



# Asking For & Getting Help

M. Kathryn Dowd

**High Road School of Massachusetts | Specialized Education Services, Inc.**  
450 Pleasant Street East Bridgewater, MA 02333  
(P) 508.232.3005 (F) 508.232.3007

# How Can I Ask for Help?

1

Contact Me

(7:30a – 3:00p, M-F)

- By Email:  
meaghan.dowd@sesischools.com
- By School Phone: 508.232.3005
- By Google Voice Phone/Text:  
774.226.8189

2

Visit Our School Website

- All Assistance Applications  
Available for Download

3

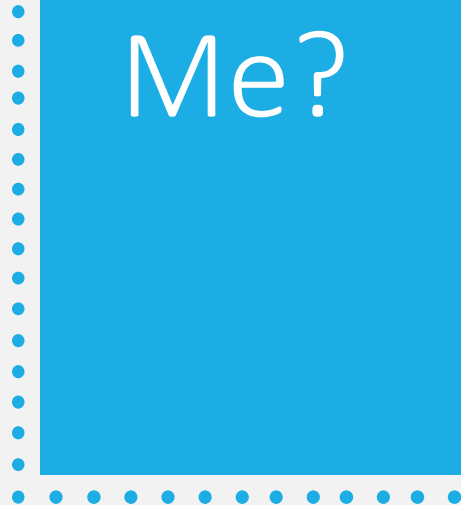

Visit Your Town's Library!

4

Visit the Websites at the End  
of This Presentation

5

Call the Government  
Assistance Line:  
844.872.4681



# What is Available for Me?

- MASSHealth Health Insurance
- Supplemental Nutrition Assistance Program (SNAP/Food Stamps)
- Women, Infants, & Children (WIC)
- Temporary Assistance for Needy Families (TANF)
- Social Security Income (SSI)
- Housing Assistance (Sec. 8)
- Department of Mental Health (DMH)
- Department of Disability Services (DDS)

# MASSHealth

In Massachusetts, Medicaid and the Children's Health Insurance Program (CHIP) are combined into one program called MassHealth. MassHealth members may be able to get doctors visits, prescription drugs, hospital stays, and many other important services.

# MASSHealth – Applying for Insurance

- To apply, you may need to provide the following information and documents:
- Social Security numbers, if you have them, for every household member who is applying
- Federal tax returns, if you file
- Information about citizenship or national status or immigration status
- Employer and income information for everyone in your household (for example, from paystubs or wage statements)
- Information about any job-related or other health insurance that you are currently enrolled in or have access to

# MASSHealth – Applying for Insurance

- Who can use this application
- Use this application if you need health or dental coverage and help paying for it, and if you are
- Living in Massachusetts
- Not living in or about to go into a nursing facility, and
- Younger than age 65
- You may also use this application (regardless of your age, even if you are over age 65) if you are
- The parent of a child younger than age 19
- The adult relative of a child and you are living with and taking care of that child because that child's parents are not living in the home
- Not working

# SNAP

**Supplemental Nutrition Assistance Program (SNAP, or food stamps)** provides eligible people with benefits cards, used like debit cards, to buy food at authorized grocery stores and farmers markets.

# SNAP

## SNAP Can Be Used For:

- Fruits and vegetables
- Meat, poultry, and fish
- Dairy products
- Breads and cereals
- Other foods such as snack foods and non-alcoholic beverages
- Seeds and plants, which produce food for the household to eat



# SNAP

## SNAP Cannot Be Used For:

- Beer, wine, liquor, cigarettes, or tobacco
- Vitamins, medicines, and supplements
- Live animals (except shellfish, fish removed from water, and animals slaughtered prior to pick-up from the store)
- Prepared Foods fit for immediate consumption
- Hot foods
- Any nonfood items such as:
  - Pet foods
  - Cleaning supplies, paper products, and other household supplies.
  - Hygiene items, cosmetics

# WIC

**The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)** provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.



# WIC Approved Foods

- Infant cereal
- Baby foods
- Iron-fortified adult cereal
- Fruits and vegetables
- Vitamin C-rich fruit or vegetable juice
- Eggs
- Milk
- Cheese
- Yogurt
- Soy-based beverages
- Tofu
- Peanut butter
- Dried and canned beans/peas
- Canned fish
- Whole wheat bread and other whole-grain options
- For infants of women who do not fully breastfeed, WIC provides iron-fortified infant formula
- Special infant formulas and medical foods may also be provided if medically indicated

# TANF

**Welfare or Temporary Assistance for Needy Families (TANF)** provides cash for a limited time to low-income families working toward self-sufficiency. TANF may also offer non-cash benefits such as child-care and job training.

# SSI

**Supplemental Security Income (SSI)** provides cash to low-income seniors and low-income adults and kids with disabilities.

- To qualify for either program, you must meet SSA's definition of disability:
  1. You can't work
  2. Your disability is expected to last for at least one year or result in death
  3. Your impairment is on Social Security's list of disabling medical conditions



# SSI Disabilities

- Mental Disorders
- Special Senses and Speech
- Musculoskeletal System
- Respiratory Disorders
- Cardiovascular System
- Digestive System
- Genitourinary Disorders
- Hematological Disorders
- Skin Disorders
- Endocrine Disorders
- Congenital Disorders that Affect Multiple Body Systems
- Neurological Disorders
- Cancer
- Immune System Disorders

## Section 8

**Subsidized Housing, Housing Vouchers, and Public Housing programs** help low-income families, seniors, and people with disabilities get into affordable private or government-owned rental housing.

**Low Income Home Energy Assistance Program (LIHEAP)** helps low-income households pay heating and cooling bills and offers low-cost home improvements to reduce those costs.

# Department of Disability Services (DDS)

**The Department of Developmental Services** provides supports to children and adults with intellectual and developmental disabilities including Autism Spectrum Disorder. Supports are designed to promote meaningful participation and inclusion in all aspects of community life.



# DDS Eligibility

## **Eligibility Criteria For Children ages 5 – 22**

Must have a severe chronic disability that:

- is attributable to a mental or physical impairment resulting from Intellectual Disability, Autism Spectrum Disorder, Smith-Magenis Syndrome or Prader-Willi Syndrome;
- is likely to continue indefinitely;
- results in substantial functional limitations; or
- have a verified diagnosis of Intellectual Disability or a closely related developmental condition that results in substantial functional limitations, or
- for persons from birth to age five a substantial developmental delay or specific congenital or acquired condition with a high probability of resulting in a developmental disability if services are not provided.

## **Eligibility Criteria for Adults ages 22+**

Must have a severe chronic disability that: is attributable to a mental or physical impairment resulting from Intellectual Disability, Autism Spectrum Disorder, Smith-Magenis Syndrome or Prader-Willi Syndrome

# DDS Provides

Services for children include family support and a variety of programs to address specialized support needs that supplement educational services.

Services for adults include an array of employment and day program supports to enable individuals to pursue a career or be engaged in other meaningful activities in the community; family supports and a variety of flexible services such as respite , in-home skills training, and companion services for those individuals who live at home with their families; and community living supports for more independent living situations and other residential supports, such as shared living and group homes.

# Department of Mental Health (DMH)

The Department of Mental Health, as the State Mental Health Authority, assures and provides access to services and supports to meet the mental health needs of individuals of all ages; enabling them to live, work and participate in their communities.

The Department of Mental Health (DMH) has a specialized role in the healthcare delivery system as DMH provides supplemental services for people with the most serious needs.

# DMH Services for Children, Youth, & Families

## **Case Management**

Case Management provides comprehensive mental health and family assessment as well as individual service planning, coordination of DMH funded services, and linkage to other community supports.

## **Individual and Family Support**

Individual and Family Flexible Supports provide an individualized set of services designed to prevent out-of-home placement, maintain the youth with his/her family, help the youth function successfully in the community, and assist families in supporting the growth and recovery of their child. These include services such as respite, home-based family support, individual youth support, and youth support groups.



# DMH Services for Children, Youth, & Families

## **Day Services**

Therapeutic After School Programs provide youth with recreational and skill building activities and clinical services in a structured environment.

## **Caring Together Services**

Caring Together services include a range of in home and out of the home services for children and families involved with the Department of Mental Health (DMH) and/or the Department of Children and Families (DCF). Services provide clinically intensive treatment and outreach support to help build, strengthen and maintain connections to family, home and community so that children and families can live together successfully. Families who are working with DCF or DMH may be eligible for Caring Together services.



# DMH Services for Children, Youth, & Families

## **Clinically Intensive Residential Treatment**

The CIRT provides intensive clinical services for children ages 6-12. It offers an array of specialized and individualized clinical services, transportation, and an on-site school contracted by the Department of Education (DESE)

## **Intensive Residential Treatment Program**

The IRTPs are locked, clinically intensive treatment programs for youth ages 13-18. They offer an array of specialized and individualized clinical services, transportation, and an on-site DESE-contracted school.

# DMH Services for Children, Youth, & Families

## **Parent and Family Support Services**

Provides information and support to families of children with mental health challenges. Includes information and referral; individual community advocacy; parent support groups; targeted supports; and expedited access to services for parents with mental illness.

## **Transition Age Youth**

DMH has prioritized services for this group age 16-24 through service enhancement, coalition building and employing youth peer mentors.

# DMH Services for Children, Youth, & Families

## **School and Community Therapeutic Support**

Community and School Therapeutic Supports provide consultation and assistance to schools and the community that support youth with significant mental health needs and their families. They also include local family support specialists who facilitate parent support groups and provide advocacy and consultation to community partners.

## **Information and Referral**

Comprehensive network of referral and response to requests for information and assistance from individuals, organizations and other state agencies seeking resources about child mental health conditions and services.



# DMH Services for Children, Youth, & Families

## **Consultation and Education**

DMH provides expert clinical consultation, education and training to a wide range of individuals, agencies and organizations.

## **Juvenile Forensic Court Services**

Juvenile Court Clinic Forensic Services provide clinical and forensic mental health evaluations and consultation to the Trial Court and Probation Department as well as help to families in accessing community services.

# DMH Services for Children, Youth, & Families

## **Continuing Care Inpatient Services**

These services are locked psychiatric hospital units for youth who need the most intensive level of clinical treatment available, as well as an on-site DESE-contracted school. Youth are referred by acute inpatient units when they require extended, specialized hospital care or when the Court orders a short-term forensic evaluation.

## **Massachusetts Child Psychiatry Access Program**

MCPAP provides quick access to psychiatric consultation and facilitates referrals for accessing ongoing behavioral health care. We encourage and supports PCPs integrating behavioral health resources into their practices and work with behavioral health providers as well as primary care providers. MCPAP is available for all children and families, through their primary care providers, regardless of insurance.

# DMH Services for Adults

## **Adult Community Clinical Services**

- The DMH community service system: Rehabilitation, support, and supervision with the goal of stable housing, participation in the community, self management, self determination, empowerment, wellness, improved physical health, and independent employment.

## **Respite Services**

- Respite Services provide temporary short-term, community-based clinical and rehabilitative services that enable a person to live in the community as fully and independently as possible.

## **Program of Assertive Community Treatment (PACT)**

- A multidisciplinary team approach providing acute and long-term support, community based psychiatric treatment, assertive outreach, and rehabilitation services to persons served.

# DMH Services for Adults

## Clubhouses

- Clubhouse Services provide skill development and employment services that help individuals to develop skills in social networking, independent living, budgeting, accessing transportation, self-care, maintaining educational goals, and securing and retaining employment.

## Recovery Learning Communities

- Consumer-operated networks of self help/peer support, information and referral, advocacy and training activities.





# DMH Services for Adults

## **Case Management**

- State-operated service that provides assessment of needs, service planning development and monitoring, service referral and care coordination, and family/caregiver support.

## **Homelessness Services**

- Comprehensive screening, engagement, stabilization, needs assessment, and referral services for adults living in shelters.

# For Additional Information...

## **SSI, TANF, Housing Assistance**

<https://www.usa.gov/benefits>

## **SNAP**

<https://www.usa.gov/food-help>

## **MASSHealth**

<https://www.mass.gov/how-to/apply-for-masshealth-the-health-safety-net-or-the-childrens-medical-security-plan>

## **WIC**

<https://fns-prod.azureedge.net/sites/default/files/wic/wic-fact-sheet.pdf>

## **DMH**

<https://www.mass.gov/orgs/massachusetts-department-of-mental-health>

## **DDS – Transitional Age Youth**

<https://www.mass.gov/doc/transition-information-fact-sheets-english/download>