CLINICAL INTEGRATION RESOURCE GUIDE SOCIAL DETERMINANTS OF HEALTH

Ottawa County
ProMedica Health System
Toledo, OH

This resource list is not exhaustive and the information contained herein, including program information and eligibility criteria, is subject to change without notice. ProMedica does not recommend nor endorse any specific company, agency, or organization listed.

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Behavioral Health

Ottawa County

BEHAVIORAL HEALTH AND COUNSELING SERVICES

Bayshore Counseling Services

www.bayshorecs.org

1634 Sycamore Line Sandusky, OH 44870 **419-626-9156** 201 Madison St. Port Clinton, OH 43452

419-734-5535

 Provides a complete range of outpatient mental health services for adults, adolescents, children and their families.

- Counseling services include: individual, couples, and/or family counseling, as well as medication services if deemed appropriate.
- Prevention services are also available which include: community presentations on a variety of mental health issues, parenting classes and skills development for positive family management, and school-based prevention services, including bullying and violence prevention programs.

ProMedica Physicians Behavioral Health

www.promedica.org

An Affiliate of ProMedica Health System 710 Cleveland Ave. Fremont, OH 43420 419-333-2785

- Outpatient behavioral health care for children, adolescents, and adults including the elderly.
- Mental Health Services include: outpatient counseling, psychiatry, psychiatric medication therapy, and psychophysiological therapy.

Firelands Counseling Services

24 HR. Crisis Hotline 1-800-826-1306

www.firelands.com

Offices

1925 Hayes Ave. Sandusky, OH 44870 **419-557-5177** 335 Buckeye Blvd. Port Clinton, OH 43452 **419-734-2942**

22052 W. State Rt.51 Genoa, OH 43430 419-734-2942

Individual, group, marital, family, and chemical dependency counseling.

Lutheran Social Services

www.lssnwo.org

2149 Collingwood Blvd. Toledo, OH 43620 **419-243-9178**

512 E. State St. Fremont, OH 43420

419-334-3431

- Counseling and mental health services for children, adults, and families.
- Does **not** provide psychiatric services (medication therapy and management).
- Accepts Medicare, Medicaid, and private insurance. Sliding fee scale for those without insurance.

The Center for Mental Health and Well-Being

715 S. Taft Ave.

Fremont, OH 43420

419-334-6619 www.promedica.org

• Outpatient counseling services and medication management.

Sandusky Artisans

www.artisansrecoveryctr.com

138 E. Market St.

419-621-9377

Sandusky, OH 44870

 Provides a range of Recovery support, peer and self-help services to persons suffering from substance use disorders and mental illness. Many 12-step meetings and art classes are held every week.

Erie Shore Network

419-626-2006

326 E. Market St. Sandusky, OH 44870

- Programs encourage socialization and vocational training for Severe Mental Illness individuals. Programs offered include support group/coffee club, Out on the Town, Potluck Social, computer classes, and more.
- Membership is free and lifelong for those who qualify adults with a diagnosis and/or treatment for Severe Mental Illness.

Cornerstone Counseling

www.cornerstonecounseling.co

419-621-8773

4444 Galloway Rd. Sandusky, OH 44870

Counseling provided by Christian therapists.

United Way Family Counseling Service

www.tiffin-seneca-unitedway.org 419-447-6855

481 W. Perry St.

Tiffin, OH 44883

• Individual, family, and financial counseling.

New Transitions Counseling

www.newtransitionscounseling.com

777 S. Washington St.

419-448-4094

Tiffin, OH 44883

• Individual, group, marital, and family counseling. Has private pay with a sliding fee scale.

Rigel Recovery Services

www.rigelrecovery.org

65 St. Francis Ave. 101-103 S. Front St. Tiffin, OH 44883 Fremont, OH 43420 567-220-7018 567-280-4023

• Individual counseling, aftercare, drug testing, and opiate specific services.

Inpatient Mental Health Treatment

Firelands Counseling Services

1111 Hayes Ave. Sandusky, OH 44870 www.firelands.com 419-557-7400 1-800-826-1306

(24 HR. Crisis Hotline)

- Adult and geriatric inpatient psychiatric care center.
- Offers a partial hospitalization program that bridges the gap between inpatient psychiatric hospitalization and traditional outpatient therapy.

The Toledo Hospital **Psychiatric Services**

2142 N. Cove Blvd. Toledo, Ohio 43606

419-291-8850 www.promedica.org

- Inpatient psychiatric treatment for adults and children age 6 17.
- Services include cognitive therapy, group psychotherapy, psycho-education groups, and partial hospitalization program.

St. Charles Mercy Hospital **Inpatient Psychiatric Services**

2600 Navarre Avenue Oregon, OH 43616

419-696-7334 Acute Care Unit 419-696-7654 Administrative

www.mercyweb.org/services_behavioral_health.aspx

Arrowhead Behavioral Health

1725 Timber Line Rd Maumee, Ohio 43537

419-891-9333

Inpatient and outpatient psychiatric and substance abuse treatment for adults

UTMC Senior Behavioral Health

1400 East Medical Loop Toledo Ohio 43614

419-383-6161

844-266-4889

• Short term inpatient psychiatric unit for individuals 55 and older.

University of Toledo Medical Center Adult Psychiatry 419-383-5691 (New Appts.) Ruppert Health Center 419-383-5695 (Adult Outpatient) 3120 Glendale Ave. utmc.utoledo.edu/clinics/adultpsychiatry

Toledo, Ohio 43614

- Inpatient and outpatient adult psychiatric services
 - Services include comprehensive diagnostic assessment, individual and family therapy, psychopharmacological management, behavioral medicine, clinical neuropsychiatry.

University of Toledo Medical Center Neuropsychology Testing Service:

- A comprehensive and detailed assessment of cognitive functions including memory, abstract thinking, and problem-solving. Requires a physician referral.
- Treatment recommendations for: Dementia, Alzheimer's disease, Parkinson's disease, Stroke, Epilepsy.

Child and Adolescent Psychiatric Services

Children's Safe Harbor Toledo Children's Hospital

567-661-0505

Conrad Jobst Tower 2109 Hughes Drive Toledo, OH 43606

- Children's Safe Harbor is a collaborative effort between Toledo Hospital and Harbor Behavioral Health
- Child psychiatrists and the behavioral health team provide diagnostic assessment, psychiatric/psychological treatment and testing.
- Treatment options are available (but not limited to):
 - Anger management
 - Anxiety
 - Adjustment difficulties
 - Coping skills
 - Cutting
 - Depression
 - Eating disorders
 - Stress management
 - Trauma and Post-Traumatic Stress Disorder

The Cullen Center Toledo Children's Hospital

419-291-7919

2150 W. Central Ave.

Toledo, Ohio 43606

 An outpatient program of the Toledo Children's Hospital that provides state-of-theart trauma focused treatment for children who have experienced psychological trauma.

The Kobacker Center

419-383-3815

Health Science Campus – UTMC 1400 E. Medical Loop Toledo, Ohio 43614 http://uthealth.utoledo.edu/depts/kobacker/

• Provides inpatient and outpatient behavioral health treatment for children and adolescents.

Mental Health Support

NAMI - The National Alliance of Mental Illness 110 Linden St.

419-732-6264 www.namissw.org

Port Clinton, OH 43452

- Family oriented support, education and advocacy organization. The goal is to improve the lives of children, adolescents and adults who have mental illness and to support their families.
- Works with you in order to help your family receive the best possible treatment.

NAMI Support Groups:

NAMI CONNECTIONS

 Support group for adults with mental illness, regardless of their diagnosis. All groups are facilitated by individuals also in recovery. Meets at NAMI Mon. 7-8 pm.

V.E.N.T.- YOUNG ADULT SUPPORT GROUP (18 to 26 years old)

- V- A place where your voice is heard
- E- Accepting everyone for who they are
- N- Share in a non-judgemental atmosphere
- T- <u>Together</u> we will get through the difficult times
- For young adults 18 26 years of age who are dealing with sadness, anxiety, feelings of hopelessness. The group is peer facilitated in a supportive, non judgmental environment.
- Meets every MONDAY night from 7:00p.m. To 8:30p.m. at NAMI

NAMI Educational Classes:

The NAMI Family -To-Family Education Program

- A Free 12-week course for family caregiver of individuals with mental illness.
- For families and friends of adults living with schizophrenia, bipolar disorder, major depression, anxiety disorders and borderline personality disorder.

NAMI Basics Education Program

- A program for parents & other caregivers of children and adolescents living with mental illness
- Taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13. The course consists of six classes, each lasting 2.5 hours.

The Oak House 1819 E. State Rd. Port Clinton, OH 43452 419-734-4417 www.oakhouse-pc.org

The Oak House is a psycho-social rehabilitation center in a clubhouse environment.
 Oak House serves adults in the Ottawa and Erie Counties who are recovering from
 a mental illness. Oak House helps build a network that allows members to be self sufficient, productive members of our society.

Mental Health Crisis – Suicide Intervention

Firelands Counseling and Recovery Services 24 hour Crisis Hotline

1-800-826-1306 www.firelands.com

• For individuals experiencing a mental health or chemical dependency crisis.

National Suicide Prevention Hotline www.suicidepreventionlifeline.org (1-800-273-8255)

1-800-273-TALK



Food Assistance

Ottawa County

FOOD ASSISTANCE

ProMedica Food Clinic

Short term food assistance available to patients of the ProMedica Physician Group

Must be referred by your ProMedica PCP. Two locations:

Center for Health Services Hours: Tuesday 10 am - 4 pm 2150 West Central Avenue Pod U Toledo, Ohio 43606 419-291-8073

ProMedica Health & Wellness Center

5700 Monroe St. Suite 307 Hours: Monday 10 am – 4 pm Sylvania, Ohio 43560 Wednesday: 9 am - 4 pm 567-585-0095 Friday: 9 am – 1 pm

The Oak House – Food Bank 1819 E. State Rd. Port Clinton, OH 43452

419-734-4417

www.oakhouse-pc.org

Wednesday: 9 am – 4 pm Thursday 9 am - 4 pm

 The food pantry is free to members and operates on Monday - Friday from 10:00 a.m. to 11:30 a.m. and from 1:00 p.m. to 3:00 p.m.

Farmer's Market Nutrition Program (Senior Citizens only) **Area Office on Aging**

419-898-6459

www.aging.ohio.gov/services/seniorfarmersmarketnutritionprogram/

- Provides coupons for locally grown fruit and vegetables to low income seniors, age 60+
- To apply, call the Area Office on Aging or a local Senior Center.

Commodity Supplemental Food Program (CSFP)

Toledo Seagate Food Bank 419-244-6996

- To qualify, a senior must be at least 60 years of age and fall under the 130% of financial requirements guidelines. Applications can be found online or by calling 419-244-6996.
- The "CSFP Box" will have a combination of foods and can pick up a new box every month.
- Location Points of Food Boxes are: Port Clinton, Oak Harbor, and Genoa.

^{**} PARAMOUNT ADVANTAGE will provide transportation once per month to pick up food at the pharmacy**

COMMUNITY FOOD PANTRIES

Jerusalem Township Food Pantry

9501 Jerusalem Rd. Curtice, OH 43412 419-836-1210 Provided to low-income residents of Jerusalem Township. 2nd Wednesday of every month 9-11 a.m.

Elmore Ministerial Association

Grace Evangelical Lutheran Church 19225 Witty Rd. Elmore, OH 43416 419-862-2906 Provided to residents of Ottawa County who live in the Woodmore school district. Available the last two Fridays of every month 9:00 a.m.-12:00 p.m. Photo ID and proof of address required.

Christ Community Church

303 W. 4th St. Genoa, OH 43430 419-855-4189 Provided to residents of Genoa school district. 3rd Saturday of every month 10:00 a.m.-12:00 p.m. Photo ID and proof of address required.

Elliston Zion United Methodist Church

18045 W. William St.
Graytown, OH 43432
419-862-3166
Provided to residents of
Ottawa County who are
struggling with food
insecurity. 2nd
Wednesday of every
month 5-7 p.m. and 4th
Saturday of every month
10:00 a.m.-12:00 p.m.
Photo ID or copy of
utility bill required.

Salvation Army

1854 E. Perry St.
Port Clinton, OH 43452
419-732-2769

www.salvationarmy.org
Emergency food boxes
are offered when
needed. Call to reserve
one. ID, utility bill and
social security card are
required for everyone in
household.

Dept. Of Job and Family Services

8043 W. State Rte. 163 Suite #163 Oak Harbor, OH 43449 419-898-3688 Food Assistance Program

Church of Truth Ministries

745 S. Lake Rd. Gypsum, OH 43433 419-341-7013 No restrictions, but preference will be given to seniors, military veterans, and people with disabilities. Open every Monday and Wednesday from 11:30 a.m.-1:00 p.m. Photo ID, proof of address and proof of disability required. A weekly hot meal is also provided every Wednesday at 6 p.m., no required documents.

Seed Faith Missions

947 S. Lake St.
Gypsum, OH 43433
419-732-2399
Provided to residents of
Ottawa whose income
meets the federal
poverty guidelines.
Every Monday 11:30
a.m.-12:30 p.m. Photo
ID required. Can receive
assistance twice a
month.

Danbury Food Pantry

St. Paul Lutheran
Church
541 Church Rd.
Marblehead, OH 43440
419-732-2703
Provided to residents of
Danbury Township. 3rd
Saturday of every month
8:30 a.m.-10:00 a.m.;
closed in December.
Emergency food
provided as needed,
anytime. Must show
financial need and proof
of address.

Oak Harbor Food Pantry

St. Paul United Church of Christ 165 N. Toussaint St. Oak Harbor, OH 43449 419-898-0852 Provided to residents of Bento-Carroll-Salem School District, which includes Oak Harbor, Graytown, Rocky Ridge, Carroll Twp., Benton Twp., Erie Twp., and Salem Twp. One services per month. **Every Monday and** Thursday 8:30-11:30 a.m., excluding holidays/ Proof of residency required.

Community Support Services

Sutton Center 1848 E. Perry St. Suite #60 Port Clinton, OH 43452 419-734-9718 Must phone for appointment; food is usually provided the next day. Service is provided every 6 months.

St. Vincent De Paul Society

301 W. 2nd St. Port Clinton, OH 43452 Provided to residents of Port Clinton City School District. Every other Saturday in 2017 8-9:30 a.m. Photo ID and proof of address required.

For information regarding On-Site Congregate Meal locations and times: Call United Way 211 or 1-800-650-4357

HOME DELIVERED MEALS

Ohio District 3 Area Agency on Aging, Inc.

1-800-653-7723

• www.aaa3.org

Ohio District 5 Area Agency on Aging, Inc.

1-800-860-5799

• www.aaa5ohio.org

Meals on Wheels 1-877-898-6459

- Offered to Ottawa County residents who are 60 years of age or older, homebound, unable to participate in senior dining site program, unable to obtain food or prepare meals, no adult living within the same building or area and be able to prepare meals.
- Suggested donation for meals is \$3.00

Mom's Meals 1-877-508-6667

- www.momsmeals.com
- A national provider of fresh-made, home-delivered meals and nutrition services for individuals desiring convenience or independent living and for patients recuperating at home or managing a chronic disease.

Homestyle Direct Meals

1-866-735-0921

- www.homestyledirect.com
- Provides quality, fresh-frozen meals available for online ordering and direct home delivery.
- Call or go online for cost and program information.



Housing Assistance

Ottawa County

HOUSING

OCHA 419-734-7622

Ottawa County Housing Authority 400 W. Third St. Port Clinton, OH 43452 www.orsinc.org/index.html

- Low income housing based on income and other eligibility criteria.
- Provides housing for adults, families, seniors, and persons with disabilities.
- There will likely be a waiting list.

Information needed during the application process:

- The social security numbers, names and dates of birth of all family members.
- Income(s) of all family members
- Pen and paper to write down your Online Pre-Application Confirmation Number.
 This number is necessary for future log ins to the application portal, to prove your identity, and make changes to your application.

HUD Subsidized Housing for Seniors (62+) or the disabled - Non MHA

These residential units are only for the elderly (62+) or if younger must be disabled. These are non-LMHA properties. Rental amount is based on income. Contact the individual housing complex for application and eligibility criteria.

Rose Acre Manor
Apartments
110 E. 12th St.
Port Clinton, OH 43452

419-734-7622

Ottawa Residential Services, Inc. (ORSI) Multiple Locations 419-734-7622 **Apartments** 500 W. Catawba Rd.

500 W. Catawba Rd. Port Clinton, OH 43452 **419-734-4552** Mercy Outreach Ministries III

9129 W. State Rte. 163 Oak Harbor, OH 43449 **419-836-7741**

HUD Subsidized Apartments for Adults and Families

These residential units are only for individuals who are 18 years of age and older. These are non-LMHA properties. The applicant may need to have custody of a dependent child for some of the complexes listed.

Perry's Glen

1195 W. Fremont Rd. Port Clinton, OH 43452

419-734-5002

Lakeview Estates

205 Buckeye Blvd. Port Clinton, OH 43452

419-732-0385

Port Clinton Pointe

1265 W. Fremont Rd. Port Clinton, OH 43452

419-732-3500

Covenant Harbor

234 Finke Rd. Oak Harbor, OH 43449

419-898-6460

Marblehead Commons

261 S. Bridge Rd. Lakeside Marblehead, OH

901-818-3268

43440

The Housing Choice Voucher Program – Section 8

Ottawa County Housing Authority

419-734-7622

- This program provides housing vouchers to very low income families, the elderly, and persons with disabilities to pay for rent.
- If approved, the applicant must locate their own housing and the selected housing unit must meet the program's requirements.
- There is long waiting list for this program and new applicants may only apply when MHA opens the waiting list which is announced through a public notice in the local newspapers.

Rental and Home Ownership Assistance

Salvation Army

1854 E. Perry St.

Port Clinton, OH 43452

419-732-2769

- Provides emergency rent assistance when funding available.
- Required documents:
 - Eviction notice
 - Proof of income for all members of the household for the past 30 days
 - Proof of address from the past 30 days
 - Picture IDs of all adults in the household
 - o Birth certificates for all minors in the household.

WSOS Permanent Supportive Housing

419-734-2652

1854 E. Perry St.

Port Clinton, OH 43452

- Provides permanent rental assistance to those who are homeless. This program
 is only for individuals who have a disability and need assistance to find and pay
 for housing.
- Rental assistance, home visits, budgeting, goal setting, and referrals to other agencies.
- To be eligible: must provide proof of homelessness and proof of disability.

WSOS Transitional Housing

1854 E. Perry St.

Port Clinton, OH 43452

419-734-2652

419-734-9494

- Provides up to 24 months of rental assistance to those who are homeless. This
 program is not permanent and is only for those who need assistance to find and
 pay for housing.
- Rental assistance, home visits, budgeting, goal setting, and referrals to other agencies.
- To be eligible: must provide proof of homelessness.

USDA Rural Development

419-422-0242

- Provides assistance to low-income families to purchase a home with government assistance.
- The 502 Direct Housing loan program is available to eligible very low and lowincome households to purchase and exiting home or build a new home in rural areas or small towns.
- Financing under this program is available for up to 100% loan-to-value. No down payment is required, closing costs are around \$2,500 and, if possible, may be included in the loan. Rural Development does not change any points or application fees and does not require mortgage insurance.
- Eligibility is based on household size, income, and mortgage payment may be subsidized to as low as 1% interest rate. However, part of this assistance may be recouped if there is equity in the home when it is sold or refinanced. The house payment does include an escrow for real estate taxes and homeowner's insurance. The home to be purchased must be modest in size and in good repair and in an eligible area. Applicants cannot own a home.
- For more information on either program or an application, contact the Findlay Area Office at (419) 422-0242 or check out the website at www.rd.usda.gov/oh

Area Office on Aging of Northwestern Ohio, Inc.

Housing Department 2155 Arlington Avenue Toledo, Ohio 43609 419-382-0624 1-800-472-7277

• Provides information & referral on housing for older adults including lists of rent subsidized apartments available in Northwestern Ohio.

Ohio Housing Locator

www.ohiohousinglocator.org

HOMELESS SHELTERS

Call United Way 211 for a referral to one of the following shelters			
Liberty Center of Sandusky County	1421 E. St. Fremont	419-332-8777	
Aurora House (transitional housing for women and their children)	1035 North Superior Toledo	419.244.3290	
Viewpoint	215 E. Shoreline Dr. Sandusky	419-625-1101	
Cross Roads	1843 Superior St. Sandusky	419-626-6505	
Family House (families)	669 Indiana Ave. Toledo	419.242.5505	
Cherry St. Mission (men)	105 17th St. Toledo	419-242-5141	
Beach House (families, no single men)	915 N. Erie St. Toledo	419.241.9277	
St. Paul's Community Center	230 13th St. Toledo	419.255.5520	
Toledo Gospel Rescue Mission (men)	1917 Jefferson Ave.	419.241.6579	

NOTE: for Domestic Violence shelters, see the Domestic Violence chapter



Utility, Telephone, and Internet Assistance

UTILITY and PROPERTY TAX ASSISTANCE

Home Energy Assistance Program (HEAP)

1-800-282-0880

Ohio Dept. of Development

www.development.ohio.gov/is/is_heap.htm

- Provides a winter heating credit to low income individuals/households between Nov. 1–Mar. 31
- Household income must be at or below 175% poverty level.
- Obtain application from area senior centers, libraries, by calling the above number, or online.

HEAP Income Limits (for the 2017-18 season)

Household Size	Annual Income	Past 3 Months	Household Size	Annual Income	Past 3 Months
1	\$21,105	\$5276	5	\$50,365	\$12,591
2	\$28,420	\$7105	6	\$57,680	\$14,420
3	\$35,735	\$8934	7	\$64,995	\$16,249
4	\$43,050	\$10,763	8	\$72,310	\$18,078

For households with more than 8 members, add \$7,315 per member for 12 month calculation or \$1,829 for 3 month calculation.

Winter Crisis Program (Emergency HEAP)

419-734-2652

WSOS

1854 E. Perry St.

Port Clinton, OH 43452

- Provides emergency financial assistance to low-income households to avoid a disconnection of their heating service (gas or electric) between November 1 – March 31.
- Financial Income Criteria: 175% poverty level. See table above.

Summer Crisis HEAP Program

419-734-2652

WSOS

1854 E. Perry St.

Port Clinton, OH 43452

- Household income must be at or below 175% poverty level.
- Must have a member of the household who is at least 60 years old; or if under 60, must provide physician documentation of medical necessity.
- One-time payment assistance provided for summer electric bill and purchase of an AC unit.

Salvation Army 419-732-2769

1854 E. Perry St. Port Clinton, OH 43452

Emergency assistance for utilities, rent, very short term emergency housing (1 – 2 days), medications, gasoline voucher if needed to get to a new job or medical appointment.

Medical Extensions - for a 30-day delay of a gas or electric shut off:

 In the event of an electric or gas disconnection notice, you may contact your utility company to inquire if an extension may be approved due to a medical condition:

Columbia Gas: 1-800-344-4077Toledo Edison: 1-800-447-3333

Percentage of Income Plan Plus (PIPP)

Pathway HEAP Program 505 Hamilton Street Toledo, Ohio 43604 1-866-504-7392 419-242-7304

http://development.ohio.gov/is/is_pipp.htm

The following information was taken directly from the Ohio PIPP Plus website above:

- <u>PIPP Plus</u> allows eligible customers to make affordable monthly energy payments on a year-round basis.
- You must have a gross yearly household income at or below 150 percent of the federal poverty guidelines.
- Electric and natural gas customers who qualify pay \$10 or 6 percent of their gross monthly household income, whichever is greater, to the utility company each month.
- If the utility provides both gas and electric services or if the customer has an allelectric home, the payment is \$10 or 10 percent of the gross monthly income, whichever is greater.
- When PIPP Plus payments are made on-time and in-full, customers earn an incentive credit and an arrearage credit. Each time you pay your required monthly payment on-time and in-full, you no longer owe the rest of that month's billed amount. You also receive a 1/24 credit toward any old debt.
- If you make full, on-time payments for 24 straight months, all of your arrearages will be eliminated.
- To apply, call the Pathway (EOPA) office at the phone number above.
- You may also enroll in PIPP Plus by completing the Energy Assistance Program
 application and mailing it to The Ohio Department of Development. You must
 provide proof of your gross monthly household income for at least the last three
 months.

Homestead Property Tax Discount Ottawa County Auditor's Office

419-734-6740 www.ottawacountyauditor.org

Qualifications for the homestead tax exemption:

- Applicants must be 65 or older, or totally and permanently disabled. If disabled, one must provide a certificate of disability or have his or her physician sign an exemption form and include the date of the disability.
- Applicants must own and occupy their home or mobile home or at least have an ownership interest such as land contract or lease purchase.
- New applicants for 2017 must have a Total Household Adjusted Gross Income of \$31,800 or less.

Dept. Of Job and Family Services

419-898-3688

8043 W. State Rte. 163 Suite #163 Oak Harbor, OH 43449

Columbia Gas Warm Choice Program Ground Level Solutions (GLS)

1-800-537-8210 614-861-7992

www.groundlevelsolutions.org/

www.columbiagasohio.com/residential/save-energy-money!/warmchoice

- Financial Eligibility: 150% poverty level or current participant in PIPP or HEAP programs.
- Must have an active Columbia Gas account. It is available to both home owners and renters.
- A home inspection is done in order to recommend the most energy efficient improvements that can be made to your home.
- Services may include:
 - Safety inspection
 - Tune-up/repair of heating units and/or stoves
 - o Insulation of attics, sidewalls, floors, heating ducts, and water tanks
 - Reduction of air leakage from major sources.
- For more information, call Ground Level Solutions at the above phone number.

First Call for Help

Dial 2-1-1

419-246-4636

• Maintains information on all of the current utility assistance programs available.

TELEPHONE and INTERNET ASSISTANCE

The Lifeline and Link Up Telephone Assistance Programs

1-888-641-8722 www.fcc.gov/lifeline

- Low income households may apply for one program:
 - A monthly discount on basic local landline telephone service, waiver of installation and deposit fees, and have optional toll blocking and 900/976 blocking at no additional charge

OR

- Free Wireless phone service
- Eligibility: household income must be at or below 150% of the federal poverty level or participate in public or state assistance programs including Medicaid, Food Stamps, SSI, Section 8 Housing, HEAP, TANF, or the National School Lunch Program's Free Lunch.
- Contact your local telephone service provider to apply or call USAC at 1-888-641-8722 for more information.

Access from AT&T Discounted Internet

www.att.com/access 855-220-5211 English 855-220-5225 Spanish

- Low cost home internet for households who participate in SNAP Supplemental Nutritional Assistance Program (Foodstamps).
- Must not have any outstanding debt for AT&T fixed internet service within the prior 6 months nor any unpaid debt with this program (Access).
- No contract, No deposit, No installation fee
- Plans from \$5 10 per month depending on desired internet speed.
- Service not available in all geographic areas. Check on line for more information.



Transportation Assistance

Ottawa County

TRANSPORTATION

Ottawa County Transportation Agency (OCTA)

419-898-7433

- General public transit system that provides curb-to-curb advances reservation, shared ride service to anyone in Ottawa County who wants transportation for any reason.
- Vehicles operate from 6:00 a.m. to 11:00 p.m. seven days a week.
- Fares are reasonable and based on pick-up and destination points. Discounted fares are offered to senior citizens and those with eligible disabilities.
- Vehicles are wheelchair-accessible. Car seats will not be provided. For any specialized equipment, call the office to discuss options.

Paramount Advantage Transportation

1-866-837-9817

- Provides non-ambulance, non-emergency medical transportation for Paramount Advantage members.
- Limited to 30 one-way or 15 round trips per member, per 12-month period for health care, WIC, or CDJFS (welfare) re-determination appointment.
- Need to provide 48 hours/2 business days' notice when scheduling the transport.
- To schedule a ride, call 1-866-837-9817.

CareSource Medical Transportation

1-800-488-0134

- For Caresource Medicaid members only.
- Need to provide 48 hours/2 business days' notice when scheduling the transport.
- Limited to 30 one-way or 15 round trips per member, per 12-month period.

United Health Care Comm. Health Plan Transportation

1-855-201-8342

- For United Health Care Medicaid Members only.
- Need to provide 48 hours/2 business days' notice when scheduling the transport.
- Limited to 30 one-way or 15 round trips per member, per 12-month period

Buckeye Community Health (Medicaid) Transportation

1-866-531-0615

- For Buckeye Medicaid Members only.
- Need to provide 48 hours/2 business days' notice when scheduling the transport.
- Limited to 30 one-way or 15 round trips per member, per 12-month period.

Ambulette Services (Wheelchair Vans) - Private Pay or Medicaid				
ProMedica Transportation* Network 1-800-589-4994	Smart Start Transportation 419-236-9877	Apple-A-Day 419-242-7753		
Best Choice Transportation 419-932-1130	Community Transit Svcs 419-868-7433	Morgan Transit 419-866-5911		
Hanco EMS LLC (stretcher and ambulette) 419-423-2912	TLC 419-476-9350	*Does not provide ambulette/ambulance service from private residences – only from facilities.		

Multiple Sclerosis Society

419-897-9533 1-800-344-4867

Ohio Buckeye Chapter

- Provides financial assistance for air conditioning units, personal cooling items, medical equipment, scholarships for equestrian and aquatic classes, utility shutoffs, home and vehicle modifications, rent and mortgage, and transportation to medical appointments.
- Must have a M.S. diagnosis.
- There are no financial criteria but assistance is determined on a case by case basis.

Kidney Foundation of Northwest Ohio

419-329-2196 www.kfnwo.org

- Temporary funding to provide transportation to and from dialysis treatments, medications and other emergency situations.
- Contact the dialysis social worker for referral

Handicapped Parking Placards

- Download application from Ohio BMV website: http://publicsafety.ohio.gov/links/bmv4826.pdf
- May also obtain application at the local Ohio Deputy Registrar License Agency:
 - o 220 Madison St., Port Clinton, OH 43452

419-732-3017

Veterans Memorial Building

419-898-2089

8444 W. State Rte. 163 Suite #102

Oak Harbor, OH 43449

- Provides medical transportation to any VA medical appointment at: Toledo CBOC, Sandusky CBOC, Parma CBOC, Wade Park VAMC, and Ann Arbor VAMC.
- Must schedule ride 24 hours in advance.
- To accommodate clients, three locations are provided as pick-up locations: Ottawa County Veterans Service Office, County City Complex, and Knoll Crest Plaza (Old Wal-Mart Parking Lot).

Dept. Of Job and Family Services

419-898-3688

8043 W. State Rte. 163 Suite #163

Oak Harbor, OH 43449

- Provides transportation services or mileage reimbursement for Medicaid recipients for non-emergency medical transportation for miles traveled to a Medicaid covered service when the managed care plan provider cannot provide service.
- Must be ambulatory (able to get into and out of a cab without assistance).

Salvation Army 419-732-2769

1854 E. Perry St.

Port Clinton, OH 43452

• Provides bus passes when available.

A+ Steiny's Cab Company LLC	419-734-9480
After Hours Taxi	419-732-6151
ECI Inc.	419-443-0767
Home Instead Senior Care, Incidental Transportation for Seniors	419-734-5050
JD's Cab Company LLC	419-707-2544
Linda's Dependable Taxi Cabs	419-898-7433



Safety Services

Ottawa County

SAFETY SERVICES

Open Arms <u>www.openarmsfindlay.com</u>

Domestic Violence & Rape Crisis Services

Shelter: 419-420-9261 24-Hour Crisis Hotline: 419-422-4766

PO Box 496

Findlay, Ohio 45840

Emergency Shelter for victims of domestic violence for a 30-day stay.

- Also provides Rape Crisis Services 24 hours per day, 7 days per week
- Provides group support, prevent and education programs, information and referral, individual support and education, legal advocacy, and services for friends and family members.

First Step 24/7 Crisis Line

1-800-466-6228

P.O. Box 1103 Fostoria, OH 44830 <u>firststepweb.org/home/programs/stop-family-violence</u>

- Emergency shelter services for up to 30 days.
- Advocacy services to help assist with filing paperwork for protection orders and applying for victim's assistance. Advocates are also available to provide emotional support through court proceedings.
- Passages class offers education on relationship dynamics and healthy ways to manage relationships.

The Cocoon Shelter - Wood County

Bowling Green, OH 43402

419-352-1545 1-800-472-9411

- Domestic Violence Shelter for women and children
- Provides case management, counseling, and support to victims of domestic violence.
- Provides assistance or referrals for emergency food, clothing, personal care items, transportation, financial and budgeting assistance.
- Call The Link at the above number to be referred to the shelter.

Violence Against Women (Toledo/Lucas County program) 24 Hour Crisis Response Team

419-261-7446

 Provides 24-hour, short-term crisis intervention, referral services, and support to victims of domestic violence.

YWCA of Northwest Ohio

419-241-7386

1018 Jefferson Ave. Toledo, OH 43604

- Emergency domestic violence shelter, crisis intervention, support groups, parenting skills, case management, referral and advocacy services.
- The Domestic Violence Shelter also houses pets of survivors as a part of the safety plan.

Community Support Services

419-734-9718

1848 E. Perry St. Suite #60 Sutton Center Port Clinton, OH 43452

Provides a weekly support group for victims of domestic violence.

Bethany House P.O. Box 5930 Toledo, OH 43613 419-727-4948 www.bethanyhousetoledo.org

• Long term shelter for domestic violence survivors and their children.

VICTIM ASSISTANCE PROGRAMS:

Ottawa County Prosecutor's Office

1854 E. Perry St. Suite #205 Port Clinton, OH 43452 **419-734-3266**

- Provides assistance and support to victims of violent crime.
- Provides education to victims regarding their rights.
- Escorts victims to court hearings/proceedings
- Educates victims on court procedures and etiquette.
- Provides employer interventions, crisis counseling, and referrals for long-term counseling.
- Notifies victims of court dates, continuance, motions for early release, and parole hearings.
- Assists victims to file for financial compensation under Ohio's Crime Victim Compensation Program.

The Center for Safe and Healthy Children

1900 Chapel Dr. Findlay, OH 45840

419-425-1475 http://hancocksafechildren.com/

• This is the only certified Child Advocacy Center (CAC) in a 50-mile radius.

- The child tells their story once to a trained interviewer who knows the right questions to task in a way that does not re-traumatize the child.
- A team that includes medical professionals, law enforcement, mental health, prosecution, child protective services, victim advocacy, and other professionals make decisions together about how to help the child based on the interview.
- CACs offer therapy and medical exams, plus courtroom preparation, victim advocacy, case management, and other services.

The Ohio Victims of Crime Compensation Program

1-877-584-2846

Attorney General's Office Columbus, Ohio

1-800-582-2877

www.ohioattorneygeneral.gov/victimscompensation

• This programs offers compensation to innocent victims of violent crime for out-of-pocket and unreimbursed expenses resulting from the crime.

The Ohio Domestic Violence Network

1-800-934-9840

www.odvn.org

National Domestic Violence Hotline

1-800-799-SAFE (7233)

PROTECTIVE SERVICES:

Adult Protective Services

419-898-3688

Dept. Of Job and Family Services 8043 W. State Rte. 163 Suite #163 Oak Harbor, OH 43449

• Investigates reports of abuse, neglect (by self or others) and exploitation of older adults, age 60 or older. Referrals can be made by any concerned parties.

Child Protective Services

419-898-3688

Dept. Of Job and Family Services 8043 W. State Rte. 163 Suite #163 Oak Harbor, OH 43449

• Investigates reports of child abuse and neglect; provides protective services to children who are at risk for abuse and or neglect.

Ottawa County Board of Developmental Disabilities

235 N. Toussaint S. Rd. Oak Harbor, OH 43449

www.ocbdd.org

419-898-0400

 Investigates reports of abuse and neglect of developmentally disabled individuals and provides protective services to those who are at risk for abuse and or neglect.

Long Term Care Ombudsman (Northwest Ohio)

1-800-542-1874

Advocates for Basic Legal Equality (ABLE)

"Ombudsmen field complaints about long-term care services, voice clients' needs and concerns to nursing homes, home health agencies, and other providers of long-term care. While they do not "police" nursing homes and home health agencies, they work with the long-term care provider and you, your family, or other representatives to resolve problems and concerns you may have about the quality of services you receive" (Source: Ohio Department of Aging Website)

Family and Child Abuse Prevention Center

419-734-3266

323 Buckeye Blvd.

Port Clinton, OH 43452

Domestic Violence Advocacy Program

SENIOR SAFETY PROGRAMS:

Ottawa County Senior Resources 8180 W. State Rte. 163 Oak Harbor, OH 43449 419-898-6459

- 911 Cell Phones for Seniors
- Eligibility requirements at Ottawa County Resident and 60 years of age or older

Ottawa County Sheriff's Office 315 Madison St. Room 110 Port Clinton, OH 43452 419-734-4404

- Project Lifesaver is an active response to the problem of locating people who may not be able to find their way home – before they become victims. Those enrolled in the Project Lifesaver program wear a wristband that transmits radio signals every second, 24 hours a day. The signal can be tracked over several miles on the ground by members of the Ottawa County Sheriff's Office or from the air by helicopter. Help is immediate once a family/caregiver notifies the Sheriff's Office.
- Eligibility requirements at Ottawa County Resident and 60 years of age or older

CONSUMER PROTECTION SERVICES:

Better Business Bureau 3103 Executive Pkwy Toledo, Ohio 43606

1-800-743-4222 419-531-3116 www.toledo.bbb.org

- Investigates consumer complaints against businesses in NW Ohio and SW Michigan.
- Maintains records of consumer complaints for individual companies/businesses

Attorney General of Ohio

1-800-282-0515

Consumer Protection Office

Deals with issues of consumer fraud.

Do-Not-Call Registry

888-382-1222

www.donotcall.gov

 Anyone can register their home, cell, fax and pager numbers with the Federal Government "Do-Not-Call Registry" to help prevent unwanted calls from telemarketers for five years.

WTOL - Toledo 11 Call For Action

419-255-2255

730 North Summit Street Toledo, Ohio 43604

www.wtol.com

- This is a non-profit volunteer based telephone service that provides information, referral and action focused on resolving problems related to consumer scams/fraud.
- This is a free and confidential service.
- Hours: Tuesdays, Wednesdays, and Thursdays from 11 a.m. to 1 p.m.

WTVG - 13 ABC 4247 Dorr Street Toledo, Ohio 43607

419-531-1313 www.13abc.com

Investigative reporting in regard to experiences with consumer fraud.



MEDICAL ASSISTANCE AND DENTAL SERVICES

Ottawa County Department of Job and Family Services

419-898-3688

8043 W. State Rte. 163 Suite #163 Oak Harbor, OH 43449

- Provides services including TANF: Temporary Assistance for Needy Families (limited cash assistance), food stamps, and medical coverage for eligible children and adults.
- Medicaid covers such services as physician, hospital, ambulance, home health services, inpatient hospital care, laboratory and x-rays, long term care, dental services, medical supplies, prostheses, out-patient hospital and clinic services, pharmacy services, physician services and psychiatric services.
- Must meet financial criteria requirements.
- Some Medicaid programs require a determination of disability to qualify.
- The fastest way to apply is online at: http://benefits.ohio.gov/
- May also apply at the Lucas County JFS office (address and phone number above).

Healthy Start Medicaid:

- For Children up to 19 years of age without health insurance: 206% poverty or lower
- Children up to 19 years of age with health insurance: 156% poverty or lower
- Pregnant women: 200% poverty or lower.

2017 Medicaid Financial Eligibility Criteria

Household Size	Adults 19 – 64	Pregnant	Children without	Children with
Percent of FPL:	138%	Women	Insurance	Insurance
		200%	206%	156%
1	\$1367	\$1980	\$2040	\$1545
2	\$1843	\$2670	\$2751	\$2083
3	\$2319	\$3360	\$3461	\$2621
4	\$2795	\$4050	\$4172	\$3159
5	\$3271	\$4740	\$4883	\$3698
6	\$3747	\$5430	\$5593	\$4236
7	\$4224	\$6122	\$6306	\$4775
8	\$4703	\$6815	\$7020	\$5318

Healthcare Marketplace

1-800-318-2596

www.healthcare.gov

- Government Subsidized Health Care Insurance
- Health Insurance for uninsured Americans with cost based on income.
- Eligibility Criteria:
 - Must live in the United States
 - Must be a U.S. citizen or national (or be lawfully present)
 - Cannot be incarcerated
 - Not eligible for Medicare
- Apply for Marketplace coverage:
 - Online at: <u>www.healthcare.gov/marketplace</u>
 - By phone: Call 1-800-318-2596 or TTY: 1-855-889-4325
- 2018 Open Enrollment: November 1, 2017 January 31, 2018.

To apply outside of the open enrollment period, one must have a qualifying life event such as getting married, divorced, having a baby or adopting a child, losing job based insurance coverage. For a full list of qualifying life events, refer to the www.healthcare.gov website.

- You will not qualify for a Special Enrollment Period if:
 - You lose coverage because you didn't pay your premium.
 - You voluntarily drop your coverage prior to the end of the plan year.

Medicaid Consumer Hotline "Benefits Check-Up" Area Office on Aging 1-800-324-8680 419-382-0624 1-800-472-7277

www.benefitscheckup.org

- Consumers may complete an application providing financial information to find out which government assistance programs they may qualify.
- "Benefits Check-Up" does not apply for programs on your behalf but will provide you with direction on where to start.

Ohio Benefits Bank

www.ohiobenefits.org

- Provides on-line and in person assistance to link you with community resources for needs including food, housing and utility assistance, child care, health coverage, college student financial aid, and filing income tax returns.
- To find a local agency with an Ohio Benefits Bank Counselor on-site: https://secure.thebenefitbank.org/ums?task=locator
- Also see other sections of this guide for food, housing, and utility assistance.

MEDICATION ASSISTANCE

MEDICARE PART D DRUG PLAN

1-800-633-4227

www.medicare.gov

- Medicare contracts with many insurance companies to provide drug coverage through Part D
- Open enrollment for current Medicare beneficiaries: Oct 15 Dec 7 each year
- When enrolling, have your Medicare card and list of prescription medications/dosages with you

2018 Part D Plan Specifics:

- During the initial coverage phase, you pay a <u>co-payment</u> and your Part D drug plan pays its share for each covered drug until your combined amount (including your deductible) reaches \$3750.
- Once you and your Part D drug plan have spent \$3750 for covered drugs, you will be
 in the coverage gap, also called the "donut hole". For 2018, the copay for covered
 brand-name prescriptions is 35% of the cost; covered generics copays are 44% while
 in the "donut hole".
- When you spend more than \$5000 out-of-pocket, the coverage gap (donut hole) ends and your drug plan pays most of the costs of your covered drugs for the remainder of the year. You will then be responsible for a small copayment. This is known as catastrophic coverage.

MEDICARE PART D "EXTRA HELP" with Part D Prescription Drug Costs

- Medicare Part D recipients may qualify for lower drug co-pays and a reduced or waived Part D premium. The income and financial asset limits for 2018 are as follows:
 - For single persons: annual income below \$18,090 and assets less than \$13.820
 - For a married couple: combined annual income less than \$24,360 and combined assets below \$27,600.
 - o There is no coverage gap (donut hole) with the Extra Help benefit.
- For **2018**, if you qualify for "Full Extra Help", costs for generics are no more than \$3.35 and brand name \$8.35.
- Apply on line at <u>www.socialsecurity.gov</u> or call the Area Office on Aging at 419-382-7060.

NOTE: applying for the "extra help" does not enroll a patient in the Medicare Drug Plan. Medicare recipients still have to enroll in a Part D plan.

Buderer Drug Co. Drug Repository Program

26611 N. Dixie Hwy, Suite 119 Perrysburg, OH 43551 y Program 419-873-2800 800-318-3408 www.budererdrug.com/drug-repository-program

- Low cost medications (must pay a copay)
- Medications are available on a first come, first serve basis
- Not all medications are available.
- Eligibility:
 - Must be a resident of Ohio
 - Must have no 3rd party drug reimbursement coverage for the drug prescribed; or
 - o Is a patient of a non-profit clinic
- Refer to the above website for additional details and limitations of the program.

The Patient Access Network (PAN) Foundation www.panfoundation.org 1-866-316-PANF(7263)

The Healthwell Foundation www.healthwellfoundation.org 800-675-8416

The above 2 foundations help individuals **with** health insurance pay their out-of-pocket costs for prescribed medications that treat certain diagnoses/diseases. For a list of approved diagnoses/disease conditions, call them directly or refer to their websites.

- General Eligibility Criteria:
 - Must be insured and the insurance must cover the specified medication.
 - The medication must directly treat the specified illness/disease.
 - o The patient must meet the individual program's income criteria.
- Apply on-line or by phone.

Pharmaceutical Patient Assistance Programs

1-888-477-2669

- For low income individuals with no prescription coverage.
- Call **1-888-477-2669** or access online through:
 - www.pparx.org
 - o <u>www.needymeds.org</u>
 - o <u>www.rxassist.org</u>

Emergency Medication Assistance

Salvation Army Elmore Service Unit

419-862-3589

- Bill payment assistance for emergency medical bills.
- Residents of Woodmore School District who are in need.

Salvation Army Port Clinton Service Area

419-732-2769

- Bill payment assistance for emergency medical bills.
- Residents of Ottawa County who are in need.

WSOS Community Action Commission, Inc.

Ottawa County Resource Center 8043 W. State Rte. 163 Oak Harbor, OH 43449 419-898-3688

• Assists with prescriptions.

Veterans Memorial Building

419-898-2089

8444 W. State Rte. 163 Suite #102 Oak Harbor, OH 43449

- Provides medical safety products to veterans or their family members free of charge – these include walkers, canes, crutches, bath or shower chairs/benches, raised toilet seats and motorized scooters.
- Provides emergency financial assistance on a temporary basis to eligible veterans and their dependents.

Kidney Foundation of Northwest Ohio

419-329-2196

www.kfnwo.org

• Financial assistance for medications related to kidney/renal disease.

DENTAL CARE

Community Health Services

419-334-3869

410 Birchard Ave. Fremont, OH 43420

Medical and dental clinics at a sliding scale fee rate.

Tiffin Community Health Center Dental Office

419-455-8140

71 S. Washington St. Tiffin, OH 44883

Medical and dental clinics at a sliding scale fee rate.

The Dental Center of Northwest Ohio

419-241-6215

2130 Madison Ave. Toledo, OH 43604

- Accepts Medicaid and Medicaid-related HMO's and most private insurance plans.
- To be eligible, your annual household income must be at or below 200% of the Federal Poverty Level. For eligible families without Medicaid, HMO's, or insurance, dental services for children under age 18 are billed at \$20 per visit (fee subject to change). For adults without Medicaid or insurance, private pay fees are based on the Medicaid reimbursement rate.

Dental OPTIONS 1-888-765-6789

 This program refers Ohio's uninsured or low income individuals with volunteer dentists or dental clinics for donated or discounted care. Must meet certain financial criteria. Call 1-888-765-6789 for more information.



Employment & Financial Management

Ottawa County

EMPLOYMENT AND JOB TRAINING ASSISTANCE

OHIO MEANS JOBS
Ottawa County Dept of Job and Family Services
State Rte. 163
Oak Harbor, OH 43449

Ohio Means Jobs has a variety of resources and services to aid job seekers in their search or with retaining their current job. Below is a list of services at the One-Stop Career Center:

- Education and training
 - GED classes
 - o Financial aid information
 - English as a second language
- Career exploration information
 - Basics of finding a job
 - Resume tips
 - Cover letter tips
 - Interviewing tips
 - Job search workshops and services
- Supportive services
 - Transportation
 - Medical care
 - Counseling

THE PROMEDICA EBEID INSTITUTE

567-585-0056

Job Training Program 1806 Madison Ave. Toledo, OH 43604

www.promedica.org/pages/service-to-the-community/ebeid-institute.aspx

- A 6-12-month training program designed to provide a hands-on learning experience for local residents. The program aims to:
 - Provide employment skills training, which entails work habits, skills and attitudes sought by all employers in order to enhance their future employability.
 - Provide financial coaching and counseling services focused on budgeting, savings, debt resolution, credit repair and long-term financial goal achievement.
 - Provide access to income supports necessary to ensure success.
- Provide trainees with a temporary placement that will:
 - o Introduce trainees to the professional working environment
 - Introduce trainees to potential future career opportunities
 - Provide adequate supervision and feedback to engage trainees
 - Provide additional income for the family

Provide trainees with a rich learning experience

Note: class sizes are limited. Call the above phone number to inquire if applications are currently being accepted for the program.

Goodwill Industries of Erie, Huron, Ottawa and Sandusky Counties, Inc.

Fremont Plant

419-334-7566

1597 Pontiac Ave. Fremont, OH 43420

TDH Enterprises, Inc.

419-732-1420

1848 E. Perry St. <u>www.tdhenterprises.com</u> Sutie #60 Port Clinton, OH 43452

Provides assistance in finding employment for people with disabilities.

JobsOhio Region 2 Ready to Work

419-333-4102

Brady Building 219 S. Front St. Fremont, OH 43420

- Job training for long-term unemployed or veterans at no or minimal cost.
- Career coaching, support services, and job-placement assistance are provided.

Ohio Fatherhood Program

419-334-8911

Brady Building 219 S. Front St. Fremont, OH 43420

- Strengthens ties among fathers and their children.
- Must be father who resides in Ottawa County.
- One-on-one meetings, community referrals, parenting education, GED preparation, employment services and financial planning are provided.

National Rehabilitation Information Center

1-800-346-2742

- Resources for **employment**, advocacy, benefits, and financial assistance, education, technology, and more.
- More information found at <u>www.naric.com</u>

BUREAU OF VOCATIONAL REHABILITATION (BVR)
5241 Southwyck Blvd

419-866-5811 Voice/TTY 800-589-5811 Voice/TTY

Toledo, OH 43614

 Vocational assessment and training for persons with disabilities who are seeking employment

Prevention, Retention, and Contingency Funds (PRC) - Ottawa County Job & Family Services

- Emergency Assistance for adults who have legal and physical custody of minor children
- Household Income Criteria: At or below 200% of the Federal Poverty Level for family size
- Assistance includes:
 - Child Welfare Services
 - Family Disaster Assistance
 - Employment and Training
 - Transportation Services
 - Temporary Assistance for Needy Families (TANF) Ohio Youth Works Program

Job Boards/Listings

<u>www.careerbuilder.com</u> <u>www.monster.com</u> <u>www.ohiomeansjobs.com</u>

www.indeed.com

<u>www.snagajob.com</u> <u>www.jobsonline.net</u> <u>www.simplyhired.com</u>

Government Jobs

State of Ohio http://careers.ohio.gov

USA Jobs www.usajobs.gov

Veteran Administration Jobs <u>www.va.gov/jobs</u>

County Jobs: Check your local county website for county job

listings.

FINANCIAL MANAGEMENT - BUDGETING ASSISTANCE

FINANCIAL OPPORTUNITY CENTER

567-585-0059

THE PROMEDICA EBEID INSTITUTE 1806 Madison Ave. Toledo, OH 43604

- Provides financial coaching and counseling services focused on employment, budgeting, savings, debt resolution, credit repair and long-term financial goal achievement.
- Tax preparation services also provided through the Ohio Benefit Bank (see below)

Ohio Benefits Bank

www.ohiobenefits.org

- Provides on-line and in person assistance to link you with community resources for needs including food, housing and utility assistance, child care, health coverage, college student financial aid, and filing income tax returns.
- To find a local agency with an Ohio Benefits Bank Counselor on-site: https://secure.thebenefitbank.org/ums?task=locator

Lutheran Social Services

www.lssnwo.org

- Crossroads offers financial coaching, debt management services, credit building services, education and employment readiness training, in two locations including the Scott and Robinson Community Hub.
- The LSS Financial Opportunity Centers in collaboration with the Greater Toledo United Way and the Local Initiatives Support Corporation Toledo.
- Financial education workshops are offered throughout the community by request. Call Megan at **419-475-3258** for an appointment with a Financial Coach today.

Ohio State Extension – Ottawa County Office

419-898-3631

240 W. Lake St.

Unit C

Oak Harbor, OH 43449

- Provides financial management workshops via Department of Job and Family Services referrals or self-referrals.
- Call for schedule.

WSOS Community Action Commission

888-441-4327

1854 E. Perry St. Port Clinton, OH 43452

- Provides a financial literacy and financial management educational program.
- Assists participants in applying for benefits via the Ohio Benefit Bank system.
- Services provided at multiple locations.
- Home visits are also available for participants dealing with transportation barriers.



Educational Assistance

EDUCATIONAL RESOURCES

Vanguard-Sentinel Adult Career and Technology Centers 419-334-6901 ext. 2701 Aspire Program

8043 W. State Rte. 163 Oak Harbor, OH 43449

> Provides classes for adults to improve their literacy, basic academic skills, or earn a GED diploma.

GENERAL EQUIVALENCY DIPLOMA (GED) RESOURCES

Contact any of the below agencies to enroll in GED Classes:

•	Ohio Means Jobs – 8043 W. State Rte. 163	419-707-8605
•	Owens Community College – Various locations	567-661-2253
•	Penta Career Center – Various locations	419-661-6555
•	Providence Center – 1205 Broadway St.	419-244-0666
•	WSOS Youth Build Office – 725 Lagrange St.	419-243-8840

^{*} United Way 211 also maintains a list of GED programs and testing sites

PENTA CAREER CENTER Adult Education

419-661-6555

www.pentacareercenter.org

9301 Buck Rd. Perrysburg, Ohio 43551

Adult Education Classes include:

- Health Care including Clinical Medical Assistants and STNAs
- Auto Repair
- Robotics & Advanced Marketing Technology
- Welding
- Forklift & Marine Skills
- Plumbing Apprenticeship

Call or check their website for financial assistance available.

OWENS COMMUNITY COLLEGE

30335 Oregon Road Perrysburg, OH 43551 **567-661-7000** 3200 Bright Rd. Findlay, OH 45840 **567-429-3500**

- Over 100 degreed and certificate programs.
- Top Enrolling Majors:
 - Skilled Trades Construction
 - Business Management Technology
 - Business Administration Concentration
 - Associate of Arts General Construction
 - Registered Nurse Program
 - Skilled Trades Building Maintenance
 - Associate of Science General Concentration
- Many financial aid programs are available.

Terra State Community College

419-334-8400

2830 Napoleon Rd. Fremont, OH 43420

Credit and non-credit courses. Includes Lifelong Learning programs.

Stautzenberger College

1-888-859-8225

1796 Indian Wood Circle Maumee, OH 43537

- Degree and certification programs available in:
 - o Animal Sciences
 - Business
 - Information Technology
 - Legal
 - Medical
 - Skilled Trades
- Financial Aid available

The University of Toledo

1-800-586-5336

2801 W. Bancroft Toledo, OH 43606 www.utoledo.edu

- More than 230 majors and degree programs offered, including associates, bachelor, masters, and Ph.D
- Financial Aid available.

Bowling Green State University

Bowling Green, OH 43403

419-372-2531 www.bgsu.edu

 Degree programs including associates, bachelor, masters, and Ph.D in more than 200 majors.

Financial Aid available.

Tiffin University155 Miami St.

1-800-968-6446

www.tiffin.edu

155 Miami St. Tiffin, OH 44883

> Degree programs including associates, bachelor, masters, and Ph.D in more than 200 majors.

Financial Aid available.

Heidelberg University

419-448-2000

310 E. Market St.

www.heidelberg.edu

Tiffin, OH 44883

 Degree programs including associates, bachelor, masters, and Ph.D in more than 200 majors.

Financial Aid available.

The University of Findlay

1-800-472-9502

1000 N. Main St.

www.findlay.edu

Findlay, OH 45840

- Degree programs including associates, bachelor, masters, and Ph.D in more than 200 majors.
- Financial Aid available.



Child Care Assistance

CHILD CARE

Dept. Of Job and Family Services

419-898-3688

8043 W. State Rte. 163 Suite #163 Oak Harbor, OH 43449

- Day care assistance is available while you work or go to school.
- Income Criteria: 130% poverty level

YMCA Child Day Care Sandusky County

www.ymcatoledo.org/main/child-care

1000 N. St. Fremont, OH 43420 419-332-9622

- Affordable child day care offered in 26 area centers in Northwest Ohio.
- Early Education Program: for children 6 weeks 5 years' old
- School Age Children: 5 12 years of age.
- Financial assistance available for those who qualify.

MOM'S HOUSE 419-241-5554

2505 Franklin Ave. Toledo, Ohio 43610 momshousetoledo.org

- Mom's House Toledo is available to help low-income, single moms graduate from high school, technical school and college. With intervention and support, we will help you set and attain lifetime educational goals, and break the cycle of poverty for you and your children.
- There may be a waiting list for enrollment in the program.

Early Head Start and Head Start Childcare Program

419-734-1452

1846 E. Perry St.

Port Clinton, OH 43452

- Early Head Start is childcare for children at birth through 3 years old.
- Head Start is childcare for children 3 to 4 years old.
- Eligibility is based on federal poverty guidelines. However, they will look at each family's situation and assist them in finding the best option for their family's circumstances.
- Children with special needs are always welcome!

WSOS Port Clinton Learning Center 1848 E. Perry St. Port Clinton, OH 43452	419-734-1452
Kersten's Korner Nursey School 11969 W. State Rte. 105 Oak Harbor, OH 43449	419-707-5342
Rainbow Acres Education Day Care Center 115 Portage St. Oak Harbor. OH 43449	419-898-1310
St. John's Nursery School 122 W. Ottawa St. Oak Harbor, OH 43449	419-898-6474
Adventures in Learning Early Childhood 331 Buckeye Blvd. Port Clinton, OH 43452	419-734-1302
Firelands Presbyterian Preschool 2626 E. Harbor Rd. Port Clinton, OH 43452	419-734-6211
Port Clinton Nursery School 135 Adams St. Port Clinton, OH 43452	419-734-9698
Tot's Spot Educational Childcare 2353 E. Harbor Rd. Port Clinton, OH 43452	419-734-1210
St. John's Nurturing Center 1213 Washington St. Genoa, OH 43430	419-855-7158
Village Early Childhood Center, LLC 1205 N. Main St. Genoa, OH 43430	419-855-9605
WSOS Child Development Program 310 Main St. Genoa, OH 43430	419-855-3931



Legal Assistance

Ottawa County

LEGAL RESOURCES

Legal Aid of Western Ohio

1-877-894-4599

109 W. Water St. Sandusky, OH 44870 520 Madison Ave. Toledo, OH 43604

- Free legal assistance for low to moderate income individuals including wills, family law, litigation & community education of civil matters.
- Must meet income guidelines
- Does not handle criminal matters.
- Affiliated with Advocates for Basic Legal Equality (ABLE).

Advocates for Basic Legal Equality (ABLE)

1-800-837-0814

525 Jefferson Ave. Ste 400 Toledo, Ohio 43604

419-255-0814

- Legal assistance for low-income individuals/families to address housing discrimination, disability law, access to public benefits, long-term care including nursing home residents, equal educational opportunities, & immigration.
- Affiliated with Legal Aide of Western Ohio.

Medical Legal Partnership for Children (MLPC)

419-724-0030

Advocates for Basic Legal Equality

- Free legal services for pediatric patients/families of ProMedica Children's Hospital, University Pediatrics at UTMC, and Mercy Children's Hospital. Legal Services are provided to help alleviate legal issues that have the potential to negatively impact the child's health.
- Call the above phone number and ask to speak to a MLPC attorney.

Legal Clinic for Veterans

419-259-2000

Toledo VA Outpatient Clinic 1200 s. Detroit Ave. Toledo, OH 43609

- Free legal advice offered to all veterans concerning legal issues including, but not limited to Wills, Eviction, Foreclosure, Child Support, Child Custody, Expungement of previous legal issues, current DUIs, Probation, or other criminal issues.
- This is a Walk-In Clinic held in the conference room. First come, first serve.
- Occurs on the 1st Thursday of each month from 8:30 11:30 a.m. through August 2016. After August 2016, call the above number to see if the clinic is still running.

Law Tuesday 419-243-2237

Warren AME Church 915 Collingwood Toledo, Ohio 43602

> Free legal advice provided on a walk-in basis on the third Tuesday of each month.

Ottawa County Bar Association

email info@ottawacountybar.org 318 Madison St. Port Clinton, OH 43452

> For information about Pro Bono Legal Services and eligibility guidelines, contact the Legal Aid Services at the above email address or on-line at www.ottawacountybar.org

Legal Hotline for Older Ohioans ProSeniors, Inc

1-800-488-6070 www.proseniors.org

- Free legal advice, information, and referral for Ohioans age 60 and older regardless of income, financial resources or location.
- Addresses questions regarding Medicare, Medicaid and Medicaid estate recovery, living wills, durable powers of attorney for health care, and consumer problems.
- Telephone appointments for the Legal Hotline are available Mon Fri from 8:30 am 4:30 pm

Citizens Dispute Settlement Program

419-245-1951

555 N. Erie St, Toledo, OH 43604

- Provides mediation (not legal services) to parties desiring resolution of a dispute without going to court
- Walk-ins only (does not set up appointments) but will provide information by phone

Hall & Wylkan, Certified Elder Law Attorneys

419-332-3800

1430 Oak Harbor Rd.

www.2helpseniors.com

Fremont, OH 43420

• Elder law attorneys, specializing in Medicaid/Medicare, veteran's benefits, estate planning and other senior issues.

Association for Children of Enforcement of Support, Inc.

888-738-2237

2260 Upton Ave. Toledo, OH 43606

• Provides education on child support enforcement, visitation rights, and paternity determination.



Substance Abuse

Ottawa County

SUBSTANCE ABUSE: ALCOHOL AND DRUG TREATMENT

Alcoholics Anonymous 419-380-9862

Al-Anon and Al-A-Teen 1-888-425-2666

Cocaine Anonymous 419-385-9000

Narcotics Anonymous www.naohio.org 818.773.9999 Ext. 771

Choices Behavioral Health Care

419-865-5690

126 E. Perry St.

Port Clinton, OH 43452

Provides outpatient substance use disorder recovery services.

 Provides suboxone substance abuse treatment program that includes medication-assisted treatment.

Firelands Counseling Services

www.firelands.com 22052 W. StateRte. 51 1925 Hayes Ave. 675 Bartson Rd. Sandusky, OH 44870 Fremont, OH 43420 Genoa, OH 43430 419-557-5177 419-332-5524 419-734-2942

- The AOD counselors at Firelands Counseling and Recovery Services provide a complete continuum of treatment and prevention services to help individuals and families establish and maintain abstinence from alcohol and other drugs. Services are available for adults, adolescents and their families.
- Firelands addresses the whole person offering treatment services, employment services and linkage to community resources to meet needs such as food, clothing, and access to entitlements and more. We offer:
 - Assessment and individualized treatment planning
 - Case management
 - Community and professional education
 - Continuing care
 - Family sessions and family support
 - Hotline and crisis services
 - Individual and group counseling
 - Assessment & Referral to detox services

Mental Health & Recovery Services Board

419-448-0640

600 N. River Rd. Tiffin, OH 44883

- Offers inpatient, housing, group support services.
- Crisis hotline offered 24/7 at 1-800-826-1306.

Rigel Recovery Services

www.rigelrecovery.org

65 St. Francis Ave. 101-103 S. Front St. Tiffin, OH 44883 Fremont, OH 43420 567-220-7018 567-280-4023

• Individual counseling, aftercare, drug testing, and opiate specific services.

- Substance abuse assessments, intensive outpatient treatment, medication assisted treatment, and opiate enhanced treatment.
- Family Matters Education program offers family support with weekly sessions, free of charge.
- Cost is based on a sliding fee scale. Medicaid is accepted. No one will be turned away for inability to pay.

Bayshore Counseling Services

www.bayshorecs.org

1634 Sycamore Line 201 Madison St. Sandusky, OH 44870 Port Clinton, OH 43452 419-626-9156 419-734-5535

Provides a complete range of outpatient alcohol and drug services.

- Counseling services include: individual, couples, and/or family counseling, as well as medication services if deemed appropriate.
- Drug Court (Benchmark) Program offers court supervised treatment for individuals who have been charged with a non-violent drug related felony. Successful completion generally results in dismissal of charges.
- Family Drug Court Programs are provided for adults with alcohol and drug issues who are also involved with child protective services.
- 72 Hour Driver Intervention Program (DUI Classes) is a 3-day DUI school; referral by the court needed.
- Anger Management Group provides 8-week courses teaching healthier coping mechanisms and communication with others.

Sandusky Artisans

www.artisansrecoveryctr.com

419-621-9377

138 E. Market St. Sandusky, OH 44870

> Provides a range of Recovery support, peer and self-help services to persons suffering from substance use disorders and mental illness. Many 12-step meetings and art classes are held every week.

A Renewed Mind

419-720-9247

www.arenewedmindservices.org

1946 N. 13th St. Suite # 420. Toledo, OH 43604

- Intensive Outpatient Alcohol and Substance Abuse Treatment for both youth and adults.
- 90 day Residential Treatment offered for adolescent boys and adult men
- Medication Assisted Recovery at The Access Center (see below).
- Recovery Residence: transitional housing for up to 12 men recovering from alcohol or substance addiction.

Harbor Behavioral Healthcare

419-475-4449 www.harbor.org

An Affiliate of ProMedica 4334 Secor Rd Toledo, OH 43623

From the www.Harbor.org website:

- Harbor's Alcohol and Other Drug (AOD) Treatment programs use evidencebased practices to treat both the substance use problem and the mental illness at the same time.
- AOD treatment starts with an assessment to determine the person's individual treatment needs. Services Include:
 - Intensive Outpatient Treatment
 - Non-Intensive Outpatient Services
 - o Individual, group, and family counseling
 - Group and Family Counseling
 - Case Management
 - Urinalysis
 - o Medication Assisted Treatment

The Access Center – Medication Assisted Recovery 419-691-1322, ext. 300 117 Main St.

Toledo, Ohio 43605

- Partnership program between A Renewed Mind and the Neighborhood Health Association.
- Medication Assisted Recovery: medications used include Suboxone, Zubsolv, and Vivitrol.
- Clients must participate in drug rehab support services including drug testing, individual and group counseling, and case management as indicated.
- Must also agree to "behavioral contracts" to support compliance with sobriety and increase success for recovery. 6.17

Zepf-COMPASS Corporation for Recovery Services

2465 Collingwood Blvd., Toledo, Ohio 43620

419-241-8827 www.ccrscompass.org

(Services Lucas County and Northwest Ohio areas)

- <u>Inpatient and outpatient</u> alcohol and substance abuse treatment
- Cost based on a sliding fee scale for those without insurance

University of Toledo Medical Center (UTMC) Inpatient Detoxification Unit

419-383-2337

- 10-bed inpatient detoxification unit for alcohol and substance abuse treatment
- For admission, the patient must be in active withdrawal
- Average length of stay is 3 5 days

Arrowhead Behavioral Health

419-891-9333

1725 Timber Line Rd.

1-800-547-5695

Maumee, Ohio 43537

• Inpatient and outpatient alcohol and substance abuse treatment. Medicare and insurance plans accepted. Medicaid is accepted on a case by case basis.

Glenbeigh Outpatient Center of Toledo

419-536-4000

3425 Executive Parkway, Suite 207 Toledo, Ohio 43606

www.glenbeigh.com

101000, 01110 40000

Outpatient alcohol and drug treatment program•

Comprehensive Assessment

- Intensive Outpatient Treatment
- Family Counseling and Education
- Continuing Care Services
- Relapse Prevention Program
- Call to see if your insurance plan is accepted

Midwest Recovery Center

1-866-203-0308

1757 Indian Wood Circle Maumee. Ohio 43537

Alcohol and Substance Abuse Treatment including:

- Outpatient and Intensive Outpatient treatment
- Partial Hospitalization
- Dual Diagnosis Treatment for individuals experiencing both substance abuse and mood disorders
- Inpatient Detox Center: 1-866-688-6917
- Call to see if your insurance plan is accepted.

The Open Door
Sober Living Home
2823 Cherry Street
Toledo, Ohio 43608
Excerpts from their website:

419-242-7281 1-800-517-2915 www.opendoortoledo.org

"The Open Door currently operates three properties that house 24 men in sober living, recovery housing. Qualified residents may stay up to 24 months prior to returning to their life as a productive, sober member of society."

"The primary goal of the Open Door is to provide a calm, supportive, therapeutic environment in which men afflicted with substance abuse addiction may be empowered through the spirituality of the 12 Steps and other proven program requirements that will enable them to deal with the problems they face as they seek to re-establish themselves as self-supporting, sober, productive members of society." 6.17



Furniture, Appliances & Clothing

FURNITURE, APPLIANCES & CLOTHING

Salvation Army 419-732-2769

1854 E. Perry St. Port Clinton, OH 43452

Provides furniture and clothing when available via donations.

Church of Truth Ministries

419-341-7013

745 S. Lake Rd. Gypsum, OH 43433

- Thrift shop available onsite including clothing, household items, small kitchen appliances, and furniture.
- Hours are Monday 10am 4pm, Wednesday 10am 5pm, and every 1st Saturday of the month 10am – 1pm.

Care and Share of Erie County

419-624-1076

419-626-5453

241 Jackson St. Sandusky, OH 44870

- Offers food, clothing, shoes, household good and small appliances based on USDA income eligibility on 200% of federal poverty level.
- Hours are Monday, Tuesday and Thursday 9 11am and 1 3pm; Friday 9 11am.
- Photo ID with proof of address required.

Grace Thrift Shop

301 E. Market St. Sandusky, OH 44870

- Thrift shop located at the church; merchandise includes clothing for all ages, shoes, jewelry, linens, and small household items.
- Free clothing and other items are provided to people in need with letters from area churches or organizations.
- Hours are Tuesday, Wednesday and Thursday 11:30am 4pm; Friday 11:30am 6pm; Saturday 10am 1pm.

Updated 1/29/18

2018 Poverty Guidelines

for the 48 Contiguous States and the District of Columbia

2018 Poverty Guidelines for the 48 Contiguous States and the District of Columbia*		
1	\$12,140	
2	16,460	
3	20,780	
4	25,100	
5	29,420	
6	33,740	
7	38,060	
8	42,380	
For families/households with more than 8 persons, add \$4,320 for each additional person.		

Source: https://www.federalregister.gov/documents/2018/01/18/2018-00814/annual-update-of-the-hhs-poverty-guidelines