

# Community Resources for Child and Youth-Serving Systems and Processes

# How to find resources in a county



Every county has different services so sometimes it can be challenging on how to find them. Every county in Pennsylvania has a Resource Guide so this is typically where I start. You can find this by going to Google and type in the county you are looking for and resources guide and the year you are looking so for example: Allegheny County PA Resource Guide 2021. These resource guides will typically give you information on housing, medical, financial, etc..

Here is a website that is similar to the county resource guides but it covers all of PA-

<https://www.health.pa.gov/topics/Documents/County%20Guides/Statewide%20Resources.pdf>

# Allegheny County

**Allegheny County CYS/MH-** 412-350-5701

**Allegheny County ID-** 412-253-1399

**Allegheny County Crisis Hotline-** 1-888-796-8226

**Allegheny County Child Line-** 1-800-932-0313

**Allegheny County Housing Authority-** 412-355-8940

**Allegheny County Resource list-** <http://coalitionforrecovery.org/wordpress/wp-content/uploads/2017/02/DHS-Resource-Guides-1.pdf>

**Allegheny County Resource Guide-** <file:///Users/user/Downloads/DHS-large.pdf>

**Allegheny County DHS Website-** <https://www.alleghenycounty.us/Human-Services/Resources/Publications/Brochures-Booklets/For-Parents-and-Caregivers.aspx>

# Medical Assistance (MA) Office



**Allegheny County Office**-Piatt Place 301 5<sup>th</sup> Ave. Suite 470, Pittsburgh, PA 15222

**(412)565-2146**

Website to see all MA offices in Pennsylvania-

<https://www.dhs.pa.gov/Services/Assistance/Pages/CAO-Contact.aspx>

# What can Medical Assistance help with ?

- \* **Supplemental Nutrition Assistance Program (SNAP)**
- \* **Cash Assistance**
- \* **Health Care Coverage (Medical Assistance)**
- \* **Home Heating Assistance (LIHEAP)**
- \* **Family Planning Services**
- \* **Help with Child Care**
- \* **School Meals**
- \* **Long-Term Living Services**



# Medical Assistance PH-95 (Loophole)

It is very important to know that if a child has medical insurance from their parents that they can still apply for MA if the child has a disability that qualifies under the PH-95 (Loophole) category. The PH-95 Category is for children (under 18 years of age) with a disability. Family income does not affect PH-95 eligibility so if a child has a qualifying disability then they would be able to get MA under PH-95. It is important for a child to have MA in order to get mental health services (such as IBHS). Families will need to provide documentation, such as child's birth certificate, social security card, document of medical diagnosis, along with their income (even though family income doesn't affect eligibility). Below are websites with additional information and how to apply for MA under PH-95.

To Apply: <https://www.compass.state.pa.us/compass.web/Public/CMPHome>

More Information:

<https://www.phlp.org/uploads/attachments/ck7oi9ove0007x8u8d07hx2ok-ph-95-guide-update-april-2019.pdf>

# Medical Assistance Insurance Providers

- \* **Aetna Better Health-** <https://www.aetnabetterhealth.com/PENNSYLVANIA>
- \* **AmeriHealth Caritas PA-** <https://www.amerihealthcaritasp.com/>
- \* **Geisinger Health Plan Family-** <https://www.geisinger.org/health-plan/find>
- \* **Gateway Health Plan-** <https://www.gatewayhealthplan.com/medicaid/member-tools/get-started-with-gateway>
- \* **Health Partners Plans-** <https://www.healthpartnersplans.com/>
- \* **Keystone First Health Plan-** <https://www.keystonefirstpa.com/>
- \* **United Health Care Community Plan-** <https://www.uhccommunityplan.com/pa/medicaid/community-plan-for-families>
- \* **UPMC for You-** <https://findcare.upmchealthplan.com/browse>
- \* **Reminder that a child may qualify for Medical Assistance under the PH 95 or “Loophole” which is saying that they qualify for MA due to their disability and not for their families income.**

# Who can help with Medical Assistance Health Care Concerns?

**Special Needs Units** - Every MA provider has a special needs unit. This is a person who can help and not a place to go. Families can call their special needs unit to get help with MA questions, to help find services, and to help change MA providers. This website will give you information on what they can do and the phone numbers for each MA Provider <https://paautism.org/wp-content/uploads/2019/05/Special-Needs-Units.pdf>

**PA Health Law Project** – Families can call the PA Health Law Project if they have any MA medication or service denials. There are lawyers and paralegals that work here that can help fight to get the medications and services that they need. <https://www.phlp.org/en/> or you can call 1-800-274-3258





# Social Security Income



**\*Children can get SSI if they meet Social Security's definition of disability for children and if their family has little or no income. When children are under the age of 18 the family's household income could effect if they receive SSI but once the child becomes 18 then only their income would be considered for qualifying.**

**\*Children 15 and older are able to work even when they receive SSI. Social Security has two programs that can assist young people who get SSI disability benefits and want to go to work:**

- \* [Work Incentives Planning and Assistance \(WIPA\)](#)**
- \* [Protection and Advocacy for Beneficiaries of Social Security \(PABSS\) program](#)**

**\*Here is a wonderful brochure that talks about children with disabilities qualifying for SSI- <https://www.ssa.gov/pubs/EN-05-10026.pdf>**

**\*\*\* An important thing to know is that children who go into a PRTF program will either have their SSI put on hold or the family will only receive around \$30 while their child is in a placement. If the client is in a placement for a long period of time then the family might have to start the SSI process over again so this could be something you will need to help the family with if possible.**

# Medical Resources



- \* **Compass will help to sign up or change MA benefits-**  
<https://www.compass.state.pa.us/compass.web/Public/CMPHome>
- \* **Medical Transportation helps with transporting those with MA to and from medical appointments-** <http://matp.pa.gov/>
- \* **FMLA helps families who need to be off work to be home with their family for mental or physical health issues they may have-**  
<https://www.friendshipcircle.org/blog/2013/02/05/know-your-rights-as-an-employee-and-special-needs-parent/>
- \* **WebMD has great medical resources that could help you learn more about medical concerns that the family might have-**  
<https://www.webmd.com/parenting/default.htm>
- \* **Zenni Optical to order cheap glasses-** <https://www.zennioptical.com/>

# Financial Resources



Career Link to help find jobs- <https://www.pacareerlink.pa.gov/jponline/>

Free Cell Phone info for those who qualify in PA-

<http://www.freegovernmentcellphones.net/states/pennsylvania-government-cell-phone-providers>

Good website to learn about tax deductions for children with disabilities:

<https://www.irs.gov/pub/irs-pdf/p502.pdf>

Northern Tier Community Action Corporation to help pay bills-

[http://www.needhelppayingbills.com/html/pennsylvania\\_community\\_action\\_.html](http://www.needhelppayingbills.com/html/pennsylvania_community_action_.html)

PA Able Account (tax free) for people with Disabilities- <http://www.paable.gov/overview/>

LIHEAP- <https://www.dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx>

PECAP- <http://www.rhls.org/pa-utility-law-project/pa-low-income-utility-assistance-programs/first-energy-meted-penelec-penn-powers-universal-service-programs/>

Housing/Rental Options in PA- <https://www.pahousingsearch.com/>

Discounted internet from several providers- <https://lowincomerelief.com/how-to-get-free-internet-almost/>

# Mental Health Resources

- \* PRTF agencies throughout PA- <http://www.residentialtreatmentcenters.me/pennsylvania/>
- \* Independently Living County Contacts- [http://www.payab.pitt.edu/IL\\_Contacts.htm](http://www.payab.pitt.edu/IL_Contacts.htm)
- \* PA MH/ID County Contacts- <http://www.mhdspa.org/Pages/Local-Contacts.aspx>
- \* Autism Resources in PA- <https://paautism.org/resources/>
- \* Project RAPPORT- <http://www.guidancecenter.net/project-rapport/>
- \* NAMI- <https://www.nami.org/Home>
- \* Mental Health- addiction- family- etc. resources <https://www.helpguide.org/>
- \* MH/Substance Abuse Treatment Locator- <https://findtreatment.samhsa.gov/>



It's OK to get help

# Mental Health Text & Crisis Lines



- \* **LGBTQ text, call, and chat room information-**  
<http://www.youthtalkline.org/>  
LGBTQ National Hotline 1-888-843-4564  
LGBTQ Youth Talkline- 1-800-246-7743
- \* **CCBH 24 hour Crisis Line- 1-800-553-7499**
- \* **Suicide Prevention Lifeline [1-800-273-8255](tel:18002738255) or Suicide Crisis Text Line- 741741**
- \* **National Alliance on Mental Illness (NAMI) HelpLine, call [800-950-NAMI \(6264\)](tel:800950NAMI) or Text NAMI to 741-741**
- \* **YWCA Domestic Violence Crisis Line- 1-800-654-1211**
- \* **Safe2Say Hotline/App- 1-844-SAF2SAY <https://www.safe2saypa.org/>**

# Children's Mental Health Services



- \* **Family- Based Mental Health-** Family-Based Mental Health Services are designed to keep kids safe and living at home while helping parents/caregivers develop skills to help their children manage moods and behaviors. (The only children service that doesn't fall under IBHS)
- \* **Multisystemic Therapy (MST)-** is an intensive family- and community-based treatment program that focuses on addressing all environmental systems that impact chronic and violent juvenile offenders -- their homes and families, schools and teachers, and friends and neighbors.
- \* **IBHS-Individual Services (formally BHRB)-** It is a one-on-one program designed to transfer therapeutic skills to clients, their families/caregivers, and teachers in the home, community, and school settings.
- \* **IBHS-Group and Individual Services (formally CSBBH)-** is a team approach model that complements school-district interventions, district prevention programs, educationally-based emotional and behavioral support programs, plus other types of community services such as 24/7 on-call and a case management component. **This program is only in certain schools so you can check with a school to see if they have this program available.**
- \* **I wanted to share all children's community programs available so then everyone is aware of what other services could be offered to the family if they need it.**

# Adult Mental Health Services



- \* **Outpatient Services-** The outpatient clinic provides mental health evaluation, medication management, and therapy services for adults and children.
- \* **Psych Rehab-** is a recovery-based program that assists individuals to develop, enhance, and retain skills in living, working, learning and socializing so they can live in, and participate in, the community. A structured curriculum provides the opportunity to learn and practice skills in a variety of domains.
- \* **Mobile Medication Management-** Mobile Medication is a community-based program that provides in-home services to individuals who experience difficulty progressing in their mental health recovery due to inconsistent adherence to their medication regime. Nurses and technicians work with individuals and their prescribers to support self-management of their medications.
- \* **Peer Support-** Peer Support is a program that provides individualized recovery-focused intervention to adults to enhance development of natural supports, coping mechanisms and other skills necessary to function as independently as possible in the community. Service is provided by certified individuals with a lived experience with mental health issues.
- \* **Dual Diagnosis Treatment Team (DDTT)-** DDTT is a mobile service that provides intensive treatment to individuals with both mental health and intellectual/developmental disabilities. Referral to this service requires coordination with the assigned county representative for the individual. (Service for clients 16 and older)
- \* **Blended Case Management (BCM)-** Blended Case Management is a supportive service in which workers engage in many activities designed to assist individuals living in the community. These can include accompanying clients to appointments, managing day-to-day activities, and serving as an advocate for the individual in care

# Statewide Agencies

- \* **Office of Mental Health and Substance Abuse Services (OMHSAS)-**  
<https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Pages/OMHSAS-Information.aspx>
- \* **Office of Developmental Programming (ODP)(ID/Autism Services)-**  
<https://www.dhs.pa.gov/providers/Providers/Pages/Developmental-Programs.aspx>
- \* **Office of Children, Youth, and Families (OCYF)-**  
<https://www.dhs.pa.gov/Services/Children/Pages/Child-Welfare-Services.aspx>
- \* **Early Intervention Services (EI)-** <https://www.dhs.pa.gov/Services/Children/Pages/Early-Intervention-Services.aspx>
- \* **PA Resource Guide for all state agencies-**  
<https://www.health.pa.gov/topics/Documents/County%20Guides/Statewide%20Resources.pdf>





# Community Care Behavioral Health

**CCBH has a wonderful website that has lots of useful information on it for IBHS staff as well as families. They have resources for wellness such as to quit smoking, substance abuse, eating healthy, and much more. You can also look up what mental health services are in each of your counties. You could follow these links to find services- go to website <https://members.ccbh.com/> - click find a provider (at top of website)- search online- chose child or adult- type in zip code and county- click mental health services (or you can find substance abuse services as well)- next you will chose whether you want to find outpatient therapy, community services (which includes IBHS programs except for CSBBH since they are only in select schools), or Residential Services (PRTF and inpatient units). When you click on any of these services it will give you the agencies that provide this and the contact information. This could help you if you are trying to help a family find services if they are moving, if they are changing from one program to another, or if they need help with finding an inpatient unit.**

**\*\*For more information go to [www.ccbh.com](http://www.ccbh.com) or families can call CCBH 1-866-878-6046**



# Common Ground (Recovery Library)



Every client who has CCBH as their MCO is able to access the Recovery Library for **FREE**. I call this the “One Stop Mental Health Shop” as it has so many useful tools for families. I tell parents that Google is a scary place but the Recovery Library is always accurate and if they can't find what they are looking for then they can message them questions and will get answers back. This website has information to not only help the IBHS clients but also their parents. There is information on medications, support groups, physical health conditions, therapy tools, trauma, LGBTQ, and much more. The easiest way for families to find information is to go to the website and click the search button in the top right hand corner and type in what they are looking for. Then it will give them all of the information that has ever been posted on this website. This website is nice as it has trusted information on it that families would have access to it anytime they need it.

For families to sign up they will go to <https://secure.ccbh.com/ePortal/login> and click sign up, They will need their child's medical assistance number to create an account. They will then create a username and password.

# Family Supports



**Kinship**- Kinship allows for the placement of a child with any individual, including a relative, who has met the regulatory requirements of a foster home and has a relationship with the child(ren). A family member can also be paid for doing kinship care as well as get other financial supports to help the family. To learn more go to <https://www.kinconnector.org/guided-resource-search>

**Grandparent supports**- <https://www.bcdac.org/Resources/Grandfamilies-Fact-Sheet-Pennsylvania.pdf>

**Parent to Parent** - is a great resource for parents to talk to other parents who are going through similar situations  
<http://www.parenttoparent.org/>



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# Family Support Groups



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**Kinship/grandparent Support Groups-** <https://www.kinconnector.org/support-groups>

**Support Groups in PA** (just click on the county you want to find groups for)-  
<https://paautism.org/support-groups/>

**IU Local Task Force Meetings** (for Parents of children who have an IEP or 504 Plan)-

All Intermediate Units have 5 Parent Run LTF meetings a year to talk about ways of how to help your child with their IEP/504 Plan. Please refer to the IU website that in your area for more information.

# Access Pass To State/Federal Parks

**\*The Access Pass is a free lifetime pass to over 2000 federally owned parks in the USA. If you live in the USA, chances are that one of these parks is near you. For parks that charge admission per vehicle, *everyone who is in the vehicle with the Access Pass holder is admitted for free* (for individual tours and campsites, there may be discounts, but fees still have to be paid). To learn more go to-**

<https://www.friendshipcircle.org/blog/2012/01/03/do-you-have-your-access-pass-yet/#.VZRBKuF1DRU.mailto>

**\*Each year 4<sup>th</sup> grade students can get an access pass for the entire school year. Go here to sign up for their free pass**

<https://everykidoutdoors.gov/pass.htm>



# Intermediate Unit

## **Allegheny Intermediate Unit**

**475 East Waterfront Drive**

**Homestead, PA 15120**

**412-394-5700**

**\*\*\*Intermediate units are public entities and serve a given geographic area's educational needs and function as a step of organization above that of a public school district, but below that of the Pennsylvania Department of Education**

# School Resources



- \* **Special Education Consult Line 1-800-879-2301-** Consult line is an information help line for parents and advocates of children with disabilities who have questions or concerns about the education of a school-aged child. Consult Line Specialists answer questions and provide information about special education, gifted education, and Section 504 plans
- \* **Peal Center 1-866-950-1040-** Parent Education & Advocacy Leadership (PEAL) Center provides assistance by phone, email, or in-person; as well as resources, training, and leadership development for families of children and youth with disabilities. <https://www.pealcenter.org/>
- \* **Office of Vocational Rehabilitation (OVR)-** <http://transition-guide-admin.s3.amazonaws.com/files/2015/01/08/OVR%20School%20to%20Work%20Questions%20and%20Answers%20final%206-27-2014.pdf>

# SV Local Resources

- \* **Best of the Batch Foundation-** [Kelsey@batchfoundation.org](mailto:Kelsey@batchfoundation.org) Best of the Batch Foundation is a nonprofit organization founded in 1999 by former Pittsburgh Steelers quarterback Charlie Batch. Best of the Batch Foundation provides year-round educational programming to more than 3,800 children ranging in ages from 4 to 18, across 22 school districts in eight western Pennsylvania counties.
- \* **Rainbow Kitchen-** 412-464-1892- Rainbow Kitchen provides a vital safety net for hungry children, struggling families, low-income elderly and disabled individuals, and people who are homeless, unemployed, or among the working poor.
- \* **Steel Valley Wellness Group-** 412-368-3535-Their counseling helps clients along the road to a positive, happy, and less stressful life. Together with you, the client, we do the work that will enable you to travel that less bumpy, more fulfilling road.



# References

**Please refer to all of the websites that are listed on each slide of this PowerPoint for more information. This PowerPoint will be emailed to all staff that take this training so that they are able to use this information to help the families they work with. We also encourage staff to pass this information on to the families they serve, as it could be helpful to them.**

*\*disclosure: This PowerPoint was created by Gretchen Daugherty and updated by Ryan Dunmire*