



North Dakota Community Action

There are seven Community Action agencies throughout North Dakota. Not all agencies provide all the same programming. Community Action agencies can help with:

- ▶ Asset Development (*Individual Development Accounts*)
- ▶ Case Management
- ▶ Budgeting
- ▶ Emergency Services
 - Rental assistance
 - Utility assistance
- ▶ Head Start (*Dickinson, Jamestown, Fargo*)
- ▶ Housing
- ▶ Nutrition/Food
- ▶ Senior Commodities
- ▶ Weatherization



Additional program information can be found online at www.capnd.org or by calling your local Community Action Agency.

ND 2-1-1

2-1-1 is an easy-to-remember telephone number that connects people with important community services. This statewide information, referral, and crisis management service is FREE and operator-serviced 24 hours a day, 7 days a week.

Examples of the types of assistance provided are: Basic human needs resources, Physical and mental health provider referrals, Services for older Americans and people with disabilities, Community program resources, Emergency service provider referrals, Crisis management services, including suicide intervention, domestic violence, supportive listening, etc.

North Dakota Bridge to Benefits

Bridge to Benefits is a multi-state project funded by Children's Defense Fund Minnesota to improve the well-being of families and individuals by connecting them with public work support programs and tax credits. The website, www.nd.bridgetobenefits.org, screens people for programs including:

- ▶ Caring for Children
- ▶ Child Care Assistance Program
- ▶ EITC - Earned Income Tax Credit
- ▶ Healthy Steps
- ▶ LIHEAP - Low Income Home Energy Assistance Program
- ▶ Medicaid (pregnant women and children to age 6)
- ▶ Medicaid (ages 6-18)
- ▶ School Meal Programs
- ▶ SNAP - Supplemental Nutrition Assistance Program (Food Stamps)

ND Department of Human Services

Provides services that help vulnerable North Dakotans of all ages maintain or enhance their quality of life, which may be threatened by lack of financial resources, emotional crises, disabling conditions, or an inability to protect themselves.

The department provides programs in the following areas: Adults and Aging, Child Support Enforcement, Children and Family, Public Assistance (Food Stamps, Healthy Steps, Temporary Assistance to Needy Families), Medical, Mental Health and Substance Abuse, Services for Individuals with Disabilities. Visit www.nd.gov/dhs for more information.

County Social Services Throughout North Dakota

Social Service offices are located in each county across ND. Social Service agencies exist to provide public assistance and services to residents in emergency situations. Services provided include: SNAP - Supplemental Nutrition Assistance Program (Food Stamps), LIHEAP - Low Income Home Energy Assistance Program, Temporary Assistance to Needy Families, Medicaid and General Assistance. Applicants must meet Federal and State criteria. For locations visit www.nd.gov/dhs/locations/countysocialserv/

Legal Services of North Dakota

Legal Services of North Dakota is a non-profit organization, providing legal assistance on a variety of matters to low income and elderly North Dakotans. Help is available by calling these toll free numbers.

- ▶ **Under age 60:** Call toll-free 1-800-634-5263
- ▶ **Age 60+:** Call toll-free 1-866-621-9886

***Eligibility - Programs and services have varying eligibility requirements. It is best to contact the agency to determine eligibility for services.

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Disability

The **Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI)** disability programs are the largest of several Federal programs providing assistance to people with disabilities. Both are administered by the Social Security Administration (SSA) and only individuals who have a disability and meet medical criteria may qualify for benefits under either program.

Check with your local Social Security Office for more program information or call **(800) 772-1213** or visit **www.ssa.gov/disability**

COBRA provides you the option of temporarily continuing your company's group health coverage when you experience a "qualifying event" such as when you quit a job, if your job is eliminated or if your hours are significantly reduced. You can't continue coverage if you're released for gross misconduct. When you leave a job, plan administrators must notify you of your eligibility and give you 60 days to accept or reject the coverage.

Temporary **Unemployment Benefits** are available to those who have lost their jobs through no fault of their own while they search for new jobs. Job Service North Dakota administers the state unemployment insurance program. Basic requirements for collection include:

- You must have been employed. Job Service of North Dakota publishes requirements for wages earned or time worked during an established period of time referred to as a "base period."
- You must be determined to be unemployed through no fault of your own as defined under North Dakota law.
- You must file ongoing claims and respond to questions concerning your continued eligibility. You must report any earnings from work and any job offers or refusal of work during any claim period.

Call **(701) 328-4995** for more information or check out the Unemployment Insurance section of **www.jobsnd.com**

Adults & Aging Services

The **Department of Human Services** administers programs and services that help older adults and people with physical disabilities to live safely and productively. Programs include: Assisted Living Services, Family Caregiver Support Program, Home and Community-Based Care, Information and Assistance - Aging and Disability Resource-LINK, Long Term Care Ombudsman Program, Qualified Service Providers and Vulnerable Adult Protective Services.

Call **(701) 328-4601** for more program information or visit **www.nd.gov/dhs/services/adultsaging**

Child Care Resource and Referral helps parents connect to quality childcare. CCR&R also provides training & support to early care givers and educational professionals to ensure that North Dakota's children continue to have quality care they deserve. Visit **www.ndchildcare.org** for more information.

Woman Infants and Children (WIC) is a program for pregnant and breastfeeding women, infants, and children younger than 5 and is available in all counties in North Dakota. WIC offers healthy food for proper growth and development.

Call **(701) 328-2496** for more information or visit **www.ndhealth.gov/wic**



Housing

ND Housing Assistance - Each county has a Housing Authority office. Contact your local housing assistance office for more information.

The North Dakota Housing Finance Agency is dedicated to making housing affordable for all North Dakotans. The Agency facilitates affordable mortgage financing, assures continued availability of low-income rental housing, and provides for the state's housing needs.

Call **(701) 328-8080** for more information or visit **www.ndhfa.org**

Public Health Centers - North Dakota's public health system is made up of 28 single- and multi-county local public health units. Services offered by each public health unit vary, but all health units provide services in the areas of maternal and child health, health promotion and education, and disease prevention and control. Some local public health units maintain environmental health programs; others partner with the North Dakota Department of Health to provide environmental services such as public water system inspections, nuisance and hazard abatement, and food service inspections.

A complete directory of Public Health Centers can be found at **www.ndhealth.gov/localhd**

Health & Substance Abuse - There are eight **Regional Human Service Centers** across ND. Each serves a designated multi county area, providing counseling and mental health services, substance abuse treatment, disability services and other human services.

Call **(701) 328-2310** for more information or visit **www.nd.gov/dhs/locations/regionalhsc**



Transportation

NDinfo.org is an online transportation service directory that enables individuals to access information about available transit services across the state of North Dakota. Visit the website for contact information, service areas, hours of operation, reservation policies, ADA accessibility, schedules, fees, and services provided by transit agencies.

Call **(701) 231-6447** for more information or visit **www.ndinfo.org**

Food stamps - Supplemental Nutrition Assistance Program (SNAP) is administered through each County Social Service office. Use the online calculator to help you determine if you may be eligible. To determine your eligibility for food stamps and submit an application visit **www.nd.gov/dhs/services/financialhelp/foodstampsfaq.html**

Food pantries are also located throughout North Dakota. For a list of food pantries visit **www.communityservices.nd.gov/LowIncome/food-pantries**

Employment Benefits



Children Assistance



Health



Nutrition