sexual Assault Response Team
 - Children's Programs and Relief Nursery
 - Interventions for Abusive Individuals
 - Consultations
 - Legal Aid
 - Mentoring Program
 - Protective Order Information and Assistance

Disability

Life Adult Day Center

411 W. Matthews Ave. Stillwater, OK 74075
405-377-0978

Hours 8:00am-5:00pm Fees \$55 per half / up to \$95 full day

- Assistance for adults with limited independence due to health, physical, or cognitive ability
- Services offered include:
 - Adult Day Program
 - Caregiver Support
 - Education and Support Group
- Fees \$55 per half / up to \$95 full day

Disability

Oklahoma ABLE Tech

1514 W. Hall of Fame Ave. Stillwater, OK 74078
405-744-9748

- Offers assistance to all Oklahoma residents with disabilities, their family members, and the professionals that support them
- Services offered include:
 - Short-Term Device Loan (up to 6 weeks)
 - Device Reutilization & Demonstration
 - Financial Loans
 - Training
 - Public Awareness
 - Technical Assistance
- Apply for programs and services at okabletech.org

Disability

Stillwater Group Homes Inc.

904 W. 11th Ave. Stillwater, OK 74074

405-743-2496

- Assistance for individuals with developmental disabilities 18 years and older and those approved through DHS Developmental Disabilities unit
- Services offered include:
 - Adult group homes for individuals with intellectual disabilities
 - Residential and habilitation training options in individual home or family home
 - Respite at group home
- Apply for Developmental Disability services through DHS at 1-800-522-1064 and send a copy of the application to Stillwater Group Homes to be placed on the waitlist

Youth

United Community Action Program Cushing Head Start and Early Head Start

223 S. Wilson

Cushing, OK 74023

918-225-0909

M-F 8:30a-3:30p

- Assists families with children ages 0-4 including Early Head Start and Head Start.
- Must call to apply.

Payne County Youth Services

2224 W. 12th Ave.

Stillwater, OK 74074

405-377-3380

- Text “Safe” with your location to 44357 to find the nearest Safe Place.
- Assists youth ages 4-22, including: emergency youth shelter, transitional living, mental health counseling, substance abuse counseling, telehealth services, life skills and parenting education.

Youth

Hope House

802 S. Duck Ave. Stillwater, OK 74074

405-385-2475

- Provides assistance to foster families by offering clothing, shoes, toys, baby items, high chairs, strollers, and cribs
- Call to schedule an appointment

Section 8 Housing

Cushing Housing Authority dba

Cherry Lane Apartments

1713 Cherry Lane

Cushing, OK 74023

918-225-7205

M-Th 8:00am-1:00pm

- Housing assistance for disabled and elderly
- Income-based
- Must fill out an application and return to the office to be placed on the waitlist.

Cimarron Towers Apartments

214 E. Broadway, Cushing, OK 74023

918-225-0322

gormanmanagementco.com

- HUD complex for low-income Elderly & Disabled who are age 62 or older or disabled 18 or older
- Pets allowed with \$200 deposit; service animals do not require deposits.

Section 8 Housing

Yale Housing Authority

601 Watson Dr.

Yale, OK 74085

918-387-2181

- Section 8 housing
- Call to begin the application process to determine eligibility

Drumright Housing Authority

1400 Aspen Dr,

Drumright, OK

918-352-9539

- Offers affordable, income-based housing for Oklahomans.
- Both family and senior-citizen friendly.

Oilton Housing Authority

300 S Kennedy

Oilton, OK 74052-0729

918-862- 3666 Ext 0

- Section 8 housing.
- Call to begin the application process to determine eligibility

Government Assistance

Department of Human Services (DHS)

211. E. 9th Ave

Stillwater, OK 74074

405-707-3700

M-F 8a-5p

- SNAP assistance
- Day care assistance
- TANF (Temporary Assistance for Needy Families)
- Assistance for those receiving benefits from the Social Security Administration.
- Apply for services online at okdhslive.org

Department of Human Services (DHS)

2020 E 1st St

Chandler, OK 74834

M-F 8a-5p

405-522-5050

Provides

- SNAP assistance,
- Day care assistance
- TANF (Temporary Assistance for Needy Families)
- assistance for those receiving benefits from the Social Security Administration.
- Apply for services online at okdhslive.org

Public Libraries

Cushing Public Library

215 N Steele Ave. Cushing, OK 74023

918-225-4188

- To apply for a free library card, bring an ID and proof of residency in the Cushing area
- Free classes, programs, and story times
- Free Wi-Fi and computer access for those with a library card

Thomas-White Memorial Library - Perkins

101 E. Thomas St. Perkins, OK 74059

405-547-5185

- Library cards are available to anyone 18+ living in Payne, Lincoln, and Logan counties
- Bring a valid photo ID and proof of address to get a library card
- Children must have a parent or legal guardian present to get a library card
- Free classes, programs, and story times
- Access to Wi-Fi and computers for those with a library card

Public Libraries

Yale Public Library

213 N. Main St. Yale, OK 74085

918-387-2135

- Anyone over the age of 18 living in the area of Yale can bring a photo ID to apply for a free library card
- Free computer and Wi-Fi use with library card

Stillwater Public Library

1107 S. Duck St. Stillwater, OK 74074

405-372-3633

- Anyone living, working, or going to school in Payne County can bring an ID to apply for a free library card
- Free computer and internet use with library card
- Free classes, programs, and story times

Miscellaneous

Central Oklahoma Community Action Agency

1402 E. 6th Ave. Stillwater, OK 74074
405-780-1170

Hours: Monday-Friday 9am-2pm

Wed. by appointment only 9am-5pm

- Provides the following types of assistance for Payne County residents who meet the agency's income requirements:
 - Rent & Utility assistance
 - Free Showers
 - Clothing Vouchers
 - Referrals for:
 - Prescription Assistance
 - Community Mental Health
 - Other Social Service Agencies in Payne County
 - Bus Vouchers
 - Safecare Program- Parental Training
- To apply for assistance, bring a valid ID, social security cards for all household members, proof of residency, and proof of income

Miscellaneous

Employment Security Commission/ Oklahoma Works

3006 E. 6th Ave. Stillwater, OK 74074

405-624-1450

- Matches jobs with workers
- Unemployment Benefits
- Job Skill Training
- Register on okjobmatch.com

Legal Aid Services of Oklahoma

312 S. Duck St. Stillwater, OK 74074

405-624-1734

- Provides legal assistance for low income individuals and those over the age of 60
- To apply, call 1-888-534-5243 or apply online at oklegalconnect.org

Miscellaneous

Salvation Army

1101 S. Main St. Stillwater, OK 74074

405-372-1554

- Provides assistance for residents of Payne County who meet USDA income guidelines
- Assistance offered includes:
 - Food Bank
 - Utility Assistance as funding is available
 - Clothing Vouchers
- To apply, call to make an appointment

SNAP Benefits

What is SNAP?

SNAP is the Supplemental Nutrition Assistance Program, formerly known as food stamps. SNAP is the largest anti-hunger program in the United States. The USDA sets the standards and provides funding, and the Oklahoma Department of Human Services (OKDHS) administers the program.

Who is eligible for SNAP?

- US citizens or individuals with specific immigration status
- Individuals who have an income below 130% poverty level; households with seniors or disabled individuals have higher limits

Ultimately, a client is determined eligible by OKDHS staff. In Oklahoma, SNAP eligibility is determined mostly by income per household. Work requirements are also considered.

SNAP Benefits

How can I apply for SNAP?

- Apply online at okdhslive.org
- Or visit the DHS office for Payne County located at 211 E. 9th Ave Stillwater, OK
- Or call the DHS office at 405-707-3700

Where can I use my SNAP benefits?

SNAP benefits can be used at major grocery stores and most convenience stores.

What can I purchase with my SNAP benefits?

- Fruit/ Vegetables
- Proteins
- Dairy
- Bread
- Baked Goods
- Legumes
- Jams, Honey, Sauces
- Soups
- Food Producing Plants and Seeds

What am I not able to purchase?

- Hot Foods or items eaten on-site
- Alcohol
- Tobacco Products
- Non-Food Items

WIC Benefits

What is WIC?

WIC is a supplemental nutrition program for women, infants, and children that provides nutritional foods, nutrition counseling and education, and referrals to healthcare and social services

Who is eligible for WIC?

- Women who are pregnant, breastfeeding, or have recently given birth; infants and children up to the age of 5
- The applicant must be a resident of Oklahoma
- The applicant must meet income requirements; if receiving Medicaid, SNAP or TANF, individuals are automatically eligible for WIC benefits

For more information concerning eligibility, visit www.fns.usda.gov/wic

How can I apply for WIC?

- Apply online at ok.gov/health under the Family Health tab, or call a WIC clinic near you to schedule an appointment
- Have proof of identification, income, and address

WIC Benefits

WIC clinics in Payne County:

Payne County Health
Department - Stillwater
1321 W. 7th Ave.
Stillwater, OK 74075
405-372-8300

Payne County Health
Department - Cushing
1026 N. Linwood Ave.
Cushing, OK 74023
918-225-3377

Where can I use my WIC benefits?

- Most retail grocery stores, but not at convenience stores

What can I purchase with my WIC benefits?

- Infant formula, baby food
- Infant and adult cereal
- Fruits and vegetables
- Protein: meats, eggs, peanut butter, tofu
- Whole wheat bread and grains
- Juice
- Soy beverages
- Dairy
- Dried beans, peas, or lentils

If your agency would like to be included in this booklet, please email resources@ourdailybreadstillwater.org

If your agency would like to print more of these booklets, they are on file with Career Tech Printing and available for any community organization to print at your own cost.

