

ASSISTANCE & BENEFITS PROVIDED BY NH DEPT. OF HEALTH & HUMAN SERVICES

NH Health & Human Services, 800-982-1001: Applications for Assistance (Food Stamps, Medicaid, Temporary Assistance to Needy Families, Assistance to the Permanently and Totally Disabled, NH Healthy Kids Medical Coverage, Child Care Reimbursement, Old Age Assistance, etc.). Benefits based on household income.

ASSISTANCE WITH RENT, FOOD, GAS, BUDGETING, PRESCRIPTION COSTS, ETC.

Listen Community Services, 448-4553: Based on income eligibility, the following financial assistance programs are offered: Housing Helpers Loan for shelter expenses (when \$ are available), electric bills, Heating Helpers fund, vouchers for Thrift Store items, gas vouchers, food pantry items, budget counseling, camp scholarships, December Holiday baskets containing gifts and ingredients for a holiday dinner (applications taken in October).

COUNSELING – GENERAL & ADDICTION / SUBSTANCE ABUSE TREATMENT / SUPPORT GROUPS

GENERAL COUNSELING SERVICES – Adults and Children – Income Based Fees

Counseling Center of Lebanon, Adult Services Intake Line, 542-5128 / Children Services Intake Line, 448-110: Counseling and mental health recovery services for adults, children, teens and families provided. Sliding fee scale for those without insurance.

ADDICTION / SUBSTANCE ABUSE COUNSELING & TREATMENT – Income Based Fees

Adults– Outpatient:

West Central Behavioral Health, Intake Line 603-542-5128: Assessment, evaluations and counseling provided by licensed clinicians (LCMHC, LICSW) for individuals with substance use or co-occurring mental health issues.

Headrest, 448-4400, NH residents only: Counseling provided by licensed counselors (LADC). Substance abuse evaluations performed as required by the NH Department of Corrections or Probation and Parole.

Headrest, 448-4400, NH residents only: Intensive Outpatient Program counseling performed by licensed counselors (LADC) involves a 16-week program for individuals requiring more intensive treatment.

Adults – Residential Treatment:

Headrest, 448-4400, NH residents only: Six beds available for the Clinically Managed Residential Detox Program providing a safe environment for those detoxing from drugs/alcohol. Services involve individual and group counseling, attending 12 step meetings, case management, etc. Two beds are available to Transitional Living clients for those that have completed a 28 day rehab program or the equivalent and are working towards integration into the community as independent, sober and employed individuals seeking permanent housing.

Adolescent – Outpatient:

West Central Behavioral Health, Intake Line 603-542-5128: Assessment, evaluations and counseling, utilizing cognitive behavioral approaches to help teens to use their own strengths to overcome substance use issues.

Headrest, 448-4400, NH residents only: Adolescent Treatment collaboration with West Central Behavioral Health Services offers an 8-week structured program utilizing counseling methods to assist identified high school age students in the development of positive life skills. Substance abuse evaluations performed as required by the NH Division of Youth and Families, etc.

SUPPORT GROUPS

Al-Anon/Alateen, 877-825-2666: Support groups for relatives and friends of alcoholics are offered locally in Lebanon, Enfield and New London. Consult the web site for details: www.nhal-anon.org.

Alcoholics Anonymous: Meetings are offered locally in Lebanon, Enfield, Plainfield, Hanover, Lyme and Norwich. Consult these websites for details: www.nhaa.net and www.aavt.org.

Narcotics Anonymous, 802-773-5575: Meetings are offered locally in Lebanon and Wilder. Consult the website for details: www.gmana.org.

DISABLED and/or THOSE OVER 60 or APPROACHING SOCIAL SECURITY

Disabled & Those With Acquired Brain Injury – All Ages

Pathways of the River Valley, 448-2077: Service coordination, day/vocational services, individualized residential supports, family supports and respite.

Disabled and Special Needs Persons of All Ages

Easter Seals, 800-870-8728: Services to ensure that all people with disabilities or special needs and their families have equal opportunities to live, learn, work, and play in their communities. Services can include: adult day services, adult rehabilitation, autism services, camping and recreation, dental center, residential and community services, Senior services, substance abuse programs, special education, transportation, Veterans services, vocational services, etc.

NH Vocational Rehabilitation, 448-5793: Evaluates/assesses the abilities of disabled persons and/or those with obstacles to employment and assists with securing employment through job skills training and job placement.

Age 60 and Older, Those Approaching Social Security and the Disabled of Any Age

Social Security Administration, 800-772-1213 or www.ssa.gov: Apply for social security, supplemental security income and disability benefits on-line or over the phone. You will likely need to attend an appointment in person at the nearest office (Littleton).

DISABLED and/or THOSE OVER 60 or APPROACHING SOCIAL SECURITY (CONTINUED)

Age 60 and Older, Those Approaching Social Security and the Disabled of Any Age

Social Security Administration, 800-772-1213 or www.ssa.gov: Apply for social security, supplemental security income and disability benefits on-line or over the phone. You will likely need to attend an appointment in person at the nearest office (Littleton). ServiceLink, 448-1835, www.servicelink.org: Information & referral services and assistance with: applications for Social Security, Medicare & State benefits. Provides long-term care counseling and caregiver support.

Age 60 and Older

Grafton County Senior Citizens Council, 448-4897, www.gcscc.org: Meals at the Center, home delivered meals, nutrition education, shopping assistance, food pantries, transportation for medical appointments, shopping, to and from the Senior Center, errands, outreach and social Services, assistance with Social Security, Medicare, care management, telephone reassurance, friendly visiting, licensed home care program, activities, programs and clinics, trips, speakers, blood pressure screenings, foot care, health education, health and wellness programs, etc.

Any Age

Dartmouth-Hitchcock Aging Resource Center, 653-3460, AgingCenter@hitchcock.org or www.dhmc.org/goto/agingcenter. Open to anyone. The new center shares offices with the Coordinator for the Upper Valley Alzheimer's Association and the Coordinator for the Parkinson's Center at DHMV. The Resource Center offers: a reading room & library filled with information & support around health issues & community resources serving the aging population. Free workshops, classes & support groups include: Powerful Tools for Caregivers (a six-week class to teach family caregivers tools to care for themselves); Basic Training for Family Caregivers (a series of workshops on practical skills of care giving); Side-by-Side for Independent Living (a series of workshops on a range of caregiver topics, including navigating the medical system, legal issues, depression, and wellness); Alzheimer's Disease workshops; Healthier Living Workshops (a six-week workshop to teach adults with chronic illness to better manage their health); Nurturing the Spirit (a support group for family caregivers), etc.

DOMESTIC VIOLENCE VICTIM SUPPORT

WISE, 448-5922 / or 24 Hour Hotline, 448-5525, www.wiseftheuppervalley.org Domestic & Sexual Violence Advocacy Services: medical, court and legal advocacy, emergency shelter, crisis & supportive services, education & support groups, psycho-educational groups for children who witness violence, safety planning, transitional housing, etc.

EDUCATION (See also *NH Vocational Rehabilitation*)

Adult Tutorial Program, 448-0596: Assistance with Obtaining a GED (High School Equivalency Testing).

HOTLINES – CRISIS, REFERRAL & PEER SUPPORT

Headrest Hotline, 448-4400 or 800-639-6095 or 800-273-TALK: 24-hour Hotline staffed by trained crisis intervention counselors providing information and referral services to at risk populations. Through active listening, counselors assist with the following: suicide risk assessments and intervention, domestic violence intervention, substance use assessments and other relevant issues.

Next Step Peer Support, 448-6941: WarmLine to assist those in crisis and staffed by volunteers 5pm-10pm, 7 days per week, 888-582-0920.

West Central Behavioral Health, 800-564-2578: 24 hour hotline for emergency and crisis intervention services.

LEGAL

NH Law Line, 800-868-1212: Free Legal Advice, 2nd Wednesday of each month from 6:00pm - 8:00pm.

Legal Advice & Referral Center, 800-639-5290, www.larchnh.org: Legal services to financially eligible NH persons related to: family & consumer law, housing, public benefits, etc., offered through telephone advice/counsel, brief service and & direct representation.

MEDICAL / HOSPICE / HOMECARE / DENTAL / HIV - All Ages – Free or Income Based

Good Neighbor Health Clinic, 802-295-1868: Basic primary healthcare, exams and various services for the uninsured.

Red Logan Dental Clinic, 802-295-7573: Dental care provided to the uninsured at a sliding scale rate.

NH Health Access Network, 603-225-0900, www.healthynh.com or discuss with your medical provider: The Network helps low income people in NH who do not have enough health insurance or enough money to pay for hospital care, doctor visits or other medical care. Alice Peck Day, DHMC and other health centers are participants in this program. To receive financial help through this program you must have applied for and been refused any other sources of payment including insurance and public assistance or a lawsuit. Applications can be obtained through the website or at participating health care providers.

Visiting Nurse Association & Hospice of VT/NH, 298-6417, www.vnahospicevtnh.org: Homecare, wellness programs and support to families. Services provided to all who qualify, regardless of age or ability to pay. Services are paid through Medicare, Medicaid and private insurance. Agency staff evaluates eligibility via phone or home visit. Services provided: skilled nursing, wound care, disease management, physical therapy, speech therapy, personal care, telemedicine, infusion therapy (nursing care only), pain management, occupational therapy, medical social work, hospice, case management, etc.

HIV/HCV Resource Center, 448-8887, www.acornvtnh.org: Services: case management, support groups, transportation assistance to appointments, emergency financial help for housing, food, clothing, and medical needs and comprehensive HIV and HEP C prevention, education and testing. All services are free of charge and confidential.

MEDICATIONS –FREE DIABETES MEDICATION AND FREE ANTIBIOTICS – also see “Discount Prescription Medication Programs” listed in this Newsletter.

Price Chopper Stores, Lebanon, 448-3970, West Lebanon, 298-9680: The Antibiotics Advantage Program and Diabetes Advantage Program offer free medications. See the web site (www2.pricechopper.com/diabetes/) or store pharmacy for details. Participants must complete a sign-up form at the pharmacy. There is no income eligibility requirement.

PARENTING / FAMILY SUPPORT / MATERNAL & CHILD HEALTH / NUTRITION

Good Beginnings of Sullivan County, 877-287-7144 or 542-1848: Primary prevention program offering comprehensive family support services to all families regardless of ability to pay. Services: Nurses and parent educators provide in-home education and support for pregnant women and their children through the early years of a child’s life. All services are free of charge. Those seeking services may call director or referrals are accepted from physicians, hospitals and human service agencies.

Good Beginnings of the Upper Valley, 298-9524: Volunteer home visiting program & support to ANY family with a newborn, first-time and experienced parents, mothers or expectant mothers on bed-rest, families with multiple births, adoptive families, families off-balance from sleepless nights. No income requirements apply.

Hannah House, 448-5339, www.hannahhouseince.org: Support to pregnant and parenting youth in developing independence and making healthy parenting choices, thereby promoting the well-being of themselves and their children. Services: supervised residential shelter for moms 18 and under with babies, local outreach to pregnant and parenting youth up to age 21, case management and counseling, parenting education, vocational and career services, day care for infants and toddlers of moms at work or school, independent living skills program, family violence prevention in teen-parented households.

WIC, 800-578-2050: Supplemental Food Program for Children under Age 5 providing healthy foods to families: milk, cheese, eggs, juice, peanut butter and cereal. WIC also provides nutrition, breastfeeding and health education services for pregnant women and new mothers.

PANTRIES SERVING THE UPPER VALLEY - NON-FOOD ITEMS MAY AVAILABLE, JUST ASK...

- First Baptist Church, 11 School St., Lebanon. Open Tues-Fri, 9am-1pm. Recommend calling 448-5618 to schedule an appt.
- Listen Community Services, 60 Hanover Street, Lebanon. Call 448-4553 to schedule an appointment – limit one visit per month. Free bakery products at the checkout counter of the Thrift Store when available.
- Wellspring Worship Center, 407 North Main Street, West Lebanon. Open Sat, 4pm-5pm.
- Praise Chapel Christian Outreach, 1625 Maple Street, Hartford, VT. Pantry is at the Potter House in the back. Open Sun, 9:30am-10:15am and Thurs, 3pm-5pm. Complete USDA application to receive frozen meats, poultry and fish.
- Upper Valley Haven, Tafts Flat, WRJ, VT. Open Mon-Fri, 8:30am-4pm at the main building, side entrance – limit one visit per month. No limit on visits to common area to pick up produce & bread available daily depending on supply.

SUBSIDIZED / SECTION 8 / INCOME BASED / WORKFORCE HOUSING – All based on income eligibility.

Lebanon Housing Authority, 298-5753:
Application for Housing Choice Voucher (Section 8) and subsidized and/or workforce housing for the following locations: Romano Circle and Romano Place, North Main Street, West Lebanon.

For Seniors: Lebanon Towers on Hanover Street and Roger’s House on North Park Street, Lebanon; Maple Manor, Maple Street, West Lebanon; Summer Park Residences, 42 Lebanon Street, Hanover.

Quail Hollow Senior Living, North Main Street, West Lebanon: Summit Property Management, PO Box 923, Burlington, VT, 05402-0923, 802-496-4208.

Beechwood Lane & Pine Tree Lane Apts., West Lebanon (1 and 2 bedroom units): The Hodges Companies, 201 Loudon Road, Concord, NH 03301 - 603-224-9221; www.hodgescompanies.com.

Mascoma Village, High Street, Lebanon (1 and 2 bedroom units): Foxfire Management, 70 Commercial St., PO Box 1438, Concord, NH 03302-1438, 603-228-2151 x 302.

Spencer Square, Spencer St., Lebanon (1, 2 and 3 bedroom units): Mosely Associates, Ltd., 8 Stagecoach Road, PO Box 706, WRJ, VT 05001, 802-296-2600.

Gile Hill, Hanover/Lebanon line, Hanover, NH (1, 2 and 3 bedroom units), \$25 application fee: Maloney Properties, Inc., PO Box 5614, Hanover, NH 03755, 603-809-1044 gilehill@maloneyproperties.com.

VETERAN SERVICES

Veteran’s Administration, National Call Center 800-827-1000, or: Social Services, 802-291-6250; Home Care, 802-295-9363 ext.5534; Homeless Coordinator, 802-295-9363 ext.5763; Medical Benefits, 802-296-5118.

Compensated Work Therapy Program, 802-295-9363 ext. 6725: Assists Veterans with disabilities to obtain and maintain competitive or supported employment by providing work experiences that foster solid work ethics as well as independence. CWT works toward placing unemployed or underemployed disabled Veterans in paid work positions.

WEATHERIZATION / HOME REPAIR

Cover Home Repair, 802-296-7241: *Home Repair Program* - Volunteers to work in partnership with low-income, elderly and disabled Upper Valley residents to provide urgent home repair needs at no charge. *Weatherization Program* - Offers perimeter weatherization such as door gaskets, internal storm windows and door sweeps that stops cold drafts, makes homes more comfortable and saves money. Income eligibility required.

Tri-County Cap, 443-6100: Assesses weatherization/energy efficiency of the dwelling unit and identifies and implements methods for improvement.

