

*An overview of*

 **DHS**

 **T***een*

 **S***ervices*

*Internet Version*



**Oregon Department of Human Services**  
**DHS 2301 October 2004**

# Table of Contents

How to use this book _____	1
Requirements of Young People _____	2
Overview of DHS Services for Teens _____	3
Values & Guiding Principles _____	7
Teen Services Matrix _____	8
<b>Details of Programs</b>	
Children, Adults & Families _____	12
Health Services _____	20
Seniors & People with Disabilities _____	27



## How to use this booklet



This booklet was prepared by the Children, Adults and Families cluster of the Oregon Department of Human Services (DHS). It is designed to be used as a tool by DHS workers to locate benefits and services that are available to help young people successfully transition to adult life.

The booklet begins with an *explanation of the skills teens need*, categorized by “life domains.”

Following that, an *overview of DHS services* lists the kinds of benefits and services that the department and its partners provide. The list is organized by life domains.

Next, the *Teen Services Matrix* indicates the individual programs that address different needs within each domain.

The balance of the booklet contains *descriptions of the individual DHS programs* that serve young people. It is organized by DHS cluster. For each program, information is provided about its benefits and services, eligibility requirements, where and how to access it, along with contact information for DHS staff.

Please note that not all services are available in all parts of the state. Consult the program description pages for more information.

If we have neglected to include a DHS program that serves Oregon teenagers, or if you would like to comment on this publication, please let us know by calling (503) 945-5600.

### Other Resources

Other sources of information about social services include:

- ◆ SAFENET 1-800-SAFENET (723-3638)
- ◆ Oregon Helps [www.Oregonhelps.org](http://www.Oregonhelps.org)



## Requirements of Young People – The “Life Domains”



Teenagers need an array of services, supports, guidance, encouragement and opportunities in order to successfully transition from adolescence to adulthood. For this transition to be successful, several “life domains” require attention:

- ❖ **Basic Needs:** Teens need adequate finances and food, as well as safe, affordable and stable housing.
- ❖ **Safety:** Young people must be physically and emotionally safe in their environment.
- ❖ **Health:** Maintaining good health is essential for teens. This includes long- and short-term physical, mental, behavioral and emotional health.
- ❖ **Education:** Successful school experiences and educational outcomes are central to the transition process and critical to future quality of life.
- ❖ **Life Skills:** Teens must attain skills in daily living as well as social, problem-solving and decision-making abilities.
- ❖ **Employment / Job Readiness:** Preparing for, obtaining and maintaining gainful employment is critical.
- ❖ **Connections / Relationships:** Opportunities to build positive relationships with family, mentors and other adults; opportunities for volunteering and community service; and connections with a teen’s culture are all important for a successful transition.





## Overview of DHS Services for Teens



DHS provides benefits and services that can help teens successfully transition to adulthood.

**Below is an overview of the kinds of help that teens may be able to obtain from DHS.** *(Information in parentheses gives program names and the page of this guide where program details can be found.)* The benefits and services are organized by the “life domains” discussed on the previous page.

### Basic needs:

#### Financial Assistance:

- ◆ Cash benefits to meet basic expenses for low-income teens (*TANF program, Page 18*);
- ◆ Financial assistance for young people who are or were in foster care (*Independent Living Program, Page 16*);
- ◆ Help paying child care costs for teen parents who are working or participating in JOBS activities (*Child Care Subsidy Program, Page 13*)

#### Food:

- ◆ Help paying for food (*Food Stamps, Page 15*)
- ◆ Food vouchers and nutrition information for low-income women, infants and children (*WIC Program, Page 26*)

#### Housing:

- ◆ Help locating and paying for housing (*TANF program, Page 18*)
- ◆ Special living situations for teen parents to support their development and help them become better tenants (*TANF program, Page 18*)
- ◆ Foster care for young people who are abused or neglected (*Child Welfare Foster Care, Page 14*)
- ◆ Adoption placements for children who can no longer remain in their homes because of abuse or neglect (*Adoption Services, Page 12*)
- ◆ Assistance for young people ages 16 and older who are or have been in foster

care, to help them find housing options and possibly provide financial assistance with room and board expenses (*Independent Living program, Page 16*)

- ❖ Alternative living situations for young people with developmental disabilities who are in crisis situations (*24-hour Residential Services, DD Family Foster Care, Pages 27, 28*)
- ❖ Residential services to help young people with developmental disabilities remain in their home (*Children's Intensive In-Home Services, Page 27*)
- ❖ Residential care for teens under 18 who cannot live at home because of the severity of their behavioral, emotional or mental health needs (*Residential Treatment Services, Page 17*)

### **Safety:**

- ❖ Family preservation and intervention services to prevent young people from entering foster care (*Family Based Services, Page 14*)
- ❖ Help escaping an abusive home or relationship (*Child Protective Services; Child Welfare Foster Care; TANF, Pages 13, 14, 18*)
- ❖ Adoption placements for children who can no longer remain in their homes because of abuse or neglect (*Adoption Services, Page 12*)
- ❖ Help finding a safe place to live and skill-building for young people who are or have been in foster care (*Independent Living program. Page 16*)
- ❖ In-home and out-of-home care for young people with developmental disabilities who are in a crisis situation (*24-hour Residential Services, DD Foster Care, Children's Intensive In-Home Services, Crisis Services, Pages 27, 28*)

### **Health:**

- ❖ Medical coverage for:
  - ▷ Low-income families and individuals (*Medical Assistance Related to TANF, Oregon Health Plan, Page 22*)
  - ▷ Adopted children (*Substitute or Adoptive Care Medical Coverage, Page 25*)
  - ▷ Youth in protective care with severe behavioral, emotional or mental-health needs (*Child Welfare Residential Treatment Services, Page 17*)



- ▷ Young people with developmental disabilities who are in crisis situations (*24-Hour Residential Services, Crisis Services, DD Family Foster Care, Pages 27, 28*)
- ▷ Young people with developmental disabilities who need assistance to remain in their homes (*Children’s Intensive In-Home Services, Page 27*)
- ❖ Family planning information and services (*Family Planning Services, Page 21*)
- ❖ Mental health treatment:
  - ▷ Community-based mental health services for young people experiencing or at risk of developing moderate to severe mental or emotional disturbances (*Community-Based Mental Health Services, Page 20*)
  - ▷ Hospital mental-health services for children in psychiatric crisis (*Acute Inpatient Mental-Health Services, Page 20*)
  - ▷ Outpatient psychiatric services (*Psychiatric Day Treatment Services, Page 23*)
  - ▷ Residential mental health treatment (*Psychiatric Residential Treatment Services Page 23*)
- ❖ Help paying for outpatient or residential treatment for substance abuse (*Substance Abuse Treatment Services, Page 24*)
- ❖ Assistance with physical or mental restoration to help people with disabilities prepare for employment (*Vocational Rehabilitation Services, Page 18*)
- ❖ Transition planning and services for in-school and out-of-school youth with disabilities (*Vocational Rehabilitation Services, Page 18*)
- ❖ Help in obtaining medical coverage from an absent parent. (*TANF, Page 18*)
- ❖ Building skills in accessing medical care and advocating for oneself in the medical system (*Independent Living Program, TANF, Pages 16,18*)

## Education

- ❖ Educational assistance for young people who are or were in foster care (*Independent Living Program, Page 16*)
- ❖ GED or high school completion (*TANF, JOBS, Page 18*)

## Life Skills

- ◆ Classes for low-income teens that address such topics as time and money management, parenting, decision-making, nutrition and communication (*TANF, Page 18*)
- ◆ Life skills assistance for young people who are or were in foster care (*Independent Living Program, Page 16*)
- ◆ Parenting training, communication skills and other life skills for families in the child protective system (*Family Based Services, Page 14*)
- ◆ Nutritional education for low-income families (*Food Stamps, Page 15*)
- ◆ Support for families with disabled youth in the home (*Children's In-Home Intensive Services, Page 27*)

## Employment and job readiness

- ◆ Basic workplace training, job-search assistance, job retention for low-income teens (*TANF, Page 18*)
- ◆ Job readiness training, vocational assistance, job search help for teens who are or were in foster care (*Independent Living Program, Page 16*)
- ◆ Vocational counseling, training, job placement and job retention services for youth and young adults with disabilities (*Vocational Rehabilitation Services, Page 18*)
- ◆ Help for in-school teens (generally 16-18 years old) with disabilities (*Youth Transition Program, Page 19*)
- ◆ Help paying child care bills for low-income parents who are employed or in the JOBS Program (*Child Care Subsidy Programs, Page 13*)

## Connections & Relationships

- ◆ Mentoring, volunteer opportunities and positive development for young people who are or were in foster care (*Independent Living Program, Page 16*)
- ◆ Teen-parent instruction, training and mentors for low-income teens (*TANF, JOBS, Page 18*)



- ◆ Support for families of young people with developmental disabilities (*DD Family Foster Care, Children’s Intensive In-Home Services, 24-Hour Residential Services, Pages 27, 28*)
- ◆ Support for families of people with disabilities (*Crisis Services, Page 28*)
- ◆ Support for students with disabilities as they transition from high school (*Youth Transition Program, Page 19*)

## ◆ Values and Guiding Principles in Working With Teens ◆

Services, programs, case planning, funding and people working with teens should:

- ◆ Involve the youth in making decisions that affect their life;
- ◆ Involve youth in planning, developing, and providing services whenever possible;
- ◆ Recognize and value a youth’s strengths and seek ways to support them;
- ◆ Promote a youth’s development through a well-thought-out plan rather than seeking to “fix” a youth’s problem through crisis services; and
- ◆ Honor and promote the diversity of the youth and adults involved.

### The Teen Services Matrix

The chart on the following four pages serves as a guide to locating services for teens offered by the Department of Human Services.

To use the chart, read across the top to find the “life domain” and competency needed by the client. Read down to locate programs that may be able to provide the needed help.

To find details of the programs, consult either the overview section on page 3 or the descriptions of individual programs, which begin on page 10.





# The Teen Services Matrix

(for details, see page 7)



Life Domain Addressed:  Competencies:  Program:	Basic Needs			Safety		
	Financial Assist.	Food	Housing	Personal	Emotional	Physical Environment
<b>Children, Adults &amp; Families</b>						
Adoption Services				X	X	X
Child Care Subsidies	X				X	X
Child Protective Services				X	X	X
Family Based Services				X	X	X
Food Stamps		X				
Foster Care Services - Child Welfare			X	X	X	X
Independent Living Program	X		X	X	X	
Residential Treatment Services				X	X	X
TANF - JOBS	X		X	X	X	X
Vocational Rehabilitation Svcs.						
Youth Transition Program				X	X	
<b>Health</b>						
Acute Inpatient Mental-Health Services						
Community-Based Mental Health Serv.				X	X	
Family Planning Services	X			X	X	X
Medical Assistance Related to TANF						
Oregon Health Plan						
Psychiatric Day Treatment				X	X	X
Psychiatric Residential Treatment				X	X	X
Substance Abuse Treatment						
Substitute or Adopt. Care Med. Cov.						
WIC		X		X		
<b>Seniors &amp; People w/Disabilities</b>						
24-Hour Residential Services			X	X	X	X
Children's Intensive In-Home Svcs.			X	X	X	X
Crisis Services			X	X	X	X
Devel. Dis. Family Foster Care			X	X	X	X



# The Teen Services Matrix

*continued*

Life Domain Addressed:	Health				Education		
Competencies:	Medical Coverage	Mental/ Emotional	Physical	Informed Consumer	Tutoring	Financial Assistance	High School/GED
Program:							
<b>Children, Adults &amp; Families</b>							
Adoption Services	X						
Child Care Subsidies						X	
Child Protective Services							
Family Based Services		X					
Food Stamps						X	
Foster Care Services - Child Welfare	X	X	X		X	X	X
Independent Living Program			X	X	X	X	X
Residential Treatment Services	X	X			X		
TANF - JOBS	X	X	X	X	X	X	X
Vocational Rehabilitation Svcs.		X	X	X	X	X	X
Youth Transition Program		X	X	X	X	X	X
<b>Health</b>							
Acute Inpatient Mental-Health Services							
Community-Based Mental Health Serv.	X	X	X				
Family Planning Services	X	X	X	X			
Medical Assistance Related to TANF	X	X	X	X			
Oregon Health Plan	X	X	X	X			
Psychiatric Day Treatment	X	X	X		X		X
Psychiatric Residential Treatment	X	X	X		X		X
Substance Abuse Treatment	X	X	X	X			
Substitute or Adopt. Care Med. Cov.							
WIC			X				
<b>Seniors &amp; People w/Disabilities</b>							
24-Hour Residential Services	X	X	X	X			
Children's Intensive In-Home Svcs.		X	X	X			
Crisis Services	X	X	X	X			
Devel. Dis. Family Foster Care	X	X	X	X			

# The Teen Services Matrix

*continued*

Life Domain Addressed:	Life Skills							
Competencies:	Money Mgmt.	Communication/ Social Skills	Transportation	Decision Making	Nutrition	Parenting	Time Mgmt.	All Other
<b>Program:</b>								
<b>Children, Adults &amp; Families</b>								
Adoption Services								
Child Care Subsidies								
Child Protective Services								
Family Based Services		X		X		X		
Food Stamps					X			
Foster Care Services -- Child Welfare								
Independent Living Program	X	X	X	X	X	X	X	X
Residential Treatment Services								
TANF - JOBS	X	X	X	X	X	X	X	X
Vocational Rehabilitation Svcs.								
Youth Transition Program	X	X	X	X	X	X	X	X
<b>Health</b>								
Acute Inpatient Mental-Health Services								
Community-Based Mental Health Serv.	X			X		X		
Family Planning Services								
Medical Assistance Related to TANF								
Oregon Health Plan								
Psychiatric Day Treatment	X	X	X			X	X	X
Psychiatric Residential Treatment	X	X		X	X	X	X	X
Substance Abuse Treatment								
Substitute or Adopt. Care Med. Cov.								
WIC					X	X		
<b>Seniors &amp; People w/Disabilities</b>								
24-Hour Residential Services	X	X	X	X	X		X	X
Children's Intensive In-Home Svcs.	X	X	X	X	X	X	X	X
Crisis Services		X	X	X	X		X	X
Devel. Dis. Family Foster Care	X	X	X	X	X	X	X	X

# The Teen Services Matrix

*continued*

Life Domain Addressed:	Employment/ Job Readiness				Comm. Connections/ Supportive Relationships			
	Career Exploration	Work Skills, Experience	Vocational Training	Job Placement	Mentoring/ Support Systems	Volunteer Opportunities	Positive Youth Development	Cultural Awareness
<b>Competencies:</b>								
<b>Program:</b>								
<b>Children, Adults &amp; Families</b>								
Adoption Services								
Child Care Subsidies								
Child Protective Services								
Family Based Services								
Food Stamps								
Foster Care Services -- Child Welfare								
Independent Living Program	X	X			X	X	X	X
Residential Treatment Services								
TANF - JOBS	X	X	X	X	X	X	X	
Vocational Rehabilitation Svcs.	X	X	X	X	X	X	X	X
Youth Transition Program	X	X	X	X	X	X	X	X
<b>Health</b>								
Acute Inpatient Mental-Health Services								
Community-Based Mental Health Serv.					X		X	X
Family Planning Services								
Medical Assistance Related to TANF								
Oregon Health Plan								
Psychiatric Day Treatment					X	X		X
Psychiatric Residential Treatment					X	X	X	X
Substance Abuse Treatment								
Substitute or Adopt. Care Med. Cov.								
WIC					X		X	
<b>Seniors &amp; People w/Disabilities</b>								
24-Hour Residential Services			X		X	X	X	X
Children's Intensive In-Home Svcs.					X		X	X
Crisis Services			X		X		X	X
Devel. Dis. Family Foster Care					X		X	X



## Individual Program Descriptions

The following pages contain brief descriptions of DHS programs that serve teens. They include an overview of the program's services and benefits, details about who is eligible and how to access the service, and contacts for more information.

The programs are arranged as follows: Children, Adults and Families; Health Services; and Seniors and People with Disabilities. Within each category, programs are in alphabetical order.

### Children, Adults & Families

#### Adoption Services

**Program Overview:** Adoption Services are available for young people who are in need of permanent families through adoption or guardianship. The majority of these youth are currently involved with DHS Family Foster Care services and are in the legal custody of DHS as a result of abuse or neglect.

Adoption Services provides families for young people through active recruitment, matching, and support services. These supports may involve financial aid, contracts for adoption home studies as well as individual or family counseling. The program also provides help in developing other permanency options, such as subsidized guardianship.

**Eligibility:** Services are open to all children from birth to 18 years whose care and custody has been assigned by the courts to DHS. These services become available when it is determined by the court that the child is unable to permanently return home to their parents.

**How and Where to Access Services:** Adoption Services are available in all counties throughout Oregon and within most communities. Access to Adoption Services is through the local DHS child welfare office.

**Contacts:** Local: DHS child welfare offices. Statewide: Adoption Services, (503) 945-6630

## Children, Adults & Families *(continued)*

### Child Care Subsidy Programs

**Program Overview:** DHS child care subsidy programs help pay child care expenses so parents can participate in employment related activities.

Participants in DHS child care programs also receive information and training about the importance of quality child care and how to recognize and find it. Local Child Care Resource and Referral (CCR&R) agencies contract with DHS to offer this service.

Teen parents in the TANF program can receive child care assistance for time spent in part-time employment or participating in JOBS activities, including completion of their secondary education. Food Stamp clients can receive help with child care costs while they look for work, through the OFSET program.

The Employment Related Day Care (ERDC) program helps low-income working parents pay for child care so they can remain employed. The parent is responsible for paying a co-pay in this program. The amount of the co-pay depends on income and family size.

**Eligibility:** The applicant must be the primary caretaker of a minor dependent child. The children must need child care in order for the parent to remain employed or to participate in employment related or educational activities approved by DHS. The parent's income must be within program's income standards.

**Access:** Apply for services at the local DHS self-sufficiency office.

**Contacts:** Local: DHS self-sufficiency offices. Statewide: Child Care Program Analyst (503) 945-6110

### Child Protective Services

**Program Overview:** Child Protective Services is mandated to protect children from abuse and neglect within their own families or foster care homes. DHS works in conjunction with local and state law-enforcement agencies throughout the state.

**Eligibility:** Any child, birth to 18 years of age, who is in need of protection as a result of physical abuse, neglect, mental injury, sexual abuse, threat of harm, abandonment or child-selling.

**How and Where to Access Services:** Child Protective Services are available statewide to children and families in all counties and communities of Oregon. Access to services can

## Children, Adults & Families *(continued)*

be obtained by contacting a local DHS child welfare office or any law enforcement agency.

**Contacts:** Local: DHS child welfare Offices (A listing of these offices is available on the web at <http://www.dhs.state.or.us/chs/sdas/offices.html>). Statewide: Child Protective Services, (503) 945-6624

### Family Based Services

**Program Overview:** Family Based Services provides family preservation and intervention services aimed at preventing young people from entering the foster care system or enabling those already in foster care to return home. This includes service planning, consultation, training and contracted services.

The Family Based Services staff are available for statewide training, consultation and program expertise. Each local child welfare office is allocated funding for Family Based Services that may include intensive family services, parent training, family sex-abuse treatment, family resource workers, intensive home-based services and supportive remedial day care.

**Eligibility:** Teens under the age of 18 years are eligible for Family Based Services as part of the overall plan to provide services for family preservation, family reunification or other permanent placement plans.

**How and Where to Access Services:** Contact the local DHS child welfare office. Child welfare workers can make referrals to locally contracted services based on the needs of the family.

**Contacts:** Local: DHS child welfare offices in your area. Statewide: Family Based Services Program coordinator, (503) 945-6614

### Foster Care Services -- Child Welfare

**Program Overview:** Foster Care serves young people who have been abused or neglected and cannot remain in their own homes. Foster Care includes relative caregivers as well as non-related foster parents.

Foster Care Services provide the young person with daily care, nurturing, and support

## Children, Adults & Families *(continued)*

while focusing on their need for safety, well-being, and a permanent living situation.

**Eligibility:** Family Foster Care serves young people who have been abused or neglected and who cannot remain in their own homes. It serves children from birth to 18 years of age. (There are circumstances that may warrant a youth over 18 to remain in Foster Care for treatment or educational purposes.)

Foster Care Services are provided in conjunction with the local court system, which assigns legal custody of the child to DHS.

**How and Where to Access Services:** Foster Care is available in all counties throughout Oregon and within most communities. Access to foster care is through the local DHS office for child welfare services.

**Contacts:** Local: DHS child welfare offices. Statewide: Foster Care Services, (503) 945-6653

### Food Stamp Program (FS)

**Program Overview:** The Food Stamp Program is intended to help families and individuals improve their health and well-being by supplementing their nutritional needs. Other services within the Food Stamp program include:

- ◆ Nutrition education: OSU Extension Service offers classes in some parts of the state to help clients learn how to make nutritious meals and how to stretch food dollars. The Oregon Food Bank also offers similar classes at their local food banks.
- ◆ Employment Assistance: Young people age 16 and up who are the head of household (meaning they live alone) and are not attending high school full-time will be required to participate in the OFSET program for employment and training.

**Eligibility:** The Food Stamp Program does not have a separate teen program. A person under age 22 who lives in the same home as a natural, step or adoptive parent must apply for FS with that parent.

If no adult is in the household, a young person may be able to apply on their own if they are financially independent and not living in a facility such as a residential care home. Applicants must meet the program's income requirements.

## Children, Adults & Families *(continued)*

**How and Where to Access Services:** Apply for FS benefits at any DHS Self-Sufficiency office. Call 1-800-SAFENET (723-3638) to locate an office.

**Contacts:** Local: DHS Self-Sufficiency offices, Disability Service Office?????????????????????. Statewide: Food Stamp Program Analyst, (503) 945-6092

### Independent Living Program (ILP)

**Program Overview:** The Independent Living Program is a federal-grant program intended for young people in Foster Care Services. ILP contains three major components: skill building, housing services and Education and Training Vouchers.

ILP services are focused on helping young people who are or were in foster care to become independent, self-sufficient adults. ILP services may include the following activities:

- ◆ Life Skills Training: Includes, but is not limited to such topics as nutrition, money management, health, legal skills, housekeeping, transportation, personal appearance and use of community resources.
- ◆ Educational Assistance: Tutoring, high school or GED completion, college preparation, alternative education, and financial aid for post-secondary education or training.
- ◆ Employment Assistance: Job development, job-readiness training, job search, and vocational assessment.
- ◆ Housing Services: Assistance for young people ages 16 and older in locating housing options, and possible financial assistance with room and board expenses.
- ◆ Financial Assistance: There are ILP funds (very limited) which may be used to help a young person with the cost of items or activities that will move them towards achieving their goals for self-sufficiency.

**Eligibility:** ILP serves young people 14 years of age and older who are currently in the custody of Oregon DHS or one of the nine federally recognized tribes in Oregon for the purpose of receiving foster care services. Young people who were in the custody of Oregon DHS or one of the nine federally recognized Tribes in Oregon may be eligible

## Children, Adults & Families *(continued)*

for services.

**How and Where to Access Services:** ILP services can be accessed by contacting the teen services specialist in the local DHS child welfare office.

**Contacts:** Local: DHS teen services specialist or child welfare caseworker. Statewide: Independent Living Program coordinator, (503) 945-5688

### Residential Treatment Services

**Program Overview:** Residential Treatment Services are available to young people under the age of 18 who cannot live at home because of the severity of their behavioral, emotional or mental health treatment needs.

DHS contracts with private agencies and, in some cases, county programs to provide Behavior Rehabilitation Services (BRS) in staffed facilities and therapeutic foster homes.

Young people in need of more intensive mental health services may obtain Psychiatric Residential Treatment Services (PRTS). DHS Health Services contracts with private PRTS agencies to provide both short-term assessment and evaluation, and long-term psychiatric care and treatment to Oregon's young people.

**Eligibility:** Any young person who is in the legal care and custody of DHS or has been voluntarily placed with DHS and whose needs cannot be met in a less restrictive environment (family, relative or foster care) may be considered for residential treatment services.

**How and Where to Access Services:** Access to services is handled by DHS child welfare offices. Residential Treatment Services are available statewide. Access may be limited by available capacity at individual programs at the time of referral, and young people may need to be placed outside of their home community in order to obtain the most appropriate service.

**Contacts:** Local: Your local DHS Child Welfare office. Statewide: Residential Treatment Services, (503) 945-5730

## Children, Adults & Families *(continued)*

### Temporary Assistance to Needy Families (TANF) and the JOBS Program

**Program Overview:** The TANF Program provides cash assistance to meet basic living expenses and case-management services for families with children. The JOBS Program provides employment and self-sufficiency services for TANF recipients.

The intent of services to parents under age 20 is to help them develop successful parenting and other life skills and complete their secondary education, preferably with a high school diploma, so that they can successfully move on to employment.

Teen parent services include high school completion and basic education to gain a GED; Life Skills classes, teen parent counseling to address issues unique to teen parents; and access to other job preparation, retention and self-sufficiency services, including ones targeted to teens and young adults.

Support service payments are provided to enable teens to participate in services. In most branches, DHS and partners offer child care on-site or near education services.

**Eligibility:** Applicants must be the primary caretaker of a minor dependent child, or expecting to deliver a child within the next calendar month. The dependent child must be deprived of parental support or care because of the absence, death, incapacity, unemployment, or underemployment of a parent. The applicant must be within income and resource standards.

**How and Where to Access Services:** Apply for services at the local DHS self-sufficiency office.

**Contacts:** Local: DHS self-sufficiency offices. Statewide: TANF Program Analyst (503) 945-6542

### Vocational Rehabilitation Services

**Program Overview:** DHS Vocational Rehabilitation helps people with disabilities to prepare for, find and retain employment.

These services can include: vocational counseling, evaluation, physical restoration, skills training, job placement, and preparation for independent living. Services are

## Children, Adults & Families *(continued)*

provided in collaboration with other state agencies, businesses, community rehabilitation programs, and independent-living service providers.

**Eligibility:** The program serves in-school and out-of-school youth and young adults who have a physical or mental impairment that results in a substantial impediment to employment. The person must require vocational rehabilitation services to prepare for, secure, retain, or regain employment.

Young people (generally 16 to 18 years of age) may participate in the Youth Transition Program at a local high school, with parental permission (see below).

**How and Where to Access Services:** Call the local DHS office to find out where to apply for vocational rehabilitation programs.

**Contacts:** Local: The local DHS Vocational Rehabilitation Services office. Statewide: (503) 945-5880 or toll-free 1-877-277-0513.

### Youth Transition Program (YTP)

**Program Overview:** In YTP, designated high schools provide services to young people with disabilities to assist them in making a transition from high school to adult life.

**Eligibility:** The program serves students identified by school staff as needing assistance in moving from high school to adult life. They can be students with learning or other disabilities who need help developing social skills or independent living skills, and students on Individual Educational Plans (IEP's) at their schools.

**How and Where to Access Services:** Services are accessed by contacting the individual's high school YTP program or the school's counseling center. If there is no YTP program in the area, contact the local vocational rehabilitation services office.

**Contacts:** Local: DHS vocational rehabilitation offices, the Oregon Department of Education, local high schools, or the local county Commission on Children and Families. Statewide: OVR Youth Transition Program Services, (503) 945-5880



## Health Services



### Acute Inpatient Mental-Health Services

**Program Overview:** Hospital care for children in psychiatric crisis is provided by local hospitals, and by the Secure Child Inpatient Program (SCIP) and the Adolescent Treatment Services program at Oregon State Hospital.

*Acute Hospital Services:* Local hospitals provide inpatient care to children who are in psychiatric crisis. This care generally lasts between 7 and 10 days. Services include assessment, diagnostic testing, medication administration and stabilization.

*The Secure Child Inpatient Program (SCIP) and the Adolescent Treatment Services Program at Oregon State Hospital:* These provide a critical level of care for children from acute psychiatric hospitals and psychiatric residential-treatment programs who need longer-term intensive psychiatric treatment. They serve children aged 6 through 17. Services include assessment, diagnosis, individual group and family therapy, community-skills development, and on-site specialized education.

**Eligibility:** These services are available to children living in the state who are experiencing severe emotional disorders and need immediate, intensive treatment services.

**How and Where to Access Services:** Contact the county community mental health program or regional mental health organization. Services are provided at no cost to families who are Medicaid eligible.

**Contacts:** Local: County community mental health programs or regional mental health organizations. Statewide: Intensive Treatment Services Coordinator (503) 945-2989.

### Community-Based Mental Health Services

**Program Overview:** Children's Community-Based Mental Health Services include:

- ◆ Early intervention services
- ◆ School-based services
- ◆ Clinic-based and in-home services

## Health Services *(continued)*

- ◆ The Personal Care Assistant Program (which provides assistants who help parents deal with children with mental-health issues)

**Eligibility:** Services are available to any child experiencing or at risk of developing moderate to severe mental or emotional disturbances. Services are provided through community mental health programs and may have fees based on a sliding scale for families not eligible for Medicaid.

**How and Where to Access Services:** To request services, contact the county community mental health program or regional mental health organization. Children are prioritized by need and receive services as funding allows.

**Contacts:** Local: County community mental health programs or regional mental health organization. Statewide: Intensive Treatment Services Coordinator (503) 945-2989.

## Family Planning Services

**Program Overview:** Local family planning clinics provide comprehensive reproductive health care services to male and female teens. Health services include physical exams, cervical and breast cancer screening, pregnancy testing, STD testing and treatment, and dispensing of contraceptive supplies.

Education and counseling services include individualized counseling about birth control, pregnancy, sexual coercion and intimate-partner violence, STD-HIV risks, and other reproductive, sexual and preventative health concerns. Information and referral to other resources is also available.

**Eligibility:** Services are available to all low-income individuals. Fees are based on a sliding scale. Services may be available free of charge for people with incomes below 185 percent of the Federal Poverty Level who are also Oregon residents, US citizens or lawful permanent residents who have been in the US for at least five years on the date that services are provided.

**How and Where to Access Services:** Services are available in over 120 family planning clinics throughout the state. Contact the local county health department or call 1-800-SAFENET toll free for the nearest clinic.

**Contacts:** Local: Contacts include county health department, community health

## Health Services *(continued)*

centers, Planned Parenthood and school-based health clinics. Statewide: DHS Family Planning Program office at (503) 731-4018.

### Medical Assistance Related to TANF

**Program Overview:** Medicaid programs provide medical coverage to most people who are receiving or who have applied for Temporary Assistance for Needy Families (TANF) cash benefits. (People do not actually have to be on the TANF program; they only need to be able to meet the eligibility requirements.)

In addition, some people who cannot qualify for TANF because of rule changes made in 1996 may still be able to qualify for medical coverage.

**Eligibility:** Among the eligibility requirements:

- ◆ The household must consist of a dependent or unborn child and a caretaker relative of any age.
- ◆ A pregnant woman who has no other children must have reached the month before the month in which her baby is due.
- ◆ A dependent child must meet the deprivation requirement
- ◆ The family's income and resources must meet TANF requirements.

**How and Where to Access Services:** To apply, people should go to the local DHS self-sufficiency office.

**Contacts:** Local: DHS self-sufficiency offices. Statewide: Medical Program Analysts, (503) 945-6072, (503) 945-6106 and (503) 947-5129.

### Oregon Health Plan (OHP)

**Program Overview:** The Oregon Health Plan provides medical coverage to certain low-income individuals and families who do not qualify for TANF cash benefits.

**Eligibility:** OHP covers pregnant women, and children under the age of 19. It also covers a limited number of adults who are not pregnant.

## Health Services *(continued)*

**How and Where to Access Services:** An individual can request an application for OHP by calling the OHP Application Center at 1-800-359-9517 or by contacting the local DHS self-sufficiency office.

**Contacts:** Local: DHS self-sufficiency offices or OHP Application Center, 1-800-359-9517.  
Statewide: Medical Program Analysts, (503) 945-6072, (503) 945-6106 and (503) 947-5129.

### Psychiatric Day Treatment Services

**Program Overview:** These intensive outpatient services combine family-focused, community based psychiatric and educational services for children ages 3 to 17, provided through DHS and the Oregon Department of Education. There are 21-day treatment programs located throughout the state.

**Eligibility:** Services are available for Medicaid-eligible children who are determined by a psychiatric team to be able to succeed in day treatment. Children are prioritized by need and provided services as funding allows.

**How and Where to Access Services:** To request services, contact the county community mental health program, regional mental health organization or the local psychiatric day treatment program.

**Contacts:** Local: County community mental health programs, regional mental health organizations, psychiatric day treatment providers and local school districts.  
Statewide: Intensive Treatment Services Coordinator (503) 945-2989.

### Psychiatric Residential Treatment Services

**Program Overview:** These services provide 24-hour, seven-day-a-week mental health treatment under the direction of a psychiatrist for children under age 21. Services include individual assessment, treatment planning, case management, medication evaluation and management, and educational services.

There are ten psychiatric residential treatment programs and four assessment and evaluation programs throughout the state.

**Eligibility:** Services are available for children living in the state who are experiencing severe emotional disorders and have been determined to need residential rather than

## Health Services *(continued)*

outpatient treatment. Services are provided with federal Medicaid funds if the family is Medicaid eligible, and services needed for children to learn at school are funded by the Oregon Department of Education.

**How and Where to Access Services:** Services can be requested from the county community mental health program or regional mental health organization. In addition, families may directly contact a psychiatric residential treatment program.

**Contacts:** Local: County community mental health programs, regional mental health organizations, psychiatric residential treatment providers. Statewide: Intensive Treatment Services Coordinator (503) 945-2989.

### Substance Abuse Treatment Services

**Program Overview:** DHS offers subsidies to cover all or part of the cost of substance abuse services for young people.

Outpatient services are provided by local community mental health programs or private non-profit treatment programs. Residential treatment is provided by regional, private non-profit programs. Special programs for young people are available in both types of treatment.

For outpatient treatment, a sliding scale determines how much DHS pays and how much the patient must pay. The department funds a specific number of residential treatment beds, and pays the entire cost for patients.

**Eligibility:** Young people who meet the diagnostic criteria for substance abuse or dependence can qualify for the subsidy program.

Clients receiving outpatient services must meet income requirements to qualify for subsidies. There is no income requirement for residential treatment subsidy, however there are limited numbers of slots available that are allotted according to a set of priorities.

**How and Where to Access Services:** Young people or their families should make direct contact with a local treatment provider, who will screen the person and determine if they qualify for DHS aid. They can also contact their DHS worker, who can help with a referral to services.

## Health Services *(continued)*

**Contacts:** Local: Substance abuse treatment providers, local community mental health programs. Statewide: The Office of Mental Health and Addiction Services, (503) 945-5763, Website: <http://www.dhs.state.or.us/addiction>

### Substitute or Adoptive Care (SAC) Medical Coverage

**Program Overview:** The Substitute or Adoptive Care (SAC) program provides medical coverage to young people who are in substitute or adoptive care through DHS child-protective programs, or in drug, alcohol or mental-health residential treatment.

**Eligibility:** The person must be under age 21, and meet income and resource requirements for TANF. Among those who qualify are:

- ◆ Teens who live in substitute care through a DHS child-protective program, including the Independent Living Program;
- ◆ Teens who live in a foster-care or private institution for which an Oregon public agency is assuming at least partial financial responsibility.
- ◆ Teens who live in an intermediate care facility, including intermediate care facilities for people with mental retardation, or a licensed psychiatric hospital;
- ◆ Teens who receive Independent Living Subsidy payments from DHS child welfare;
- ◆ Teens who were adopted in another state through a state agency (There are no income requirements for these teens.)
- ◆ Teens in a state-subsidized adoptive placement, if an adoption assistance agreement is in effect between an Oregon public agency and the adoptive parents that indicates Title IV-E or Medicaid eligibility.

**How and Where to Access Services:** Application for the SAC program is made through the Children's Medical Team at the Statewide Processing Center (formerly the Oregon Health Plan Branch).

**Contacts:** Statewide: Children's Medical Project Team, Statewide Processing Center, 1-800-699-9075; Medical Program Analysts, (503) 945-6072, (503) 945-6106 and (503) 947-5129.

## Health Services *(continued)*

### WIC - The Special Supplemental Nutrition Program for Women, Infants and Children

**Program Overview:** The WIC Nutritional Program provides nutrition information and food to help keep pregnant women and their children under five years of age healthy and strong. Services include:

- ◆ Information on good eating during pregnancy, breastfeeding and how to feed a child.
- ◆ Health screenings, including growth monitoring and anemia screening.
- ◆ Support with breastfeeding, including free breast pumps for eligible mothers.
- ◆ Monthly food vouchers to buy foods
- ◆ Classes on shopping for foods, recipes and taking care of a baby.
- ◆ Referrals to other health and social services.

**Eligibility:** Women are eligible for WIC if they:

- ◆ Live in Oregon.
- ◆ Are a pregnant, post-partum or breastfeeding woman or teen, or have an infant or child under the age of five.
- ◆ Have a household income at or below 185 percent of the Federal Poverty Level. (Specific information on income is available at [www.dhs.state.or.us/publichealth/wic/income.cfm](http://www.dhs.state.or.us/publichealth/wic/income.cfm) )
- ◆ Have a nutritional need.

**How and Where to Access Services:** WIC services are available in every county in Oregon. Call 1-800-SAFENET (or (503) 988-5858 in the Portland area) to locate the nearest WIC clinic. The WIC website is [www.dhs.state.or.us/publichealth/wic](http://www.dhs.state.or.us/publichealth/wic)

**Contacts:** Local: Contacts include county health departments, and Native American and migrant health organizations. Statewide: DHS State WIC office, (503)731-4022.



## Seniors & People with Disabilities



### 24-Hour Residential Services

**Program Overview:** SPD provides 24-hour residential services to young people with developmental disabilities, whether they are in the state's custody or living with their families. Services are provided in group homes or foster/proctor homes.

**Eligibility:** To qualify, youngsters between 6 and 18 must have an open case with the developmental disabilities program in the county where they live or, if they are in court custody, in the county of court jurisdiction.

Young people or their families must be in a crisis situation due to the youngster's disability. All young people, whether in the custody of DHS or being placed voluntarily by their family, enter residential services by referral from the county developmental disabilities program to the SPD Crisis Services Team.

**How and where to access services:** Contact the county's developmental disabilities program.

**Contacts:** Local: County developmental disabilities program. Statewide: Children's Residential Services Manager, (503) 945-9800

### Children's Intensive In-Home Services (CIIS)

**Program Overview:** The goal of Children's Intensive In-Home Services is to help support families in keeping their disabled young people healthy and safe in their homes. CIIS purchases in-home care that includes nursing services, behavior consultants and non-licensed caregivers, depending on the needs of the young person. CIIS also purchases a variety of items and services to address a young person's disability, such as ramps and special equipment.

**Eligibility:** Young people up to age 18 may be eligible for one of three programs: Medically Fragile Children's Unit (MFCU), Medically Involved, and Intensive Behaviors.

Eligibility varies between the programs. For MFCU, the youth must only meet the medical criteria; for Intensive Behaviors, they must be eligible for a Developmental Disabilities (DD) program and meet the behavior criteria; for Medically Involved, the young person must be DD eligible, Medicaid eligible, and meet the Medicaid criteria.

## Seniors & People with Disabilities *(continued)*

There is a limit to the number of young people who can be served in the programs due to waiver requirements and budget.

**How and Where to Access Services:** Contact the county developmental disabilities program.

**Contacts:** Local: County developmental disabilities program. Statewide: CIIS Manager, (503) 731-3088 x 27

### Crisis Services

**Program Overview:** The goal of Crisis Services is to provide help to families or care providers of people with disabilities, who are in crisis due to critical health or safety issues of the disabled person.

Crisis services can be provided within the family home, foster home, or residential group home. Services may include: professional consultation and evaluation; adaptive equipment; respite care; adaptations to the person's residence to increase accessibility or security; short-term residential services; and added staff supervision. These services can only be provided if no other funding resources are available.

**Eligibility:** A young person must qualify as having a developmental disability, must be at imminent risk of having to leave their home or present care setting, and have no alternative funding resources available.

**How and Where to Access Services:** Contact the county developmental disabilities program for information.

**Contacts:** Local: County developmental disabilities program. Statewide: Crisis Services Manager, (503) 947-4239

### Developmental Disability (DD) Family Foster Care

**Program Overview:** DD Family Foster Care offers very specialized care for young people with developmental disabilities. It serves young people who have been placed in foster care because of abuse or neglect, and young people who are in their homes and are in crisis because of their developmental disability. Each eligible young person receives SSI for room, board, and personal spending.

## Seniors & People with Disabilities *(continued)*

**Eligibility:** Young people who are living at home must have an open case in the DD program in the county where their family resides. Young people in state custody must have an open case in the county of court jurisdiction. The person must be determined to need foster care by the county developmental disabilities case manager and the family or guardian.

Young people who are living at home can voluntarily come into the program. All youth must be able to be safely cared for in a foster-home setting to qualify. There are no income requirements.

**How and Where to Access Services:** Foster homes are located in every geographic area of the state. To access the program, contact the county developmental disabilities office.

**Contacts:** Local: County developmental disabilities office. Statewide: Children's Residential Services Manager, (503) 945-9800