

Family Assistance Resource Guide 2006 - 2007

Look inside to see if you qualify for..

- Free health coverage for your children
- Free food for your family
- Assistance with childcare expenses
- Cash assistance for rent and utilities
- Giving your preschoolers a head start



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- The Robert Wood Johnson Foundation
- Share Our Strength
- Members and supporters of
Voices for Children in Nebraska



7521 MAIN STREET - SUITE #103 - OMAHA, NE 68127
402-597-3100
www.voicesforchildren.com

Based on my income, can I get help?

2004 Poverty Guidelines for a family of four <small>LARGER FAMILIES CAN EARN MORE SMALLER FAMILIES CAN EARN LESS</small>		TANF / ADC <small>(Effective July 1, 2006)</small>	HEAD START EARLY HEAD START	FOOD STAMPS FREE SCHOOL LUNCH	CHILDCARE SUBSIDY <small>(Effective July 1, 2006)</small>	EARNED INCOME CREDIT (EIC)	MEDICAID - KIDS CONNECTIONS	WIC OR CSFP REDUCED LUNCHES <small>(Effective July 1, 2006)</small>	IMMUNIZATIONS
MONTHLY INCOME (AT OR BELOW)	PERCENT OF POVERTY LEVEL								
\$583	35 %	●	●	●	●	●	●	●	●
\$1,667	100 %		●	●	●	●	●	●	●
\$2,083	125 %			●	●	●	●	●	●
\$2,167	130 %			●	●	●	●	●	●
\$2,217	133 %					●	●	●	●
\$3,083	185 %					●	●	●	●

Directory of Assistance Programs

IMMUNIZATIONS

Contact your local health department
Nebraska DHSS Imm. Program (402) 471-6423
www.hhs.state.ne.us/imm/immindex.htm

HEALTH CARE COVERAGE

KIDS CONNECTION

1-877-632-5437 (1-877- NEB- KIDS)
www.hhs.state.ne.us/med/kidsconx.htm

CHILDCARE & PRESCHOOL

HEAD START

Look for "HEAD START" in the business white pages

CHILD CARE SUBSIDY

Contact your local Health and Human Services office
Nebraska DHSS CCS - (402) 471-9431.
www.hhs.state.ne.us/chc/ccsubsy.htm

FOOD PROGRAMS

FOOD STAMPS

Contact your local Health and Human Services office
Nebraska DHHS- Support (402) 471-3121
www.hhs.state.ne.us/fia/fstamps.htm

FOOD PROGRAMS (CONTINUED)

WOMEN, INFANTS AND CHILDREN (WIC)

1-800-942-1171
www.hhs.state.ne.us/nut/wicelig/htm

COMMODITY SUPPLEMENTAL FOOD PROG. (CSFP)

1-800-942-1171.
www.hhs.state.ne.us/nut/csfp.htm

FINANCIAL ASSISTANCE

TANF/ADC

Contact your local Health and Human Services office
Nebraska DHHS Support (402) 471-3121
www.hhs.state.ne.us/fia/adc.htm

SUPPLEMENTAL SECURITY INCOME (SSI)

Contact your local Social Security Administration office
1-800-772-1213
www.ssa.gov

EARNED INCOME CREDIT (EIC)

1-800-829-1040
www.irs.org

For specific information and eligibility guidelines for this group of programs, see the inside panels of this brochure.

Directory of Community Agency Resources

Below is a list of agencies that can help you connect with the services you need. Under the agency name is a list of counties served by that agency. Remember (800), (866), (877), and (888) prefixes are toll-free numbers. You will not be charged when calling toll-free numbers.

Access / Medicaid

Lincoln/Lancaster
(402) 471-7715
Omaha/Douglas, Sarpy
(402) 595-1000

Catch Network I / Polk County Health Dept.

Saunders, Butler, Polk, York, Seward
(402) 747-4311 or (866) 242-2824

Catch Network II / Blue Valley Community Action

Fillmore, Saline, Thayer, Jefferson, Gage
(402) 729-2278 or (866) 242-2824

Catch Network III / Southeast District Health Dept.

Otoe, Johnson, Nemaha, Pawnee, Richardson
(402) 274-5550 or (866) 242-2824

Central District Health Department

Hall, Merrick, Webster, Hamilton, Clay, Nuckolls
(308) 385-5183 or (877) 216-9092

Central Nebraska Community Services / CNCHN

Blaine, Loup, Garfield, Wheeler, Custer, Valley
Greeley, Sherman, Howard
(877) 736-7491 x142 or (308) 745-0780 x142

Central Nebraska Community Services / NCCCP

Cherry, Keya Paha, Brown, Rock, Holt and Boyd
(402)-336-4298 or (800) 279-3503

Central Nebraska Community Services / Platte Valley

Boone, Nance, Platte, Colfax
(800) 736-5827, (800) 279-3503
or (402) 563-3377

Charles Drew Maternal and Child Health Center

Omaha / Douglas, Sarpy
(402) 453-1433

Community Action Partnership of Mid-Nebraska

Kearney Office:
Buffalo, Grant, Hooker, Thomas, Arthur,
McPherson, Logan, Keith, Perkins
(308) 865-1352 or (877) 209-3723

Minden Office:

Adams, Franklin, Harlan, Kearney, Phelps
(308) 832-1275

Lexington Office:

Lincoln, Dawson, Gosper
(308) 324-6679

Goldenrod Hills Community Action Services

Cedar, Dixon, Dakota, Wayne, Knox, Pierce,
Madison, Stanton, Cuming, Burt, Antelope,
Thurston, Dodge, Washington
(877) 529-2207 or (402) 529-3513

OneWorld Community Health Center

Omaha / Douglas, Sarpy
(402) 734-4110

Panhandle Community Services

Sioux, Dawes, Box Butte, Sheridan, Scotts Bluff,
Banner, Morrill, Cheyenne, Garden, Deuel, Kimball
(308) 632-1500 or (888) 815-4500

Red Willow County Health Department

Chase, Hayes, Frontier, Dundy, Hitchcock,
Red Willow, Furnas
(308) 345-6130, (877) 250-2057
or (308) 340-2302 (cell)

Family Assistance Resource Guide 2006 - 2007



Taking care
of your family
just got a
little easier



a publication of:

Getting Help for Your Family

Voices for Children in Nebraska is striving to help all Nebraska children develop to their fullest potential. Voices knows families experiencing financial hardship have a more difficult time providing everything necessary for their children's healthy development.

This resource guide lists many programs available to assist Nebraska families. It describes the programs, showing current (2006) eligibility guidelines and gives instructions on how to apply for the assistance.

Sometimes there are problems or complications with the application process. On the back side of this brochure is a list of community agencies and the counties they serve. Call the agency in your county if you need help filling out the applications or following up on denials.



Helpful Tips from Voices for Children...

- Call to make an appointment to apply for a program or to get more information.
- Ask which documents you need to bring to the appointment. Documents most often needed include:
 - IDENTIFICATION:** driver's license, birth certificate
 - Social Security Cards** (bring your children's cards too)
 - INCOME:** pay stubs, tax returns, car payment books
 - ADDRESS:** ID with your address, utility bill with your address
- Don't assume you earn too much. Income guidelines for most programs increase each year.

Immunizations

Nebraska Health and Human Services provides vaccines directly to physicians for children whose parents are unable to pay. Discuss your child's immunization needs with your doctor. Public immunization clinics for infants and older children are also available in most communities and deliver services for little or no charge.

What's next? Contact your local health department or call the Immunization Program at: Nebraska Health and Human Services (402) 471-6423.

Health Care Coverage

KIDS CONNECTION

KIDS CONNECTION is health care coverage for children 18 years old and under, and for pregnant women. It provides well care for children to help prevent diseases, finds and treats problems early and keeps children healthy. It also provides medical care in case of injury or illness.

KIDS CONNECTION coverage includes:

Medication	Dental Treatment
Hospital Care	Lab tests and x-rays
Prescription glasses	Doctor's visits
Counseling	Much more

You or your child may be eligible...

- even if both parents live at home
- even if one or both parents work full-time
- if your adjusted monthly income is...
 - less than \$2,035 for a family of 2
 - less than \$2,559 for a family of 3
 - less than \$3,083 for a family of 4
 - even higher for larger families

To calculate your adjusted monthly income:

1. Subtract \$100 / month from your wages (gross earnings) for each employed adult
2. Subtract any child care costs
3. Add any unearned income, like child support or social security

Is your income a little higher?
Apply anyway. You may still qualify.

WHAT NEXT?

Call 1-877-632-5437 (1-877- NEB- KIDS) or visit: www.hhs.state.ne.us/med/kidsconx.htm. Ask for an application and/or more information. You may apply by returning the application by mail or by visiting a Health and Human Services office.

Parents may also be eligible for Medicaid. Call your local Health and Human Services office for more information.

Childcare & Preschool

HEAD START, EARLY HEAD START & CDI

Head Start and Early Head Start are referred to in some areas as Community Development Institute (CDI). These are all child development programs that provide comprehensive health education and nutrition services to children aged 0-5. These programs also involve parents with caring and supportive roles.

You may be eligible... if you are pregnant - if your child that will not be 5-years-old by October 15, and if your annual income is...

- less than \$13,200 for a family of 2
- less than \$16,600 for a family of 3
- less than \$20,000 for a family of 4
- or even higher for larger families

You may also qualify if you have a child with special needs or a developmental delay or if you receive TANF or public assistance.

WHAT NEXT? Call your local Head Start office. (Look for "HEAD START" in the business white pages of your local phone book or in the yellow pages under Schools - Preschool & Kindergarten.) Make an appointment to see the classroom and get an application form. Head Start staff can help you fill it out.

CHILD CARE SUBSIDY

The Child Care Subsidy may help you pay for childcare. Depending on your income, childcare may be free or available at a reduced price.

You may be eligible... if you are transitioning off ADC and your maximum gross monthly income is...

- \$2,559 for a family of 3
- \$2,916 for a family of 4
- \$3,608 for a family of 5

If you are not transitioning off ADC and your monthly gross income is...

- \$1,320 for a family of 2
- \$1,660 for a family of 3
- \$2,000 for a family of 4
- \$2,340 for a family of 5

effective July 2006 - June 2007

WHAT NEXT? Visit www.hhs.state.ne.us/chc/ccsubsyapa.htm or call your local Health and Human Services office - ask them to help you apply for a childcare subsidy.

Food Programs

FOOD STAMPS

Food Stamps can be used to buy food at most supermarkets and grocery stores. Participants must meet income and resource guidelines. You don't need to be in any other assistance program to be eligible.

WHAT NEXT?

Contact your local Health and Human Services office.

WOMEN, INFANTS AND CHILDREN (WIC)

WIC provides free food to keep pregnant women, infants and children under 5 healthy and strong. Participants shop for approved foods such as milk, cheese, formula, eggs and other items at over 400 authorized stores across Nebraska. WIC also provides nutrition and health education, encourages breast-feeding and promotes regular health care.

You may be eligible... if your monthly household income is...

- less than \$2,559 for a family of 3
- less than \$3,083 for a family of 4
- even more for larger families

Effective July 2006 - June 2007

WHAT NEXT? To apply or receive more information, call 1-800-942-1171 or visit www.hhs.state.ne.us/nut/wicelig/htm

COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)

CSFP provides extra groceries each month to participants who are pregnant, have had a baby in the last 12 months, have a child under 6 or are 60 years or older. (You cannot receive assistance from CSFP and WIC at the same time.)

WHAT NEXT? To apply or receive more information, call: 1-800-942-1171.

FREE OR REDUCED PRICE MEALS AT SCHOOL

Many schools provide free or reduced price lunch and /or breakfast to students whose families meet income guidelines.

You may be eligible... if your monthly household income is...

- less than \$2,559 for a family of 3
- less than \$3,083 for a family of 4
- or even more for larger families.

Effective from July 2006 - June 2007

WHAT NEXT? Look for a form from your child's school at the beginning of the school year, call your child's school, or visit www.nde.state.ne.us/NS/income.htm. Check out summer programs that may also provide free meals.

Financial Assistance

TEMPORARY ASSISTANCE TO NEEDY FAMILIES (TANF)

formerly known as AID TO DEPENDENT CHILDREN (ADC)

TANF provides cash to low-income families with children to help them meet basic expenses like rent and utilities. If you are able, TANF adults must also participate in Employment First, a program that provides training education and employment services.

You may be eligible...

- if you are caring for children under 19, and
- if your monthly earned income is
 - less than \$643 for a family of 3
 - less than \$745 for a family of 4
 - more for larger families

For those without earnings or with earned income, i.e. child support, Social Security, etc. the income guidelines will be lower.

WHAT NEXT? Visit www.hhs.state.ne.us/fia/adc.htm. Contact your local Health and Human Services office.

SUPPLEMENTAL SECURITY INCOME (SSI)

SSI guarantees a minimum monthly income to persons in specific categories.

You may be eligible...

- if you or your child is blind or disabled
- if you are 65 or older
- if you meet income and resource guidelines

WHAT NEXT? Visit www.ssa.gov, contact your local Social Security Administration office or call 1-800-772-1213.

EARNED INCOME CREDIT (EIC)

EIC helps working people who earn low or moderate incomes. Workers who qualify and file a federal and state tax return can get back part or all of the federal and state income tax that was taken out of their pay during the year. You can even get EIC if your wages were too small for tax deductions.

WHAT NEXT? File form 1040 or 1040A and Schedule EIC...or get free help from VIA (Volunteer Income Tax Assistance). Call 1-800-829-1040 or visit www.irs.org.