

A RESOURCE GUIDE FOR GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN IN OREGON

ADRC

Aging and Disability
Resource Connection
— of OREGON —



A Resource Guide for Grandparents and Other Relatives Raising Children in Oregon

“I thought I was done raising children ... and I never thought I'd be raising children that were not my own.”

Hundreds of families in Oregon find themselves caring for their relatives' children. Sometimes families need help to meet these children's needs.

Your willingness to care for a relative child is a gift — to the child and to the parents. Our hope is that the information on resources, benefits and services in this guide can help you take care of a relative child when his or her parents are unable to do so.

This publication resulted from a collaboration between several partners over the years that has included the Oregon State University Extension Family and Community Development Program, Oregon Department of Human Services, AARP and Oregon Post Adoption Resource Center. A grant given in 2003 by the Brookdale Foundation's Relatives as Parents Program (RAPP) to Oregon State University's Extension Family and Community Development Program was the impetus for creating both a legal guide and a resource guide on caring for relative children.

About this guide

This book explores a range of opportunities and challenges kinship caregivers face. It starts with issues common to family members caring for relative children and moves on to provide resources for those families.

Some families caring for relative children are involved with the Department of Human Services Child Welfare Program, which may include some unique situations that are discussed separately. The information in this guide is valuable regardless of your involvement with the Child Welfare Program.



Terms of relationship among three generations can be confusing. Here is how this guide uses relationship terms:

- The law that applies to grandparents also applies to other nonparent relatives. In this book, grandparent can mean aunts, uncles, cousins, siblings, great-aunts or uncles, even stepparents who have not adopted their spouses' children.
- The words parent and parents typically mean the birth parents of the minor child(ren) related to the grandparent or other relative.
- The words child, relative child, children, grandchild and grandchildren always identify the minor child(ren) related to the grandparent or other relative.

Limitations

The material in this book focuses on relatives of children living in Oregon and is up-to-date as of July 2015. Social services are subject to availability and changes to programs. Eligibility for services, locations and phone numbers of services can also change. This book contains general information only; it does not take into account the facts specific to your situation and does not take the place of individual counseling or legal advice.

The information and Web links contained in this resource guide are current as of July 2015. The Oregon Department of Human Services tries to keep the guide's contents accurate and up-to-date. Therefore, any reader who discovers errors or out-of-date information or links can email Jan Karlen at Jan.Karlen@state.or.us.

Diverse community resources in Oregon

State, local and community partners may have special programs and services available for culturally specific populations. Each community or area has unique services available. It is best to talk with staff in your local Aging and Disability Resource Center (ADRC)/Area Agency on Aging (AAA) for resources available to your specific situation.

Oregon's Legal Guide for Grandparents and Other Relatives Raising Children

Family members who care for a relative child might face some legal problems given the unique circumstances of their situation. A helpful complement to this resource guide is Oregon's Legal Guide for Grandparents and Other Relatives Raising Children. The legal guide addresses a range of problems faced by grandparents and other relatives and the laws that apply in those situations. For more information about the legal guide, go to <https://www.adrcforegon.org/consite/explore-caregiver-supports.php>

Table of contents

What we know about relatives caring for children.....	1
Kinship caregivers.....	1
Checklists.....	3
Meeting your relative child’s emotional and behavioral needs.....	5
What is your relative child feeling?	5
Children who have been abused or neglected	5
Children affected by domestic violence.....	6
Drug- and alcohol-affected children	7
Children whose parent(s) are deceased	8
Children whose parent(s) are incarcerated.....	9
Helping the child with their emotional, behavioral or learning needs.....	10
What about counseling?	11
If your relative child has special needs.....	12
Meeting your relative child’s physical needs	14
Children with physical health problems or conditions	14
Working with the Oregon Department of Human Services	
(DHS) Child Welfare Program	16
What happens if the child is involved in Child Welfare?	16
Managing visits and contact with family	17
What is an Oregon Family Decision Meeting?.....	18
What are the expectations of DHS Child Welfare and the court?	18
Assistance for families	20
Child care and respite programs.....	22
Counseling and crisis services	23
Financial assistance	24

Table of contents

Food and nutrition assistance	26
Housing and utility assistance	27
Medical and dental coverage	28
Help for seniors and people with disabilities.....	30
Tax assistance	31
Success at school: School services	31
Other support and educational offerings for relative parents.....	34
Resources	35
Area Agencies on Aging offices, by county.....	35
Community Action Agency offices, by county or county partnerships	40
Oregon Department of Human Services Self-Sufficiency offices, by county	43
Oregon Department of Human Services Child Welfare offices, by county.....	45
Oregon health department offices, by county.....	47
Community mental health programs, by county	48
Additional online resources	51
Educational books	55



What we know about relatives caring for children

Kinship care: The provision of full-time nurturing and protection of children by adults, other than parents, who have a family relationship with the children.

If you are a grandparent, aunt, uncle, sibling or other adult who is caring full-time for a relative's child, you are providing kinship care. The practice of kinship care is not new. Grandparents and other relatives frequently step in when children need to be raised apart from their parents. According to the 2010 U.S. Census Bureau, 50,757 Oregon children live in grandparent-headed households and 18,363 live in households headed by other relatives. This number continues to increase each year, and many families providing kinship care go unreported and unrecognized.

Many pathways lead to the need for kinship care. Relatives become caregivers for children because parents commit domestic violence, child abuse, neglect or abandonment. Or, parents become unable to be the primary caregiver for a variety of reasons: substance abuse, incarceration, military deployment, mental and/or physical illness. Or, parents die.

As the important role of kinship care becomes more acknowledged, more programs are being created to support relative caregivers and children.

Kinship caregivers

"It wasn't supposed to be like this ... we were supposed to enjoy a cruise with our friends, but now we don't have the money or the time because we are caring for our grandchild."

"We were planning to retire in five years. Now what? We have the children to take care of. What if our health fails? Who will take care of the children then?"

"I feel like I am doing this all on my own. I feel isolated. My family and friends don't understand. I need a break and some support!"

Taking on the responsibility of caring for your relative child can change your life in many ways. It can affect the time devoted to friends, intimate relationships, work and hobbies. Future plans like retiring, traveling or other interests may have to be delayed.



In addition, your normal daily routines may change dramatically. For example, when you have a child in the home, there may be more housework (laundry, cleaning, cooking larger meals) and you may need to add time for homework or school-related activities to your daily schedule. Kinship care may also significantly affect your financial situation.

This can be an emotional time. You may feel anger, resentment, jealousy, grief, guilt, fear, doubt or loss. You may experience the loss of the relationship with the child's parent(s), who is also your child or other family member, or a change in the relationship with the child. You may also feel a sense of self-satisfaction, love and pride in providing quality of life and meeting the challenges of becoming a caregiver for a relative child.

Often, children return home to their birth parent(s). Rebuilding and repairing relationships isn't easy in any situation. It can be especially difficult when you have had to assume the parental role for a family member's child. It is important to remember that this can be an emotional experience for everyone involved, and it is not uncommon to experience guilt, worry, blame and anger.

If you are having a difficult time coping with your new situation, it may help to talk to someone. The counseling resources (see page 23) and support groups mentioned in this guide may be helpful.

Change can be hard for anyone, but here are some tips that might help you to adjust:

- Join or form a support group.
- Create a support team by making a list of family members, friends, neighbors, faith-based community members or professionals who can help when you need a break.
- Get organized. Make a realistic schedule with your family and friends to make sure you get the support you need. This can also help you manage the extra demands on your time.
- Be sure to schedule time for yourself. Take time out for activities you enjoy because this will help you to stay healthy in mind and body.
- Take care of your own health. Be sure to eat well and get plenty of rest and exercise.

Kinship care can be a tough job. Sometimes it can be frustrating or exhausting, but it can also be one of the most rewarding things you'll ever do — an ultimate act of love. Be sure to ask for help when you need it.



Checklists

Important things to do first

Ensure the child's medical insurance needs are met by doing one of the following:

- If the child's parent has medical insurance, get the insurance information from him or her.
- Add the child to your private insurance policy.
- Apply for the Oregon Health Plan through the Department of Human Services (DHS) Self-Sufficiency offices, see pages 43–44.
- Use your personal funds to acquire medical care for your relative child.
- If your relative child is in state custody, the child's caseworker will apply for Oregon Health Plan coverage for the child.

Note – If the child is experiencing health problems and has no insurance, you may need to use personal funds until the child has insurance.

Ensure the child's medical care needs are met through the following resources:

- Schedule comprehensive medical, dental and mental health assessments.
- Ask about medical care, vitamins and nutrition, as well as dental and eye care.
- Talk to the child's health care provider about how the child is doing and if there are specific concerns, list them and talk with the health care provider about them.
- Make a list of the care provider's suggestions for immediate and ongoing medical care.
- Ask for referrals, and explain your source of payment.

Ensure the child's other needs are met.

- Apply for financial assistance through the Department of Human Services (DHS) Self-Sufficiency offices, see pages 43–44.
- Enroll the child in a local school, and make an appointment to meet with the child's teacher or school counselor.
- If you are age 55 or over, contact the Family Caregiver Support Program through the ADRC (1-855-ORE-673-2372) or your local Area Agency on Aging, see pages 35–39.

Child's checklist

Start a file for the child. The sooner you start, the easier it is. The file might contain:

- Birth certificate or proof of citizenship;
- Photos;
- School records;
- Immunization records (ask the child's parent, school or physician);
- Social Security card or verification of the child's Social Security number;
- Copy of the medical card or child's insurance coverage;
- Any legal documents relating to the child, including any documents giving you authority to have the child in your care;
- Names and phone numbers of the child's caseworkers, attorney, Court Appointed Special Advocates (CASA), health care provider, therapist or anyone who has been or is important to the child's safety and care (keep this information up-to-date); and
- Information about how to contact the child's parents — where they are, phone numbers and addresses, names and numbers of friends and other family members. If they have been involved with a social service agency, contact agency staff to inform them that you have the child.

Meeting your relative child's emotional and behavioral needs

What is your relative child feeling?

Children may experience many emotions when removed from their homes or parents. They may feel great sadness, loss, grief and loss of control in their lives.

Grief is a normal reaction to loss (such as the physical or emotional absence of a parent or even the loss of home and routines). Young children grieve as much as adults do, but often their grief is masked because it looks different from what we're used to seeing in adults and older youth.

How each child expresses (or doesn't express) his or her feelings varies among children. They may exhibit many unusual behaviors. They may direct anger and resentment toward you.

It can be difficult to know what to say to a child. What do you tell children when their parent:

- Is seriously ill?
- Has died?
- Is in jail?
- Has a substance abuse problem?
- Has abused them?

In addition to dealing with these difficult conversations, there may be school, counseling or medical issues to address. Please refer to the Resources section of this guide for a list of Oregon resources.

Children who have been abused or neglected

Unfortunately, many children are in kinship care because they have been abused or neglected by their parents. In Oregon in 2013, the DHS Child Welfare Program confirmed 10,630 unduplicated child abuse or neglect victims, and almost 39 percent of children in foster care were placed with relatives.

You may not immediately know if the child you are caring for has been abused. Abused and neglected children often love the person who is hurting them because it is someone they know well and depend on. Therefore, children are sometimes hesitant to reveal



abuse out of fear of getting the person in trouble. Another reason children may not disclose abuse is because their abuser has frightened or threatened them. Remember, if you are a Department of Human Services (DHS) certified foster parent or a certified day care provider, you are required to report abuse.

A child who has been abused may start talking to you about it, and hearing this can be difficult. Be very sensitive and listen carefully when a child is talking to you about abuse; keep in mind that it is very difficult for the child to talk about being abused. This is especially hard for children who have been sexually abused.

How do I respond when a child reports abuse to me?

Tell the child that you believe him or her and that you are going to contact people who can help. Respect the privacy of the child. The child will need to tell the story in detail later, so don't press the child for details. Remember, you need only suspect abuse to make a report. Don't display horror, shock or disapproval of the parents, child or situation. Don't place blame or make judgments about the parent or child.

Sexual abuse can affect a child's development and trigger inappropriate behaviors. Because most sexual assault victims knew their abuser, children can be profoundly affected around issues of trust, love and security. Sometimes the abuser is someone in their own family. The effects of incest can be distressing to every person within the family. If you are caring for a child who has been sexually abused, you must establish family rules for everyone's safety and protection. The effects of sexual abuse can be traumatic. Be sure to seek help immediately for yourself, your family and especially the child.

To report abuse or neglect, call your local DHS Child Welfare office between 8 a.m. and 5 p.m. or report directly by calling 1-800-503-7233 (1-800-503-SAFE). If you need to report abuse after hours, contact your local law enforcement agency or child abuse hotline: www.oregon.gov/dhs/children/pages/abuse/cps/cw_branches.aspx.

If a child is in immediate danger, call 911.

Children affected by domestic violence

All children are affected when there is violence in their home, regardless of whether or not they have been physically abused. Children who witness violence in their homes are often as traumatized as those who are directly victimized.

Some common behaviors exhibited by children exposed to violence include sleep disturbances, separation anxiety, worry about a parent's safety, changes in behavior, intrusive thoughts or memories about the violence, and increased physical complaints.

These can include things like headaches, stomachaches, vague complaints and body aches. In addition, a child's ability to concentrate and focus on and carry out tasks — particularly in school — may be compromised.

Unlike physical abuse, where you might see bruises, it can be difficult to see the effects of family violence. If you suspect the child you are caring for has been exposed to domestic violence, you may want to seek counseling support.

Drug- and alcohol-affected children

“I feel sad that my adult child’s life is a mess.”

Many families experience the effect of a family member's abuse of drugs or alcohol. In fact, in 2013, 44.7 percent of founded abuse and neglect cases were due to parental drug and alcohol usage. Parents who have become addicted to a substance may show less interest in the well-being of their children because the primary focus of their life has changed from their children to substance misuse. They may deny substance abuse even though you and other family members and friends know they are using. This can be painful to observe, and many family members feel helpless to intervene.

Although people can become addicted to many types of substances, the most commonly abused include alcohol, marijuana, prescription medications, cocaine and methamphetamines. Any of these substances can become destructive to individuals and families when misused.

Methamphetamine abuse: This has become an epidemic in Oregon and across the country. Methamphetamine is a very potent stimulant with unpredictable effects. It can be particularly devastating to families, especially to children who are exposed to methamphetamines in the home. Children growing up in a home that manufactures methamphetamines may inhale dangerous fumes and chemicals and can be neglected by parents who do not want their children to witness them getting high on the drug. This can affect children's physical health (malnourished, poor hygiene, respiratory ailments), social health (isolated from mainstream society, introduced to use and manufacture of drugs, exposed to unsafe people who may visit the home), and emotional health (insecure, withdrawn or having low self-esteem).

Maternal alcohol and drug abuse: As the number of drug- and alcohol-addicted pregnant women has increased, the number of children born with the adverse effects of prenatal drug addiction has also grown. The effects of prenatal alcohol and other drug exposure can be debilitating to the developing infant's brain.

A wide array of developmental problems can emerge in children because of maternal alcohol and drug abuse, but the effects of prenatal exposure to alcohol and drugs

vary widely. Sometimes, diagnosing children with this disability is challenging if the only indicators are learning problems and other behavioral characteristics.

Below are services that can assist your family member who is seeking help to achieve sobriety, as well as resources for you and your family to find support and more information on substance addiction:

» **Alcoholics Anonymous, Al-Anon, and Alateen in Oregon**

Alcoholics Anonymous (AA) is also listed in most phone books and drop-in meetings are generally available every day of the week. Al-Anon and Alateen are for alcohol-affected children, family members and partners/spouses.

www.aa.org

www.al-anon.alateen.org

» **Narcotics Anonymous in Oregon**

This website includes information on treatment centers and meetings in Oregon.

www.usrecovery.info/NA/Oregon.htm

» **Oregon Department of Human Services– Intellectual and Developmental Disability Services**

This is a good place to start if you are caring for child with developmental disabilities and in need of services.

www.oregon.gov/dhs/DD/Pages/index.aspx

» **FASCETS**

This organization is dedicated to the prevention of fetal alcohol syndrome disorders and supporting improved outcomes for those with this disorder and their families.

www.fascets.org

Children whose parent(s) is deceased

One of the saddest and most painful situations a relative caregiver can face is helping a child deal with the death of a parent. There are no easy answers, but there are ways to help your relative child through the grieving process. It is natural for your relative child to feel deep sadness, loss, fear and even anger. Talking — and crying — can help. Many children need and can benefit from counseling, a support group or other special programs for children who have lost parents.

In addition to allowing your relative child to grieve, be sure to let yourself grieve as well. You have also experienced a loss, especially if the parent who died was your child. Be sure to seek support for yourself, either from friends, support groups or counseling. It is good to

be honest with your relative child about the sadness you are feeling, but try not to use him or her as your support system.

Help your relative child remember, but also move on from the trauma. Your relative child may find comfort in making an album, writing stories or any other activity that helps keep the parent real and remembered. Don't worry if many memories are sad ones, but do try to focus on the good.

» **The Dougy Center**

The Dougy Center provides support in a safe place where children, teens, young adults and families grieving a death can share their experiences. The organization's website includes a list of support groups, helpful books and other resources.

1-866-775-5683

www.dougy.org

Children whose parent(s) is incarcerated

When parents are arrested and put in jail or prison, children often times are scared, confused and upset. The majority of these children live with another parent or relative during their parent's incarceration. One way to help young children understand this situation is to explain that parents can be put into "time out" too. The number of women in jails and prisons has grown exponentially over the past decade. Because women are usually the primary caregivers for minor children, kinship care of incarcerated parents' children will likely continue to grow.

Although it may be tempting to cut off contact with the child's incarcerated parent, this is usually a mistake. More than ever, your relative child will be struggling with feelings of loss, fear for the parent and shame. Research also indicates that inmates with strong family ties and support networks are much more likely to succeed upon release.

Children with incarcerated parents face unique circumstances. Their parents are often housed in prisons far from their home, making it difficult to maintain contact. The parent's re-entry and reunification with his or her children can also be challenging. Children of incarcerated parents are five to six times more likely to become incarcerated than their peers.

» **Pathfinders of Oregon**

A nonprofit social service agency whose mission is to break criminality through prevention and interventions for high risk individuals, families and children. They provide several programs, education and supportive services to adults in the Oregon prison systems and their families.

503-892-5396

www.pathfindersoforegon.com

Helping the child with their emotional, behavioral or learning needs

Because of the early stressful life events your relative child may have experienced, he or she may be at a higher risk for emotional or behavioral issues.

Anxiety: Children and adolescents with anxiety may experience intense fear, worry or uneasiness that can last for long periods and significantly affect their lives. If anxiety is not assessed and treated early, it could lead to problems like repeated school absences or an inability to finish school; impaired relations with peers; low self-esteem; alcohol or other drug use; problems adjusting to work situations; attachment disorders; and anxiety disorders in adulthood.

Attention deficit hyperactivity disorder (ADHD) and attention deficit disorder (ADD):

These are common neuropsychiatric conditions that affect six to nine percent of school-age children and four percent of adults. Symptoms of ADHD/ADD can include difficulty paying attention, being easily distracted, fidgeting, acting impulsively or difficulty following instructions. The good news is with diagnosis and treatment, the symptoms of ADHD/ADD can be substantially decreased and one's quality of life can be improved. ADHD/ADD can flare up during periods of stress (such as school or work), in group settings and when tasks seem difficult or tedious. People with ADHD are often creative and highly energetic. However, it can cause problems in relationships and diminish performance at work or in school.

Depression: Only in the past two decades has depression in children been taken very seriously. A depressed child may pretend to be sick, refuse to go to school, cling to a caregiver or experience feelings of worry. Older children may sulk, get into trouble at school, be negative or grouchy and feel misunderstood.

High risk behaviors: Children who have had adverse experiences in childhood (recurrent abuse, incarceration of a household member, neglect or trauma) may be more likely to engage in unhealthy behaviors, such as substance abuse, sexual promiscuity, self-harm behaviors and eating disorders.

Learning difficulties: Learning difficulties are disabilities that affect the ability to understand or use spoken or written language, do mathematical calculations, coordinate movements or direct attention. Although learning disabilities occur in very young children, the disorders are often not recognized until the child reaches school age.

Oppositional defiant disorder or conduct disorder: All children can be difficult from time to time, particularly when tired, hungry, stressed or upset. They may argue, talk back, disobey and defy parents, teachers and other adults. Oppositional behavior is often a normal part of development for 2- to 3-year-olds and early adolescents.

Openly uncooperative and hostile behavior becomes a serious concern when it is so frequent and consistent that it stands out when compared with other children of the same age and developmental level and when it affects the child's social, family and academic life. Children with oppositional defiant disorder (ODD) or conduct disorder (CD) have an ongoing pattern of uncooperative, defiant and hostile behavior toward authority figures that seriously interferes with a child's day-to-day functioning.

Post-traumatic stress disorder (PTSD): Children who have been exposed to a trauma (abuse, witness to violence, experience a life-threatening illness) are at risk for developing PTSD. PTSD symptoms in children may last for a long time, and may include disturbing memories or flashbacks, repeated nightmares, feeling nervous and jumpy, or feeling emotionally numb.

What about counseling?

Most children who have had a troubled relationship with parents can benefit from counseling with a mental health professional. Your relative child has been through a lot. A good counselor can work with you to help your relative child heal and grow. The team approach can also take some of the pressure off you. For example, if your relative child seems angry a lot, a counselor can help the child with those feelings. If there is a blow-up at home, you do not have to fight it out. You can say, as calmly as possible, "I understand you're angry (or hurt or sad). Maybe you could talk about it with Mrs. Smith next Wednesday."

It is also a good idea to take care of you. Counseling may help you to make better, informed choices or to think of solutions for new challenges in your life.

Types of counselors

Clinical social workers often have experience working with children who have been abused or neglected. They are trained to work with families and can be a very good choice. Look for the initials MSW (master of social work) or LCSW (licensed clinical social worker) after the counselor's name.

Licensed professional counselors (LPC) and licensed marriage and family therapists (LMFT) work with individuals, couples, families and groups. They can help with issues such as marriage, sexual abuse, depression, anxiety, grief or personal growth issues, family discord and chemical dependencies. Counseling services include the use of recognized counseling techniques, appraisal and assessment methods, and research activities.

Contact each professional directly to find out his or her specialty, fees, experience and services to determine the best therapist for your child/family. You may also want to check with the state licensing boards to verify the therapist is in good standing.

- » **Oregon Board of Licensed Professional Counselors and Therapists**
www.oblpct.state.or.us
- » **Oregon State Board of Licensed Social Workers**
www.oregon.gov/BLSW/index.shtml

A **psychologist (Ph.D.)** or a **school counselor (Ed.D.)** may be a good choice if your grandchild also needs help with problems at school.

If your grandchild has serious medical problems and serious mental health problems, you may want to consider a **psychiatrist (M.D.)**.

Types of counseling your grandchild might benefit from include:

- **Individual therapy:** Your grandchild meets one-on-one with the counselor. Individual therapy gives a child a lot of adult attention and may help the child to feel safe.
- **Group therapy (or support groups):** Several children with something in common meet with one or two counselors. Groups might be, for example, “children being raised by grandparents” or “children who were sexually abused.” Group therapy can help children feel less alone and let them learn from others.
- **Family therapy:** Members of a family who want to get along better meet with a counselor. Family therapy can also help the adults in the family deal with the children’s problems.

Before a child starts any counseling, there usually is a meeting between the counselor and the child to try to learn what the child needs. That’s a good time to talk with the counselor about what type of counseling will help your grandchild the most. Sometimes a combination works well, such as individual therapy once a week and a support group twice a month.

Children enrolled in the Oregon Health Plan (OHP) or Healthy Kids have mental health counseling benefits. To find the contact information for the mental health plan, check the child’s benefit enrollment letter, contact their eligibility specialist or check the following website:

1-800-699-9075

www.oregonhealthykids.gov/

If your relative child has special needs

Children with developmental disabilities may have additional needs. Here is a brief explanation of some of the most common developmental disabilities.

Autism spectrum disorders: Neurobiological disorders causing impairment in speech and social interaction. Autism, pervasive developmental disorder (PDD) and Asperger's syndrome are examples.

Cerebral palsy: Describes various degrees of impairment to the brain caused before, during or right after birth, and resulting in physical and/or cognitive disability. Cerebral palsy can be caused by bleeding in the brain, congenital malformations of the brain, certain chemicals including alcohol and mercury, low birth weight, premature birth or a pregnant woman's infection with rubella.

Down syndrome: A genetic condition (an extra chromosome) that affects one in every 800 children born in the United States. Children with Down syndrome often have low muscle tone, mild to moderate mental retardation, heart defects or other health issues.

Mental retardation: A child is described as having mental retardation when he or she has an IQ of 70 or lower. The average IQ of children and adults who do not have mental retardation is 100. There are several causes of mental retardation, including genetic factors, severe injuries to the brain, problems during pregnancy or birth, and health problems. Mental retardation affects a child's ability to process information, to learn, and to perform basic daily and independent-living skills. There can also be developmental disabilities caused by traumatic brain injuries or maternal drug abuse.

» **Oregon Department of Human Services–Intellectual and Developmental Disability Services**

This is a good place to start if you are caring for child with developmental disabilities and in need of services.

www.oregon.gov/dhs/DD/Pages/index.aspx

» **Oregon Family to Family Health Information Center**

Oregon Family to Family is a resource for families who care for special needs children. Services include a toll-free line, website with information and links to special-needs services, newsletters, tip sheets, regional family gatherings and trainings in communities around the state. There are also family liaisons in local areas for support and information.

www.oregonfamilytofamily.org/

» **Child Development and Rehabilitation Center (CRDC)**

A family-centered team approach that combines clinical experience with innovative research to support children with special needs and their families. There are locations in both Portland and Eugene.

503-346-0640 – Portland

1-800-637-0700/541-346-3575 – Eugene

www.ohsu.edu/xd/health/child-development-and-rehabilitation-center/

Meeting your relative child's physical needs

Children with physical health problems or conditions

There are many common physical health problems or conditions your relative child may experience.

AIDS/HIV: An epidemic disease caused by the human immunodeficiency virus, a retrovirus that causes immune system failure and is often accompanied by secondary infections such as tuberculosis. AIDS is spread through direct contact with body fluids.

Allergies: Allergies occur when there is a reaction to your immune system when it comes in contact with substances such as pollen, bee venom, or pet dander. There may also be allergies to foods such as peanuts or shell fish. Depending on the allergy and the person's reaction to it, they can be minor to quite severe. Common symptoms include sneezing, runny nose, congestion and/or labored breathing.

Asthma: A disease characterized by narrowing of the lung passageways, making breathing difficult. Symptoms include frequent coughing during play, at night or while laughing; less energy during play; complaint of chest tightness or chest "hurting"; wheezing; and loss of breath. Special home environment changes may be necessary if a child has asthma.

Drug-affected or prenatal exposure: Prenatal exposure to alcohol, tobacco and illicit drugs has the potential to cause a wide spectrum of physical, emotional and developmental problems for infants. The harm caused to the child can be significant and long-lasting, especially if the exposure is not detected and the effects are not treated as soon as possible.

Eating disorders: Physiological and psychological disturbances in appetite or food intake. May also include or coincide with excessive exercise or use of laxatives.

Epilepsy/seizures: Disturbances of brain function, including episodic impairments or loss of consciousness.



Juvenile diabetes: A severe metabolic disorder with sudden onset before the age of 20. Diabetes occurs when insulin deficiency prevents the body from properly using carbohydrates. Diet changes may be necessary and sugar intake must be closely monitored.

Malnourishment: A deficiency in vitamins and minerals necessary to sustain life.

Obesity: An increase in body weight beyond skeletal and physical capacity, which may limit physical activity.

It is best to speak to your medical provider to assess and treat any of these health conditions. Your medical provider can also provide you with detailed information on these problems.

The potential implications of your child's physical health problems vary by condition and severity. Health problems might cause changes in your child's diet, activities, ability to learn and social interaction. Medication may also be required.

Working with the Oregon Department of Human Services (DHS) Child Welfare Program

“Now that another child is added to my family, how do I make sure my family’s needs are met?”

Each family situation is unique. You may need only brief assistance, since most children who go to live with relatives or in foster care return home within a short time. Or, you may need help with resources and services over a number of months in order to care for your relative child.

When the child is in DHS Child Welfare custody, a caseworker evaluates the child’s and parent’s needs and your situation to assess what support you require to care for the child. This is a critical time in the case, and your active participation is essential to successful case planning. Services are available within DHS and in your community to meet the needs of the entire family.



What happens if the child is involved in Child Welfare?

When there are safety issues in the home that a family is unable to resolve alone, court intervention may be required. State and federal laws define what constitutes child abuse and neglect. If a child has been removed from home due to allegations of abuse or neglect, the courts determine the time in which the parents have to prove that they can provide a safe home for their child. The federal Adoption and Safe Families Act (ASFA) allows 14 months from the time a child is removed from home for parents to make changes and create a safe environment for their child. The court may allow an exception to this timeline if the child is living with relatives

Generally, DHS Child Welfare and the juvenile court develop a plan with the parents for children to return safely to their homes. However, a concurrent or alternate plan for another permanent home is also made in case the child cannot return home. Adoption or guardianship may be the permanent plan for the child in many cases. In 2010, 36 percent of all adoptions statewide were by relatives.

To license your home and ensure that children will be safe when they come to stay with you, DHS Child Welfare workers require that:

- All adult household members must have an agency background check for any history of child maltreatment.
- All adult household members must have a criminal history check.
- A safety checklist must be completed at the home.
- Four references are required.
- A Child Welfare worker must complete an in-depth social history and the Oregon SAFE home study with you.
- An extensive preliminary and annual training requirement must be done.
- Regular, ongoing visits in your home occur.

Each case is considered individually. The regular process usually takes 60 days, but the agency also has an emergency placement process for relatives to reduce the time children spend in stranger care. This emergency placement process takes between five and seven business days.

Managing visits and contact with family

“I feel so relieved to have the children with me, but I also want them to have good contact with their parents.”

Many times, relatives intervene directly to provide care for relative children in need. Qualified relatives are always the required first placement if DHS Child Welfare is involved. Either way, managing contact between your relative child and the child’s parent(s), who may be coping with their own problems, can often be challenging. If you are working with DHS Child Welfare, you can arrange supervised or unsupervised visits at the Child Welfare office, at home or at another location in the community. Your family, DHS Child Welfare and the parents will collaborate on a visitation plan that best suits the child’s needs.

Examples of possible challenges associated with visits and family contacts include:

- The child may refuse contact with the parent or be extremely upset before and/or after contact with the parent.
- A parent may lie, break promises or miss visits.
- A parent may call or visit a child while he or she is intoxicated or using drugs.
- A parent may try to abduct the child.

Relatives who are not involved with Child Welfare may find it helpful to contact a support group for relatives raising others' children.

Relatives who are working with Child Welfare can ask for a family meeting to set boundaries or arrange support for visits. You may want to keep a list of concerns to share with your caseworker or ask Intensive Family Services to help with visits.

What is an Oregon Family Decision Meeting?

An Oregon Family Decision Meeting (OFDM) is when family members, DHS staff and others concerned with the well-being of the child (a school teacher, neighbor, minister or grandparent) meet and discuss the best way to protect and care for the child. An OFDM is usually scheduled within 60 days of DHS Child Welfare involvement. OFDM participants discuss the strengths of the family and the needs of the child. The focus of the meeting is to strategize and agree on a plan for the child's safety and permanent care. Although most plans include the eventual return of the child to the parent's home, an alternate plan is discussed if the first plan does not work out. A Child Safety Meeting (CSM) is held at time of case transfer and/or at 30 days.

What are the expectations of DHS Child Welfare and the court?

If the court is involved in deciding where your relative child will live, you and DHS Child Welfare will be expected to ensure the child is being cared for appropriately. The court may grant legal custody of the child to DHS Child Welfare in some instances, even though the child is living with you.

If DHS Child Welfare has legal custody of the child, you and all those living in the household will be notified of any court hearings concerning the child. Court hearings and Citizen Review Board (CRB) reviews provide a lot of information about the child and the child's parents. Your attendance at these hearings is important because the court and CRB want to hear your opinion of how the child is doing. The CASA and the child's attorney will also be very helpful to you in meeting the child's needs.

The relationship you have with your DHS Child Welfare caseworker is important. Your caseworker's recommendation to the court can determine if a child remains in your home or is placed somewhere else. You can tell the worker specifically what you need to care for your relative child (child care, crib, clothes). You may also face difficult issues and situations such as not agreeing with the service plan created for your relative child, trying to prevent contact between the child and parent, and documenting information regarding the behavior of the child's parents. Your DHS Child Welfare caseworker should support you in dealing with these challenges.

You may experience frustration when dealing with public agencies. Know that staff have to interpret and apply complex, frequently changing rules. If you disagree with the decisions made by the DHS Child Welfare caseworker, you can contact the caseworker's supervisor to discuss your concerns and review other options outlined in the agency grievance procedure pamphlet.

Assistance for families

Note: All of the resources mentioned below may be subject to eligibility or other requirements.

Resources for people parenting a relative child are growing. In this section, you'll find information about various programs and contact information.

Family and Medical Leave Act (FMLA)

Under the Family and Medical Leave Act of 1993 (FMLA), many employees are entitled to up to 12 work weeks of unpaid leave and access to group health benefits during any 12-month period for the following purposes:

- Birth of a child of the employee and the care of such child;
- Placement of a child with the employee for adoption or foster care;
- Care of a spouse, child or parent of the employee who has a serious health condition; or
- Employee's own serious health condition that makes the employee unable to perform the essential functions of his or her position.

www.dol.gov/whd/fmla/

Oregon's Family Leave and Medical Leave Act

www.oregon.gov/boli/TA/docs/OFLA_Poster_2014.pdf

Governor's Advocacy Office

The Governor's Advocacy Office includes the Department of Human Services ombudsmen and the children's ombudsman. The Governor's Advocacy Office at the Department of Human Services is part of the Director's Office and serves as the ombudsman for the department's programs and services. The children's ombudsman is also located in this office.

The Governor's Advocacy Office serves thousands of families throughout Oregon every year. Oregon residents experiencing a problem with, or seeking information about, DHS programs or services receive help and direction from the Governor's Advocacy Office's ombudsmen. These concerns include, but are not limited to, child and elder abuse and neglect, access to health and dental programs, homelessness, personal or



family crisis, drug and alcohol treatment, mental health programs and services for the developmentally disabled.

503-945-5944

www.oregon.gov/dhs/aboutdhs/Pages/gao.aspx

Legal Aid

Some families have had a hard time finding someone to help them with a legal problem. If you need legal services, contact your local Legal Aid agency to provide you with a starting point in your search. Note: Each of these agencies provides different services, in different areas.

www.osbar.org/public/ris/LowCostLegalHelp/LegalAid.html

Modest Means Program

Oregon lawyers created the Modest Means Program to help moderate-income Oregonians find affordable legal assistance. Eligibility for the program is based upon type of legal matter, applicant income and assets, and availability of participating attorneys. The Modest Means Program is only available for family law, criminal defense and landlord/tenant matters at the trial court level, not including appeals. Modest Means Program attorneys will charge \$35 for the first in-office consultation and then \$60, \$80 or \$100 per hour thereafter, depending on your income and assets.

www.oregonstatebar.org/public/ris/

Problem Solvers

Oregon lawyers volunteer as Problem Solvers to offer free legal information and advice to children. Any young person between the ages of 11 and 17 can call to request a referral to this program. Volunteer attorneys agree to provide a free 30-minute consultation. This service is not available in all areas in Oregon.

1-800-452-7636

www.osbar.org/public/legalinfo/youth.html

Oregon Foster Parent Association (OFPA)

OFPA provides services and support to Oregon's foster and adoptive families and to grandparents and other relatives caring for children. Some of the services and support include:

- Advocacy with state and private agencies;
- Child behavior education;
- Educational advocacy with schools;
- General training needs; and
- Resource and referral for children's basic needs.

1-888-544-3402

<http://ofpa.com/>

Oregon Post Adoption Resource Center (ORPARC)

The Oregon Post Adoption Resource Center (ORPARC) provides services to Oregon families who have adopted children through any state foster care system and to Oregon assisted guardianship families. Knowledgeable and dedicated staff offer connections to community resources, specialized parenting consultation, advocacy and support, statewide trainings, an extensive lending library, seasonal newsletters and assistance with parent support groups. Resources are also available in Spanish. All services are provided at no cost to eligible families.

1-800-764-8367

www.orparc.org

Child care and respite programs

Family Caregiver Support Program/Relatives as Parents Program

This program provides supportive services to grandparents and other relatives 55 years of age or older who are raising a grandchild or other family member. These unpaid caregivers may be eligible for supportive services if a child (age 18 or younger) or child with a disability (age 19 or older) is living in their home because the child's parents are unable or unwilling to care for them. Through the Family Caregiver Support Program, these primary caregivers may be eligible for the following services:

- Caregiver trainings;
- Support groups and individual counseling;
- Access to respite services;
- Assistance finding services; and
- Community outreach and information services.

Aging and Disability Resource Connection (ADRC)

1-855-673-2372 (1-855-ORE-ADRC)

www.ADRCofofOregon.org

Local Area Agency on Aging, see pages 35–39

Central Coordination of Child Care Resource and Referral

Free referral service to help locate certified full- or part-time child care.

800-342-6712

<http://trouw.org/projects/cccr>

Counseling and crisis services

Community mental health

Contact your county's community mental health program for more information on mental health services, counseling and crisis services in your area.

See pages 48–50 to find your local mental health program.

Domestic violence resources

Domestic violence 24-hour hotlines are available to assist survivors of domestic violence, sexual assault, stalking or human trafficking. Services include helping survivors develop safety plans, shelter information, support groups/counseling and referrals to community services. The National Domestic Violence Hotline can connect callers to state resources throughout the country. Center for Hope and Safety and the Portland Women's Crisis Line can refer callers to appropriate agencies within their areas.

- **National Domestic Violence Hotline**
1-800-799-7233/1-800-787-3224 (TTY)
www.thehotline.org/
- **Center for Hope and Safety/Mid-Willamette Valley**
503-399-7722 or toll free at 1-866-399-7722
<http://hopeandsafety.org/>
- **Portland Women's Crisis Line/Metro area**
503-235-5333 or toll free at 1-888-235-5333
<http://pwcl.org/>

Lines for Life

This free, confidential referral service assists individuals in a number of mental health crises. Lines for Life give information about preventing substance abuse, suicide and encourage mental wellness. It includes a military helpline. Every year, the helpline serves thousands of Oregonians looking for a way to deal with the disease of addiction.

1-800-273-8255

www.linesforlife.org/

Financial assistance

Adoption assistance

If you adopt a relative child, you may receive adoption assistance through Child Welfare to help pay for your child's special needs. Adoption assistance can provide financial support for legal and other fees relating to adoption or for one-time, unexpected expenses related to the adoption process.

The child must meet specific criteria to be eligible for adoption assistance. This includes being diagnosed with a disability, being part of a large sibling group, being part of a racial or ethnic minority, being age 8 or older, being at risk for future problems, or other unlisted reasons. A child can be eligible for adoption assistance until age 18.

503-947-1134 or your local DHS Child Welfare office

<http://library.state.or.us/repository/2014/201410241534355/index.pdf>

Community Action Agencies

Community Action Agencies work to eradicate the causes and conditions of poverty that exist in Oregon. Community Action Agencies work in collaboration with a variety of partners from local, state and federal governments, as well as community and advocacy groups, policymakers and low-income leaders.

Services offered by Community Action Agencies may include:

- Housing and transportation;
- Food and utility assistance;
- Emergency services;
- Head Start educational programs;
- Child care referrals; and
- Community resource referrals.

See pages 40–42 for your local Community Action Agency

www.caporegon.org/our-network/members

Child support

The child's parents are legally responsible to financially support the child, sometimes through child support payments. The Oregon Department of Justice Division of Child Support (DCS) or the local district attorney's office handles the collection of child support, which may be available from each parent to help provide care for a child. If the child is receiving benefits from the state, DCS can be helpful. The local district attorney's office handles most other cases. The website listed below includes information in English, Spanish, Russian and Vietnamese.

1-800-850-0228

www.oregonchildsupport.gov

Relative foster care reimbursement

Relative foster care reimbursement may be made on behalf of a child who is in the care and custody of DHS, depending on the child's eligibility. Coverage for medical, dental, eye care and mental health counseling is also provided. The family caring for the child must meet extensive DHS standards and requirements. Contact the child's caseworker for more details.

Self-Sufficiency offices

The Oregon Department of Human Services, through Self-Sufficiency, offers temporary monthly assistance to eligible families and children.

Temporary Assistance to Needy Families (TANF)

- **Non-needy caretaker relative grant:** This grant provides monthly financial assistance for the children based on the income and resources of the household. The child is eligible until age 18 (or age 19 if still in high school). The grant does not require job search activities by the grandparent or relative caregiver.
- **Family grant:** The TANF program provides monthly financial assistance for all children and adults living in the household, based on the household's income and resources, and requires participation in the JOBS program for adults in the home. The program provides case management and cash assistance to low-income families with minor children. The goal of the program is to reduce the number of families living in poverty through employment services and community resources.

Call your local Self-Sufficiency office, see pages 43–44.

www.oregon.gov/dhs/assistance/pages/localoffices.aspx#distMap

Employment Related Day Care (ERDC)

The program subsidizes day care expenses for employed caretakers (including non-needy caretaker relatives). Eligibility and the amount of the subsidy are based on factors such as family income and the number of family members. Caretakers are responsible for a monthly copay. There may be a waitlist for this program.

Call your local Self-Sufficiency Office, see pages 43–44.

www.oregon.gov/dhs/assistance/pages/localoffices.aspx#distMap

211 (formerly known as Oregon Helps and Oregon SafeNet)

211 is an easy way to connect with nonprofit and public services that can help families throughout Oregon and Southwest Washington with paying energy bills, rent assistance, employment, food or health care. When you call 211, you will speak with a resource specialist who can help connect you to the services you are looking for. You may also visit www.211info.org to search for services or text your ZIP code to 898211 for a quick listing of resources.

211 (toll-free)

www.211info.org

Social Security

There are three categories of Social Security benefits available to help children. The eligibility requirements are different for each benefit. Because benefit decisions can take several weeks, it is important to start the application process as soon as possible. Benefits that are awarded should be retroactive to the date of the application submission.

- **Supplemental Security Income (SSI):** AA benefit for children who have significant physical or mental impairment.
- **Survivors benefits:** A benefit for children whose parent(s) are deceased.
- **Social Security benefits:** A benefit for children who have a parent(s) receiving Social Security disability or Social Security retirement.* The parent does not need to be living in the home.

** Dependent grandchildren may qualify based on the grandparent receiving Social Security disability or Social Security retirement if their biological or adoptive parents are deceased or disabled. The grandparent must be financially supporting the child throughout the year without assistance from the parents and the parents cannot live in the household. Additional eligibility requirements apply.*

1-800-772-1213

www.ssa.gov

Subsidized guardianship

Subsidized guardianship is a program to help families obtain guardianship of children in the custody of DHS. Guardianship assistance includes financial or medical benefits paid to guardian families for costs associated with the needs of the child under their guardianship. Benefits may be in the form of cash and/or Medicaid coverage.

Contact the child's case manager for additional details.

Food and Nutrition Programs

Emergency food and food boxes

Most communities have emergency food banks. Look in your local telephone directory to find your local DHS office or the Oregon Food Bank for more information.

www.oregonfoodbank.org

Contact your local Self-Sufficiency office, see pages 43–44.

Supplemental Nutrition Assistance Program (SNAP)

Formerly known as the Food Stamp Program, SNAP provides monthly funds to assist with the cost of food. SNAP benefits are issued on an Oregon Trail Card. Eligibility is based on size of household, income, housing costs, child care costs and medical costs.

You can apply at your local Self-Sufficiency or DHS/Seniors and People with Disabilities or Area Agency on Aging office or call 211 toll-free for the closest office near you.

www.oregon.gov/dhs/assistance/Pages/foodstamps/foodstamps.aspx

Free school meals

Free or reduced prices for school meals may be available through local schools. Children in DHS custody who are placed with relatives or relative families receiving TANF or SNAP are generally eligible. Otherwise, eligibility is based on family income on a sliding scale. Contact the child's school for more information.

Free summer meals program

Many communities have free summer meals programs available to children through local schools, parks and churches. The programs do not have income requirements and are available for children through age 18.

Call 211 toll-free for questions for the closest meal site.

www.summerfoodoregon.org/

Women, Infants and Children Program (WIC)

WIC provides nutritional foods and education to women who are pregnant or have recently given birth and for children from birth to 5 years of age. Vouchers are provided through the county health department to buy specific types and amounts of nutritional foods during each month of eligibility. Assessment, counseling and — if needed — referral to services for pregnant mothers, new mothers and young children is available. Eligibility is based on household size and income. Children in DHS custody placed with relatives and other adults, or who are on TANF, OHP or SNAP, are generally eligible.

To locate your local WIC Clinic, call 211 (toll-free) or go to

<http://public.health.oregon.gov/HealthyPeopleFamilies/wic/Pages/index.aspx>

Housing and utility assistance

Your local Community Action Agency can help you navigate various housing services. Depending on the Oregon county in which you live, there are programs to help find and pay for housing. Eligibility is based on household income and the number of people in the household. Some programs require criminal history background checks of family members. There are typically long waiting lists for these housing options, so be sure to apply as soon as possible.

Energy or utility assistance programs can help pay electricity and other heating bills. Eligibility is based on income. There may also be specific programs for older adults.

Contact your local Community Action Agency, see pages 41–42

www.caporegon.org/our-network/members

The Oregon Lifeline (Oregon Telephone Assistance Program) helps you with your home or cell phone bill. You may be eligible if you are getting Supplemental Nutrition Assistance Program (SNAP), Supplemental Security Income (SSI), Medicaid or certain state medical programs, or Temporary Assistance to Needy Families (TANF). Qualified individuals may get a \$12.75 reduction in their monthly residential landline or wireless phone bill.

1-800-848-4442

www.oregon.gov/puc/Pages/rsfp/otap.aspx

Medical and dental coverage

Children need routine medical attention, including immunizations, vision check-ups and dental visits. Some serious medical needs might not be obvious at first, so be sure to get medical coverage now so any future health problems will be covered.

Oregon Health Plan (OHP)

OHP is medical coverage for children who meet eligibility requirements. Relatives and other caregivers can apply for OHP for a child based primarily on the income and resources of that child. The Oregon Health Plan can pay for medical, vision, dental and mental health services provided in your area. Access to providers is specified. Be sure to check the coverage and which providers you can use with the health plan.

1-800-527-5772

www.oregon.gov/DHS/healthplan

Healthy Kids

Healthy Kids offers health insurance to all uninsured Oregon kids and teens. Coverage includes medical, dental, vision and mental health care. No family earns too much to be eligible. The monthly premium amount will be based on household income and may be no-cost, low-cost or full-cost.

1-800-699-9075

www.oregonhealthykids.gov/

211 (formerly known as Oregon Helps and Oregon SafeNet)

211 is an easy way to connect with nonprofit and public services that can help families throughout Oregon and Southwest Washington with paying energy bills, rent assistance,

employment, food or health care. You will speak with a resource specialist who can help connect you to the services you are looking for. You may also visit www.211info.org to search for services, or text your ZIP code to 898211 for a quick listing of resources.

211 (toll-free)

www.211info.org

Senior Health Insurance Benefits Assistance (SHIBA)

SHIBA is a federal/state program that provides free and unbiased advice on Medicare. Trained SHIBA volunteers provide personalized counseling to help people who have Medicare and their families make insurance choices

1-800-722-4134

www.oregonshiba.org

Extra Help with Medicare prescription drug plan costs

Anyone who has Medicare can get Medicare prescription drug coverage. Some people with limited resources and income are also eligible for Extra Help to pay for the costs of monthly premiums, annual deductibles and prescription copayments related to a Medicare prescription drug plan. The Extra Help is estimated to be worth about \$4,000 per year. Many people qualify for these big savings and don't even know it.

1-800-772-1213/TTY 1-800-325-0778

www.ssa.gov/medicare/prescriptionhelp

Oregon Prescription Drug Program (OPDP)

The Oregon Prescription Drug Program (OPDP) is the state prescription drug purchasing pool. OPDP offers a discount card that may save you money on your prescription drugs. There is no cost for the card and all Oregonians may sign up. OPDP provides an average savings of 42 percent. All prescription drugs are covered with the highest discount on generics. There is no paperwork required to join and no age or income limit. You can have other prescription coverage even through Medicare and still sign up for OPDP.

1-888-411-6737

www.opdp.org

Advantage Smiles for Kids

This nonprofit organization provides orthodontic and dental care for low-income, at risk youth between the ages of 12 and 16. A dentist, teacher, social worker, CASA, social service agency, mental health professional or school counselor must refer the child to the program. The parent or guardian must make a monthly financial contribution, regardless of how small. For more information regarding eligibility, call or visit their website.

1-866-268-9616

www.advantagesmilesforkids.org

Smiles Change Lives

Smiles Change Lives connects caring orthodontists with children in need. Children must be between ages 10 and 18 years old and have a household income at or below 200 percent of the poverty level. Approved families must pay \$500 toward the cost of the braces. There is a \$25 nonrefundable application fee to apply.

1-888-900-3554

www.smileschangelives.org/

Other orthodontic help

Check with local orthodontists to see if they offer kids full or partial scholarships for the cost of braces.

Immunization clinics

County health departments offer immunizations at no charge or a sliding scale based on income. They offer all state-required vaccines for day care, preschool, K-12 and a variety of adult vaccines.

Contact your local health department (see page 47)

<http://public.health.oregon.gov/Pages/Home.aspx>

Help for seniors and people with disabilities

Aging and Disability Resource Connection (ADRC)

The ADRC provides resources, referrals and support services to assist older adults, people with disabilities, their families and caregivers. Individuals can search the ADRC website for information and services or they may walk in or call any local ADRC for assistance. Staff is available for consumers who need help navigating through all the options to find the best service or combination of services that meet their needs. Staff can also assist in long-term care planning.

1-855-ORE-ADRC/1-855-673-2372

www.ADRCoforegon.org

Local senior centers

Senior centers are community focal points that connect older adults to important services and programs that can help them stay healthy and independent. Services and programs offered include meal and nutrition programs; information and assistance; fitness and wellness programs; transportation services; social and recreational program; educational and arts programs.

www.adrcforegon.org/consite/explore-2c.php

Tax assistance

AARP Tax-Aide

AARP Tax-Aide is the nation's largest free, volunteer-run tax preparation and assistance service. More than 34,600 trained and certified volunteers nationwide provide free tax preparation and assistance services to millions of low- and middle-income taxpayers, with special attention to those aged 60 and older. The program also offers electronic filing and online counseling. There are approximately 6,500 Tax-Aide sites in Oregon. AARP Tax-Aide is available from February 1 through the middle of April.

1-888-227-7669

www.AARP.org/money/taxes/aarp_taxaide

Earned Income Tax Credit

This is a tax credit to supplement the income of working people with children. The credit is paid after a family files income taxes, and a relative can get a refund even if no income tax is owed. This credit is available to relatives who are employed and have at least one qualifying dependent child.

www.irs.gov/Credits-&-Deductions

Success at school: School services

Securing a good education can help children lead successful lives. Sometimes children who end up in kinship care have had a difficult time in school. Many of these children have moved several times, had no one to help them with their homework or had special learning needs that were not diagnosed. Without support, these children may get behind and feel defeated.

Many schools have programs available to make sure children receive the best possible education. Services exist to help them prepare for school, to stay in school and to excel in school. This section includes information on how to help children of all ages (from birth through higher education) succeed in school.

Early Intervention/Early Childhood programs

This program serves children from birth to school age. If you're worried about your preschool child being hyperactive or missing developmental milestones, contact Early Intervention. Early Intervention provides a free total assessment of your child for developmental delays and provides services to prepare your child to be successful in his or her school years. Contact the Oregon Department of Education.

503-947-5600

www.ode.state.or.us/search/page/?id=4283

Education advocacy and information

School-age children: Some children have serious problems that must be addressed, such as attendance or behavioral problems in school. If you are worried that their needs aren't being met, you can contact the following advocacy programs:

- **Family and Community Together (FACT) Parent Training and Information Center (PTI)** is a statewide resource serving families of children with disabilities, emotional or behaviors concerns, or suspected disabilities from ages birth to 26. The center's goal is to educate, encourage and empower children and young adults with disabilities as well as their parents and family members.

1-888-988-3228

<http://factoregon.org/>

- **Disabilities Rights Oregon** offers free legal assistance and other advocacy services to individuals who have physical or mental disabilities.

1-800-452-1694

www.droregon.org

Individualized Education Plan (IEP)/surrogate parent

If your child has a disability, an education surrogate parent must be appointed to serve in the parental role to make education decisions as a part of the education planning team. You may serve in this role, recommend another person or rely on Court Appointed Special Advocates (CASA). The surrogate parent may request an educational assessment or meetings as necessary at any time to discuss the child's education plan. In Oregon, Family and Community Together (FACT) is the parent training and information center (PTI), including IEP education for parents of children with special needs. Contact FACT for specialized help with your child.

1-888-988-3228

<http://factoregon.org>

Oregon Head Start programs

Head Start is a federal program designed to assist preschool children (ages 2 years to school age, depending on location) get ready for school. Eligibility is based on income and other factors, however, there are exceptions to these eligibility rules. Most children in the care of relatives and in the custody of the state are eligible.

Children in Head Start generally attend morning or afternoon sessions. (Transportation is available.) Some programs also include a child care component for working parents. The purpose of Head Start is to assess the child's needs and to help families find services and support targeted toward school preparation. Since each program has a different age requirement and often a waiting list, contact your area program as soon as you have a child (between 1 and 6 years old) to learn the specifics of your program.

www.headstartprogram.us/state/oregon

Scholarships and education loans

Loans and scholarships may be available to foster (or former foster) teens who attend college. They must have spent at least one year in foster care between the ages of 16 and 21, and enroll in college no later than three years from the date they left foster care or graduated from high school, whichever date is earlier.

541-687-7395

www.osac.state.or.us

School fees

Many fees can be associated with school attendance including lockers, band instruments, sports and extracurricular activities. Contact your school counselor or case manager regarding assistance for your child's school fees.

Back-to-school clothing and supplies

Getting a child ready for a new school year is exciting but also can be financially difficult. Operation School Bell and other supply and clothing drives collect items for those needing help. Talk with your child's school counselor for a referral to the district's family resource center or other resource if you need assistance with school clothes and supplies.

School medical insurance

Some schools have low-cost medical coverage for children. Check with the school counselor to see if your child can receive medical coverage for in-school or after-school activities.

Talented and Gifted programs

If you have a child you feel is exceptionally gifted in one or more areas, contact your local school. The school has the responsibility to provide gifted children with work that is compatible with their abilities. Your child will be tested and may be identified for the TAG (Talented and Gifted) Program. Contact your child's school counselor for more information.

Other support and educational offerings for relative parents

Support groups for grandparents raising grandchildren and relatives raising children are available throughout the state. Contact the Family Caregiver Support Program through the ADRC or your local Area Agency on Aging for a listing of support groups.

ADRC 1-855-673-2372 (1-855-ORE-ADRC)

www.ADRCoOregon.org

Area Agency on Aging, or see pages 35–39

Grandparents Raising Grandchildren conferences

Some Area Agencies on Aging throughout Oregon have annual Grandparent Raising Grandchildren conferences that include speakers and resource fairs. Contact your local Area Agency on Aging to see if a conference is held in your area.

Call your local Area Agency on Aging, pages 35–39

A Gift of Time

A Gift of Time holds an annual statewide respite weekend for grandparents raising grandchildren. Other kinship parents and family caregivers raising a relative child are also included. Event includes guest speakers, entertainment, arts, crafts, relaxation activities and fellowship. For event date and registration please see contact information below.

541-889-7651

angela@mcoainfo.org

Native Care Conference

Join caregivers of Native Elders and relative caregivers of children from Northwest Native American communities for the annual two-day event. The conference includes valuable workshops that will enhance your caregiving skills and provide you with a break from your daily responsibilities. Contact your Tribal Health Center for date and registration for the next conference.

Powerful Tools for Caregivers

In six weekly classes, caregivers develop a wealth of self-care tools to reduce personal stress; change negative self-talk; communicate their needs to family members and health care or service providers; communicate more effectively in challenging situations; recognize the messages in their emotions; deal with difficult feelings; and make tough caregiving decisions.

For classes in your area, contact your local AAA, pages 35–39

www.powerfultoolsforcaregivers.org

Resources

Notice: The information in this resource guide is accurate to the best of our knowledge as of May 2015. However, we assume no responsibility for the accuracy of program resources or contact information.

Area Agencies on Aging offices, by county

- **Baker**
Community Connection of Northeast Oregon, Inc.
2810-1/2 Cedar Street
Baker City 97814

Phone 541-523-6591/1-800-823-6501
Fax 541-524-1221
www.ccno.org
- **Benton**
Oregon Cascades West Council of Governments
1400 Queen Avenue S.E., Suite 206
Albany 97322

Phone 541-967-8630/1-800-638-0510
Fax 541-967-6423
www.ocwcog.org/
- **Clackamas**
Clackamas Area Agency on Aging
2051 Kaen Road, P.O. Box 2950
Oregon City 97045-0295

Phone 503-655-8640
Fax 503-650-5722
www.clackamas.us/socialservices/senior.html



- **Clatsop**
NorthWest Senior and Disability Services
 2002 Chokeberry Avenue
 Warrenton 97146
 Phone 503-861-4200/1-800-442-8614
 Fax 503-861-0934
www.nwsds.org
- **Columbia**
Area Agency on Aging
 Community Action Team
 125 N. 17th Street
 St. Helens 97051

 Phone 503-397-3511
 Fax 503-397-3290
www.cat-team.org
- **Coos**
So. Coast Business Employment Corp.
 93781 Newport Ln
 Coos Bay 97420

 Phone 541-269-2013/1-800-858-5777
 Fax 541-267-0194
www.scbec.org/SCBEC_senior_services.htm
- **Crook**
Central Oregon Council on Aging
 1135 S.W. Highland Avenue
 Redmond 97756

 Phone 541-548-8817
 Fax 541-548-2893
www.councilonaging.org
- **Curry**
So. Coast Business Employment Corp.
 93781 Newport Ln
 Coos Bay 97420

 Phone 541-269-2013/1-800-858-5777
 Fax 541-267-0194
www.scbec.org/SCBEC_senior_services.htm
- **Deschutes**
Central Oregon Council on Aging
 373 NE Greenwood Ave
 Bend 97701

 Phone 541-678-5483
 Fax 541-647-2689
www.councilonaging.org
- **Douglas**
Douglas County Senior Services
 1036 SE Douglas Ave, Rm. 221
 Roseburg 97470

 Phone 541-440-3677/1-800-234-0985
 Fax 541-440-3658
www.co.douglas.or.us/health/SS/
- **Gilliam**
Mid-Columbia Council of Governments
 1113 Kelly Avenue
 The Dalles 97058

 Phone 541-298-4101/1-800-831-8217
 Fax 541-298-2084
www.mccog.com/area-agency-on-aging/

- **Grant**
Community Connection of Northeast Oregon
 142 NE Dayton
 John Day, OR 97845

 Phone 541-575-2949
 Fax 541-963-5932
www.ccno.org
- **Harney**
Senior and Community Services Center
 17 S. Alder Street
 Burns 97720

 Phone 541-573-6024
 Fax 541-573-6025
www.co.harney.or.us/seniorcenter.html
- **Hood River**
Mid-Columbia Council of Governments
 205 Wasco Loop Suite 101
 Hood River 97031

 Phone 541-386-6300
 Fax 541-386-2189
www.mccog.com/area-agency-on-aging/
- **Jackson**
Rogue Valley Council of Governments
 155 N. First Street
 Central Point 97502

 Phone 541-664-6674
 Fax 541-664-7927
www.rvcog.org
- **Jefferson**
Central Oregon Council on Aging
 1135 S.W. Highland Avenue
 Redmond 97756

 Phone 541-548-8817
 Fax 541-548-2893
www.councilonaging.org
- **Josephine**
Rogue Valley Council of Governments
 155 N. First Street
 Central Point 97502

 Phone 541-664-6674
 Fax 541-664-7927
www.rvcog.org
- **Klamath**
Klamath & Lake Counties Council on Aging
 700 Main Street, Ste. 107
 Klamath Falls 97602

 Phone 541-205-5400
- **Lake**
Klamath Basin Senior Citizens Council
 700 Main Street, Ste. 107
 Klamath Falls 97602

 Phone 541-205-5400
- **Lane**
Senior and Disability Services, a Division of Lane Council of Governments
 1015 Willamette Street
 Eugene 97401-3178

 Phone 541-682-3353/1-800-441-4038
 Fax 541-682-2848
www.sdslane.org

- **Lincoln**
Oregon Cascades West Council of Governments (OCWCOG)
 203 N. Main Street
 Toledo 97391

Phone 541-336-2289/1-800-282-6194
 Fax 541-336-1510
www.ocwcog.org
- **Linn**
Oregon Cascades West Council of Governments (OCWCOG)
 1400 Queen Avenue S.E., Suite 206
 Albany 97322

Phone 541-967-8630/1-800-638-0510
 Fax 541-967-6423
www.ocwcog.org
- **Malheur**
Malheur Council on Aging and Community Services
 842 S.E. First Avenue
 Ontario 97914

Phone 541-889-7651
 Fax 541-889-7433
www.mcoainfo.org
- **Marion**
NorthWest Senior and Disability Services (NWSDS)
 3410 Cherry Avenue N.E.
 Salem 97309

Phone 503-304-3400/1-800-469-8772
 Fax 503-304-3421
www.nwsds.org
- **Morrow**
Community Action Program East Central Oregon
 721 S.E. Third Street, Suite D
 Pendleton 97801

Phone 541-276-1926/1-800-752-1139
 Fax 541-276-7541
www.capeco-works.org/senior.htm
- **Multnomah**
Multnomah County Aging and Disability Services (ADS)
211 Toll-free
 Fax 503-988-6945
www.multco.us/ads
- **Polk**
NorthWest Senior and Disability Services
 260 N.E. Kings Valley Highway
 Dallas 97338

Phone 503-831-0581/1-800-582-7458
 Fax 503-606-7601
www.nwsds.org
- **Sherman**
Mid-Columbia Council of Governments
 1113 Kelly Avenue
 The Dalles 97058

Phone 541-298-4101/1-800-831-8217
 Fax 541-298-2084
www.mccog.com/area-agency-on-aging/

- **Tillamook
NorthWest Senior and
Disability Services (NWSDS)**

5010 E. Third Street
Tillamook 97141

Phone 503-842-2770/1-800-584-9712

Fax 503-842-6290

www.nwsds.org

- **Umatilla
Community Action Program
East Central Oregon**

721 S.E. Third Street, Suite D
Pendleton 97801

Phone 541-276-1926/1-800-752-1139

Fax 541-276-7541

www.capeco-works.org/senior.htm

- **Union
Community Connection of
Northeast Oregon**

2802 Adams Ave
La Grande 97850

Phone 541-963-3186/1-800-838-3186

Fax 541-963-3187

www.ccno.org

- **Wallowa
Community Connection of Northeast
Oregon**

702 N.W. First Street
Enterprise 97850

Phone 541-426-3840/1-800-772-3840

Fax 541-426-6260

www.ccno.org

- **Wasco
Mid-Columbia Council of
Governments**

1113 Kelly Avenue
The Dalles 97058

Phone 541-298-4101/1-800-831-8217

Fax 541-298-2084

www.mccog.com/area-agency-on-aging/

- **Washington
Washington County Disability, Aging
& Veteran Services**

133 S.E. Second Avenue
Hillsboro 97123

Phone 503-846-3060

Fax 503-846-3065

www.co.washington.or.us/HHS/DAVS/

- **Wheeler
Mid-Columbia Council of
Governments**

1113 Kelly Avenue
The Dalles 97058

Phone 541-298-4101/1-800-831-8217

Fax 541-298-2084

www.mccog.com/area-agency-on-aging/

- **Yamhill
NorthWest Senior and Disability
Services**

300 S.W. Hill Road
McMinnville 97128

Phone 503-472-9441/1-866-333-7218

Fax 503-472-4724

www.nwsds.org

Community Action Agency offices, by county or county partnerships

- **Jackson County**
ACCESS, Inc.
P.O. Box 4666
3630 Aviation Way
Medford 97501

Phone 541-779-6691
Fax 541-779-8886
www.access-inc.org
- **Yamhill County**
Yamhill Community Action Partnership (YCAP)
800 E. Second Street
McMinnville 97128

Phone 503-472-0457/1-800-945-9992
Fax 503-472-5555
www.yamhillcap.org
- **Gilliam, Morrow, Umatilla and Wheeler counties**
Community Action Program of East Central Oregon (CAPECO)
721 S.E. Third Street, Suite D
Pendleton 97801

Phone 1-800-752-1139
Fax 541-276-7541
www.capeco-works.org
- **Deschutes, Jefferson and Crook counties**
Neighbor Impact
2303 S.W. First Street
Redmond 97756

Phone 541-548-2380 ext. 100
Fax 541-548-6013
www.neighborimpact.org
- **Clackamas County**
Clackamas County Social Services
2051 Kaen Road
Oregon City 97045

Phone 503-655-8640
Fax 503-650-5722
www.clackamas.us/socialservices/senior.html
- **Washington County**
Community Action
1001 S.W. Baseline Street
Hillsboro 97123

Phone 503-648-6646
Fax 503-648-4175
www.caowash.org
- **Columbia, Clatsop and Tillamook counties**
Community Action Team, Inc.
125 N. 17th Street
St. Helens 97051

Phone 503-397-3511
Fax 503-397-3290
www.cat-team.org

Community Action Agency offices, by county or county partnerships

- **Wallowa, Union, Baker and Grant counties**
Community Connection of NE Oregon (CCNO)
1504 Albany Street
LaGrande 97850

Phone 541-963-7532
www.ccno.org

2810-1/2 Cedar Street
Baker City 97814

Phone 541-523-6591

702 N.W. First Street
Enterprise 97828

Phone 541-426-3840
www.ccno.org
- **Lane County**
Lane County Human Services Division
125 E. Eighth Avenue
Eugene 97401

Phone 541-682-3798
Fax 541-682-3760
www.lanecounty.org/hsc
- **Hood River, Wasco and Sherman counties**
Mid-Columbia Community Action Council (MCCAC)
312 E. Fourth Street
The Dalles 97058

Phone 541-298-5131
Fax 541-298-5141
www.mccac.com

205 Oak Street, #4
Hood River 97031

Phone 541-386-4027
Fax 541-387-2189
www.mccac.com
- **Linn, Benton and Lincoln counties**
Community Services Consortium
545 S.W. Second Street, Suite A
Corvallis 97333

Phone 541-752-1010
Fax 541-752-2348
www.csc.gen.or.us
- **Klamath and Lake counties**
Klamath/Lake Community Action Services
1803 Main Street
Klamath Falls 97601

Phone 541-882-3500/1-866-665-6438
Fax 541-882-3674
www.klcas.org
- **Marion and Polk counties**
Community Action Agency (CAA) Marion/Polk
2475 Center Street N.E.
Salem 97301

Phone 503-585-6232
Fax 503-375-7580
www.mwvcaa.org

Community Action Agency offices, by county or county partnerships

- **Multnomah County**
Multnomah County Community Services Division
421 S.W. Oak Street, Suite 620
Portland 97204

211 Toll Free
Fax 503-988-3093
<https://multco.us/ads>
- **Coos, Curry, and western Douglas counties**
Oregon Coast Community Action (ORCCA)
2110 Newmark Avenue
Coos Bay 97420-2957

Phone 541-888-7094
Fax 541-888-7027
www.orcca.us
- **Douglas and Josephine counties**
United Community Action Network
280 Kenneth Ford Drive
Roseburg 97470

Phone 541-672-3421/1-800-301-8226
Fax 541-672-1983
www.ucanacap.org

124 N.W. D Street
Grants Pass 97526

Phone 541-956-4050
Fax 541-956-4056
www.ucanacap.org
- **Harney and Malheur counties**
Community in Action
17 S. Alder Street
Burns 97720

Phone 541-573-6024
Fax 541-573-6025

49 N.W. First Street, Suite 6A
Ontario 97914

Phone 541-889-1060
Fax 541-889-0768
- **Statewide**
Oregon Human Development Corporation
9600 S.W. Oak Street, Suite 565
Tigard 97223

Phone 503-245-2600
Fax 503-245-9602
www.ohdc.org

Oregon Department of Human Services

Self-Sufficiency offices, by county

State Office

Department of Human Services

500 Summer Street N.E.
Salem 97301

Phone 503-945-5944

Fax 503-378-2897

TTY 503-945-6214

www.oregon.gov/DHS/assistance/localoffices.shtml

Baker	541-523-3648	Grant	541-575-0309
Benton	541-757-4201	Harney	
Clackamas		Burns	541-573-5227
North Clackamas.....	503-731-3400	Hood River	541-386-3199
Oregon City.....	971-673-7300	Jackson	
Clatsop		Ashland.....	541-482-2041
Astoria.....	503-325-2021	Medford	541-776-6172
Columbia	503-397-1784	White City.....	541-864-8700
Coos		Jefferson	
Coquille.....	541-396-7282	Madras	541-475-6131
Coos Bay.....	541-888-2667	Warm Springs	541-553-1626
Crook	541-447-3851	Josephine	
Curry	541-247-7036	Cave Junction.....	541-592-4149
Deschutes		Grants Pass	541-474-3101
Bend.....	541-388-6010	Klamath	541-883-5511
LaPine	541-536-5380	Lake	
Redmond.....	541-548-5547	Lakeview.....	541-947-3376
Douglas		Christmas Valley.....	541-576-2115 x 25
Myrtle Creek.....	541-860-5858	Lane	
Roseburg.....	541-440-3301	Cottage Grove.....	541-942-9186
Gilliam	541-384-2882	Eugene.....	541-686-7878

Oregon Department of Human Services Self-Sufficiency offices, by county

Eugene, West.....	541-686-7722	Umatilla	
Florence.....	541-997-8251	Hermiston.....	541-567-2253
Springfield.....	541-726-3525	Milton-Freewater.....	541-938-6627
Lincoln		Pendleton.....	541-276-9000
Newport.....	541-265-2248	Union.....	541-963-4113
Linn		Walla Walla.....	541-426-4558
Albany.....	541-967-2078	Wasco.....	541-298-4961
Lebanon.....	541-259-5860	Washington	
Malheur.....	541-889-9141	Beaverton.....	503-646-9952
Marion		Hillsboro.....	503-693-4555
Keizer.....	503-373-0808	Tigard.....	503-670-9711
Salem, North.....	503-378-2731	Wheeler.....	541-384-2882
Salem, South.....	503-378-6327	Yamhill.....	503-472-0311
Santiam/Sublimity.....	503-769-7439		
Woodburn.....	503-980-6677		
Morrow.....	541-481-2093		
Multnomah			
Gresham.....	503-491-1979		
Portland, Alberta.....	971-673-6900		
Portland, Maywood.....	971-673-0909		
Portland, New Market.....	971-673-1400		
Portland, Northeast.....	971-673-5722		
Portland, St. Johns.....	971-673-5500		
Portland, Southeast.....	971-673-2550		
Polk.....	503-623-5526		
Sherman.....	541-384-2882		
Tillamook.....	503-842-4453		

Oregon Department of Human Services

Child Welfare Offices, by county

State Office

Department of Human Services

500 Summer Street NE
Salem, OR 97301

caf.info@state.or.us

www.oregon.gov/dhs/children/pages/localoffices.aspx

Baker

Baker City..... 541-523-6423

Benton

Corvallis..... 541-757-4121

Clackamas

North Clackamas..... 503-731-3400

Oregon City..... 971-673-7200

Clatsop

Astoria..... 503-325-9179

Columbia

St. Helens..... 503-397-3292

Coos

Coos Bay/North Bend... 541-756-5500

Crook

Prineville 541-447-6207

Curry

Gold Beach 541-247-5437

Deschutes

Bend..... 541-388-6161

Redmond..... 541-548-9480

Douglas

Reedsport..... 541-271-4851

Roseburg..... 541-440-3373

Gilliam

Condon 541-440-3373

Grant

John Day 541-575-0728

Harney

Burns 541-573-2086

Hood River

Hood River 541-386-2962

Jackson

Medford 541-776-6120

Jefferson

Madras 541-475-2292

Josephine

Grants Pass..... 541-474-3120

Klamath

Klamath Falls 541-883-5570

Lake

Lakeview..... 541-947-2273

Lane

Eugene..... 541-686-7555

Springfield 541-726-6644

West Eugene..... 541-686-7722

Lincoln

Newport..... 541-265-8557

Linn

Albany 541-967-2060

Malheur

Ontario..... 541-889-9194

Marion

Salem 503-378-6800

Oregon Department of Human Services Child Welfare Offices, by county

Morrow

Boardman 541-481-9482

Multnomah

Alberta 971-673-6800

Child Welfare Hotline 503-731-3100

East Child Welfare..... 971-673-2100

Gresham 503-674-3610

Midtown 971-673-1800

Polk

Dallas..... 503-623-8118

Sherman

Condon 541-384-2882

Tillamook

Tillamook..... 541-842-5571

Umatilla

Hermiston..... 541-567-2253

Pendleton..... 541-276-9220

Union

La Grande 541-963-4113

Wallowa

Enterprise 541-426-4558

Wasco

The Dalles..... 541-298-5136

Washington

Beaverton..... 503-646-7234

Hillsboro..... 503-648-8951

Wheeler

Condon 541-384-2882

Yamhill

McMinnville 503-472-4634

Oregon health department offices, by county

State Office

Oregon Public Health Division

800 N.E. Oregon Street

Portland 97232

Phone 971-673-1222

TTY 971-673-0372

<http://public.health.oregon.gov/Pages/Home.aspx>

Baker	541-523-8212	Marion	503-588-5057
Benton	541-766-6835	Morrow	1-800-559-5878
Clackamas	503-655-8476	Multnomah	503-988-3503
Clatsop	503-325-8500	Polk	503-623-8175
Columbia	503-397-4651	Sherman	541-506-2601
Coos	541-756-2020 (ext. 521)	Tillamook	503-842-3900
Crook	541-447-5165	Umatilla	1-800-559-5878
Curry	541-247-3300	Union	541-962-8829
Deschutes	541-322-7400	Wallowa	541-426-4848
Douglas	541-440-3516	Wasco	541-506-2610
Gilliam	1-800-559-5878	Washington	503-846-3555
Grant	541-575-0429	Wheeler	541-575-0429
Harney	541-573-2271	Yamhill	503-434-6740
Hood River	541-387-6882		
Jackson	541-774-8209		
Jefferson	541-475-4456		
Josephine	541-474-5325		
Klamath	541-883-4276		
Lake	541-947-6045		
Lane	541-682-4202		
Lincoln	541-265-4163		
Linn	541-967-3888		
Malheur	541-889-7041		

Community mental health programs, by county

www.oregon.gov/OHA/amh/Pages/cmh-programs.aspx

- **Baker**
Mountain Valley Mental Health Programs
Phone 541-523-3646
- **Benton**
Benton County Mental Health Program
Phone 541-766-6835
- **Clackamas**
Clackamas County Mental Health
Phone 503-742-5300
- **Clatsop**
Clatsop Behavioral Healthcare
Phone 503-325-5722
- **Columbia**
Columbia Community Mental Health, Inc.
Phone 503-397-5211
- **Coos**
Coos County Mental Health Program
Phone 541-751-2500
- **Crook**
Crook County Mental Health Program
Phone 541-447-7441
- **Curry**
Curry County Mental Health Program
Phone 541-247-4082
- **Deschutes**
Adult Treatment Services Deschutes County Mental Health Services
Phone 541-322-7500
- **Douglas**
Community Health Alliance
Phone 541-440-3532/1-800-866-9780
- **Gilliam**
Community Counseling Solutions
Phone: Condon 541-384-2666
Phone: Arlington 541-454-2223
- **Grant**
Community Counseling Solutions
Phone 541-575-1466
- **Harney**
Symmetry Care Inc.
Phone 541-573-8376
- **Hood River**
Mid-Columbia Center for Living
Phone: Hood River 541-386-2620
Phone: The Dalles 541-296-5452

Community mental health programs, by county

www.oregon.gov/OHA/amh/Pages/cmh-programs.aspx

- **Jackson**
Jackson County Health and Human Services
Phone 541-774-8201
- **Jefferson**
Best Care Treatment Services
Phone 541-504-9577
- **Josephine**
Options for Southern Oregon, Inc.
Phone 541-476-2373
- **Klamath**
Klamath Basin Behavioral Health Care
Phone 541-833-1030
- **Lake**
Lake County Mental Health Center
Phone 541-947-6021
- **Lane**
Lane County Behavioral Health Services
Phone 541-682-3608 / 541-682-4085
- **Lincoln**
Lincoln County Mental Health Program
Phone 541-265-4179
- **Linn**
Linn County Health Services
Phone 541-967-3866
- **Malheur**
Lifeways
Phone 541-889-9167/800-995-9169
- **Marion**
Marion County Behavioral Health
Phone 503-588-5357 503-588-4949
- **Morrow**
Community Counseling Solutions
Phone 541-481-2911
- **Multnomah**
Multnomah County Mental Health and Addiction Services
Phone 503-988-5464
- **Polk**
Polk County Behavioral Health
Phone 503-623-9289
- **Sherman**
Mid-Columbia Center for Living
Phone: The Dalles 541-296-5452
Phone: Hood River 541-386-2620
- **Tillamook**
Tillamook Family Counseling Inc.
Phone 503-842-8201

Community mental health programs, by county

www.oregon.gov/OHA/amh/Pages/cmh-programs.aspx

- **Umatilla**
Lifeways
Phone 541-276-6207
- **Union**
Center for Human Development
Phone 541-962-8800
- **Wallowa**
Wallowa Valley Mental Health Center
Phone 541-426-4524
- **Wasco**
Mid-Columbia Center for Living
Phone 541-296-5452
- **Washington**
**Washington County Health
and Human Services**
Phone 503-846-8881
- **Wheeler**
Community Counseling Solutions
Phone 541-676-9161
- **Yamhill**
**Yamhill County Mental
Health Program**
Phone 503-434-7523

Additional online resources

AARP's Help for Grandparents Raising Grandchildren This site provides useful information for individuals raising relative children, including publications and information for support groups.

Phone 1-888-687-2277

www.aarp.org/relationships/friends-family/

Administration for Children and Families

You will find information on Temporary Assistance to Needy Families (TANF), Medicaid and the Energy Assistance Program, plus much more.

www.acf.hhs.gov

A Parent's Guide to the Teen Brain

Ever wonder who is this kid and why is he/she behaving that way? Then this is the website for you. It has many educational videos explaining the reason behind typical teen behavior including being impulsive, rebellious, irritable, friend-centered and risk-taking. Parent Helpline is available from 7 a.m. to 3 p.m. Monday through Friday, English and Spanish.

Phone 1-800-DRUGFREE;

www.teenbrain.drugfree.org

The Brookdale Foundation Group

The Relatives as Parents Program (RAPP) was started in 1996. It encourages the creation or expansion of services for grandparents and other relatives who are parenting children whose parents are absent.

www.brookdalefoundation.org

The Child Welfare League of America

The Child Welfare League of America is the nation's oldest and largest membership-based child welfare organization.

Phone 202-688-4200

www.cwla.org



Child Care Aware Parent Network

Child care experts available to provide online support, articles and webinars about high-quality child care and other topics. They are designed specifically for busy parents and grandparents who want to learn more but have very little time. The educational webinars are free to watch and cover a variety of topics.

<http://childcareaware.org/>

Children’s Defense Fund (CDF)

The Children’s Defense Fund provides a strong, effective voice for all children in America who cannot vote, lobby or speak for themselves. CDF pays particular attention to the needs of poor and minority children and those with disabilities. CDF encourages preventive investment in children. CDF began in 1973 and is a private, nonprofit organization supported by foundation and corporate grants and individual donations.

Phone 1-800-CDF-1200

www.childrensdefense.org

Child Welfare Information Gateway

The Child Welfare Information Gateway provides access to information and resources to help protect children and strengthen families. (This was formerly the National Clearinghouse on Child Abuse and Neglect Information and the National Adoption Information Clearinghouse.)

Phone 1-800-394-3366

www.childwelfare.gov

Foster Club

This is a nationwide website for children and youth who are in foster care or have “aged out” of care. It includes message boards, resources, scholarship information and training for parents caring for children with special needs or who have been abused.

www.fosterclub.com

Generations United

The organization’s mission is to improve the lives of children, youth and older people through intergenerational collaboration, public policies and programs for the enduring benefit of all.

www.gu.org

Grandparenting Today

Free articles on child development, safety, setting limits, nutrition, self-care and many more topics.

<http://fyi.uwex.edu/grandparenting/>

National Aging Information Center

Access information about the Administration on Aging and its mission, budget and organizational structure. Also, you can learn more about the Older Americans Act, the federal legislation establishing the Administration on Aging and authorizing a range of programs that offer services and opportunities for older Americans and their caregivers.

www.aoa.gov

National Family Caregiver Alliance (FCA)

FCA is a public voice for caregivers. FCA supports programs in education, services, research and advocacy. FCA's mission is to sustain and support the important work of families nationwide as they care for loved ones with chronic, disabling health conditions.

<https://caregiver.org/>

National Academy of Elder Law Attorneys (NAELA)

You will find extensive advice for finding and hiring an elder law attorney, in addition to a NAELA member search for an attorney in your area.

www.naela.com

NetSmartz

This website focuses on keeping kids safer on the internet. It includes information on cyber-bullying, social networking, chat rooms and cell phone safety. Separate age appropriate Web pages are included for parents, teens, tweens and kids.

www.netsmartz.org/Parents

Oregon State University Extension Service Family and Community Development Program

This program offers effective education to help Oregon families meet the practical challenges of daily life. Programs address critical issues for families and individuals, and help Oregonians become healthy, financially secure, responsible members of society.

OSU faculty, staff and volunteers develop educational materials and conduct educational experiences in group, community and family settings.

www.extension.oregonstate.edu/fch/

Educational books

“The Second Time Around: Help for Grandparents Who Raise Their Children’s Kids”

by Joan Callander. Published by Wilsonville OR Book Partners, 1999

“Grandparents as Parents: A Survival Guide for Raising a Second Family”

by Sylvie de Toledo and D. Brown. Published by Guilford Press, 1995

“Grandparents Raising Grandchildren: A Guide to Finding Help and Hope”

by Marianne Takas. Published by The Brookdale Foundation, 1995

“Grandparenting with Love and Logic: Practical Solutions to Today’s Grandparenting Challenges”

by Jim Fay. Published by The Love and Logic Press, Inc., 1998

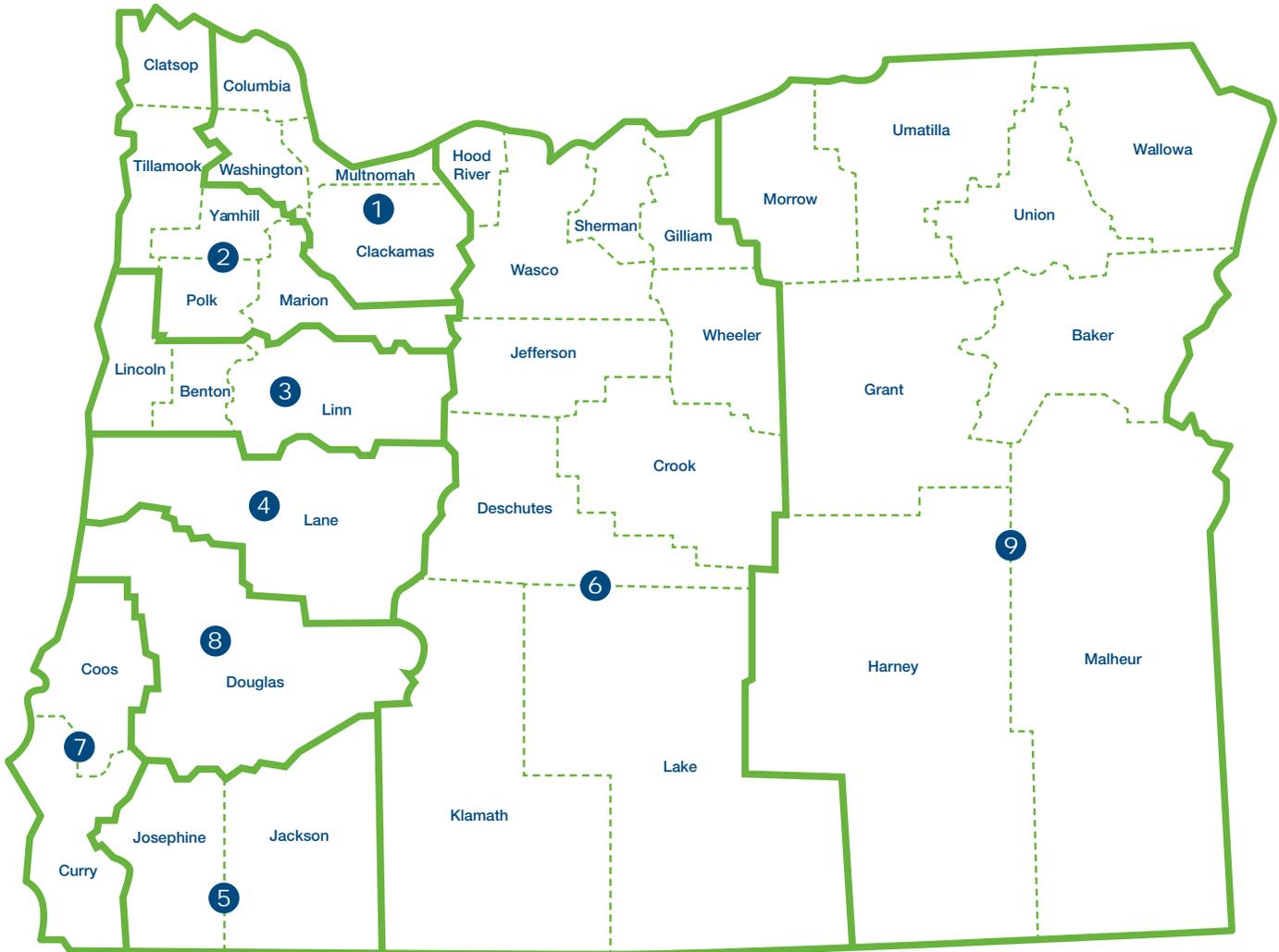


Additional suggested books for grandparents and relative parents raising children:

<http://extension.oregonstate.edu/fch/healthy-families/suggested-reading-list-grandparents>

Oregon's ADRCs

Aging and Disability Resource Connection



Oregon's ADRCs

- 1 Multnomah, Clackamas, Washington and Columbia
- 2 Marion, Polk, Yamhill, Clatsop and Tillamook
- 3 Linn, Benton and Lincoln
- 4 Lane
- 5 Josephine and Jackson
- 6 Hood River, Wasco, Sherman, Gilliam, Wheeler, Jefferson, Crook, Deschutes, Klamath and Lake
- 7 Coos and Curry
- 8 Douglas
- 9 Morrow, Umatilla, Union, Wallowa, Baker, Grant, Harney and Malheur

1-855-ORE-ADRC (673-2372)

www.ADRCofofOregon.org

Get connected to local
information and services.

ADRC

Aging and Disability
Resource Connection

— of OREGON —

1-855-ORE-ADRC (673-2372)

www.ADRCoforegon.org



This document can be provided upon request in alternate formats for individuals with disabilities or in a language other than English for people with limited English skills. To request this form in another format or language, contact the APD In-Home Services Unit at 503-945-6985 or 711 for TTY.