This resource list is not exhaustive and the information contained herein, including program information and eligibility criteria, is subject to change without notice. ProMedica does not recommend nor endorse any specific company, agency, or organization listed.
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Behavioral Health
BEHAVIORAL HEALTH AND COUNSELING SERVICES

Bayshore Counseling Services  www.bayshorecs.org
1634 Sycamore Line  201 Madison St.
Sandusky, OH 44870  Port Clinton, OH 43452
419-626-9156  419-734-5535

- Provides a complete range of outpatient mental health services for adults, adolescents, children and their families.
- Counseling services include: individual, couples, and/or family counseling, as well as medication services if deemed appropriate.
- Prevention services are also available which include: community presentations on a variety of mental health issues, parenting classes and skills development for positive family management, and school-based prevention services, including bullying and violence prevention programs.

ProMedica Physicians Behavioral Health  www.promedica.org
An Affiliate of ProMedica Health System
710 Cleveland Ave.
Fremont, OH 43420
419-333-2785

- Outpatient behavioral health care for children, adolescents, and adults including the elderly.
- Mental Health Services include: outpatient counseling, psychiatry, psychiatric medication therapy, and psychophysiological therapy.

Firelands Counseling Services  24 HR. Crisis Hotline 1-800-826-1306  www.firelands.com
Offices
1925 Hayes Ave.  335 Buckeye Blvd.  22052 W. State Rt.51
Sandusky, OH 44870  Port Clinton, OH 43452  Genoa, OH 43430
419-557-5177  419-734-2942  419-734-2942

Individual, group, marital, family, and chemical dependency counseling.

Lutheran Social Services  www.issnwo.org
2149 Collingwood Blvd.  512 E. State St.
Toledo, OH 43620  Fremont, OH 43420
419-243-9178  419-334-3431

- Counseling and mental health services for children, adults, and families.
- Does not provide psychiatric services (medication therapy and management).
- Accepts Medicare, Medicaid, and private insurance. Sliding fee scale for those without insurance.
The Center for Mental Health and Well-Being  
715 S. Taft Ave.  
Fremont, OH 43420  
- Outpatient counseling services and medication management.

Sandusky Artisans  
138 E. Market St.  
Sandusky, OH 44870  
- Provides a range of Recovery support, peer and self-help services to persons suffering from substance use disorders and mental illness. Many 12-step meetings and art classes are held every week.

Erie Shore Network  
326 E. Market St.  
Sandusky, OH 44870  
- Programs encourage socialization and vocational training for Severe Mental Illness individuals. Programs offered include support group/coffee club, Out on the Town, Potluck Social, computer classes, and more.  
- Membership is free and lifelong for those who qualify – adults with a diagnosis and/or treatment for Severe Mental Illness.

Cornerstone Counseling  
4444 Galloway Rd.  
Sandusky, OH 44870  
- Counseling provided by Christian therapists.

United Way Family Counseling Service  
481 W. Perry St.  
Tiffin, OH 44883  
- Individual, family, and financial counseling.

New Transitions Counseling  
777 S. Washington St.  
Tiffin, OH 44883  
- Individual, group, marital, and family counseling. Has private pay with a sliding fee scale.

Rigel Recovery Services  
65 St. Francis Ave.  
101-103 S. Front St.  
Tiffin, OH 44883  
Fremont, OH 43420  
567-220-7018  
- Individual counseling, aftercare, drug testing, and opiate specific services.
Inpatient Mental Health Treatment

Firelands Counseling Services  
1111 Hayes Ave.  
Sandusky, OH 44870  
www.firelands.com  
419-557-7400  
1-800-826-1306  
(24 HR. Crisis Hotline)

- Adult and geriatric inpatient psychiatric care center.
- Offers a partial hospitalization program that bridges the gap between inpatient psychiatric hospitalization and traditional outpatient therapy.

The Toledo Hospital  
Psychiatric Services  
2142 N. Cove Blvd.  
Toledo, Ohio 43606  
www.promedica.org  
419-291-8850

- Inpatient psychiatric treatment for adults and children age 6 – 17.
- Services include cognitive therapy, group psychotherapy, psycho-education groups, and partial hospitalization program.

St. Charles Mercy Hospital  
Inpatient Psychiatric Services  
2600 Navarre Avenue  
Oregon, OH 43616  
419-696-7334 Acute Care Unit  
419-696-7654 Administrative  
www.mercyweb.org/services_behavioral_health.aspx

Arrowhead Behavioral Health  
1725 Timber Line Rd  
Maumee, Ohio 43537  
419-891-9333

- Inpatient and outpatient psychiatric and substance abuse treatment for adults

UTMC Senior Behavioral Health  
1400 East Medical Loop  
Toledo Ohio 43614  
419-383-6161  
844-266-4889

- Short term inpatient psychiatric unit for individuals 55 and older.

University of Toledo Medical Center Adult Psychiatry  
Ruppert Health Center  
3120 Glendale Ave.  
Toledo, Ohio 43614  
419-383-5691 (New Appts.)  
419-383-5695 (Adult Outpatient)  
utmc.utoledo.edu/clinics/adultpsychiatry

- Inpatient and outpatient adult psychiatric services
- Services include comprehensive diagnostic assessment, individual and family therapy, psychopharmacological management, behavioral medicine, clinical neuropsychiatry.
University of Toledo Medical Center
Neuropsychology Testing Service:

- A comprehensive and detailed assessment of cognitive functions including memory, abstract thinking, and problem-solving. Requires a physician referral.
- Treatment recommendations for: Dementia, Alzheimer’s disease, Parkinson’s disease, Stroke, Epilepsy.

Child and Adolescent Psychiatric Services

Children’s Safe Harbor
Toledo Children’s Hospital
Conrad Jobst Tower
2109 Hughes Drive
Toledo, OH 43606

- Children’s Safe Harbor is a collaborative effort between Toledo Hospital and Harbor Behavioral Health
- Child psychiatrists and the behavioral health team provide diagnostic assessment, psychiatric/psychological treatment and testing.
- Treatment options are available (but not limited to):
  - Anger management
  - Anxiety
  - Adjustment difficulties
  - Coping skills
  - Cutting
  - Depression
  - Eating disorders
  - Stress management
  - Trauma and Post-Traumatic Stress Disorder

The Cullen Center
Toledo Children’s Hospital
2150 W. Central Ave.
Toledo, Ohio 43606

- An outpatient program of the Toledo Children’s Hospital that provides state-of-the-art trauma focused treatment for children who have experienced psychological trauma.

The Kobacker Center
Health Science Campus – UTMC
1400 E. Medical Loop
Toledo, Ohio 43614

- Provides inpatient and outpatient behavioral health treatment for children and adolescents.
Mental Health Support

NAMI - The National Alliance of Mental Illness
419-732-6264
110 Linden St.
Port Clinton, OH 43452

- Family oriented support, education and advocacy organization. The goal is to improve the lives of children, adolescents and adults who have mental illness and to support their families.
- Works with you in order to help your family receive the best possible treatment.

NAMI Support Groups:

NAMI CONNECTIONS
- Support group for adults with mental illness, regardless of their diagnosis. All groups are facilitated by individuals also in recovery. Meets at NAMI Mon. 7-8 pm.

V.E.N.T.- YOUNG ADULT SUPPORT GROUP (18 to 26 years old)
- V- A place where your voice is heard
- E- Accepting everyone for who they are
- N- Share in a non-judgemental atmosphere
- T- Together we will get through the difficult times
- For young adults 18 – 26 years of age who are dealing with sadness, anxiety, feelings of hopelessness. The group is peer facilitated in a supportive, non judgmental environment.
- Meets every MONDAY night from 7:00p.m. To 8:30p.m. at NAMI

NAMI Educational Classes:

The NAMI Family -To-Family Education Program
- A Free 12-week course for family caregiver of individuals with mental illness.
- For families and friends of adults living with schizophrenia, bipolar disorder, major depression, anxiety disorders and borderline personality disorder.

NAMI Basics Education Program
- A program for parents & other caregivers of children and adolescents living with mental illness
- Taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13. The course consists of six classes, each lasting 2.5 hours.
The Oak House is a psycho-social rehabilitation center in a clubhouse environment. Oak House serves adults in the Ottawa and Erie Counties who are recovering from a mental illness. Oak House helps build a network that allows members to be self-sufficient, productive members of our society.

**Mental Health Crisis – Suicide Intervention**

Firelands Counseling and Recovery Services  
24 hour Crisis Hotline  
1-800-826-1306  
www.firelands.com

- For individuals experiencing a mental health or chemical dependency crisis.

National Suicide Prevention Hotline  
1-800-273-TALK  
www.suicidepreventionlifeline.org (1-800-273-8255)
Food Assistance

Ottawa County
FOOD ASSISTANCE

ProMedica Food Clinic
- Short term food assistance available to patients of the ProMedica Physician Group
- Must be referred by your ProMedica PCP. Two locations:

  **Center for Health Services**
  2150 West Central Avenue Pod U
  Toledo, Ohio 43606
  419-291-8073
  Hours: Tuesday 10 am – 4 pm
  Wednesday: 9 am – 4 pm
  Thursday 9 am – 4 pm

  **ProMedica Health & Wellness Center**
  5700 Monroe St. Suite 307
  Sylvania, Ohio 43560
  567-585-0095
  Hours: Monday 10 am – 4 pm
  Wednesday: 9 am – 4 pm
  Friday: 9 am – 1 pm

** PARAMOUNT ADVANTAGE will provide transportation once per month to pick up food at the pharmacy**

The Oak House – Food Bank
1819 E. State Rd.
Port Clinton, OH 43452
419-734-4417
www.oakhouse-pc.org
- The food pantry is free to members and operates on Monday - Friday from 10:00 a.m. to 11:30 a.m. and from 1:00 p.m. to 3:00 p.m.

Farmer’s Market Nutrition Program (Senior Citizens only)
Area Office on Aging
419-898-6459
www.aging.ohio.gov/services/seniorfarmersmarketnutritionprogram/
- Provides coupons for locally grown fruit and vegetables to low income seniors, age 60+
- To apply, call the Area Office on Aging or a local Senior Center.

Commodity Supplemental Food Program (CSFP)
Toledo Seagate Food Bank
419-244-6996
- To qualify, a senior must be at least 60 years of age and fall under the 130% of financial requirements guidelines. Applications can be found online or by calling 419-244-6996.
- The “CSFP Box” will have a combination of foods and can pick up a new box every month.
- Location Points of Food Boxes are: Port Clinton, Oak Harbor, and Genoa.
COMMUNITY FOOD PANTRIES

Jerusalem Township Food Pantry
9501 Jerusalem Rd.
Curtice, OH 43412
419-836-1210
Provided to low-income residents of Jerusalem Township. 2nd Wednesday of every month 9-11 a.m.

Elmore Ministerial Association
Grace Evangelical Lutheran Church
19225 Witty Rd.
Elmore, OH 43416
419-862-2906
Provided to residents of Ottawa County who live in the Woodmore school district. Available the last two Fridays of every month 9:00 a.m.-12:00 p.m. Photo ID and proof of address required.

Christ Community Church
303 W. 4th St.
Genoa, OH 43430
419-855-4189
Provided to residents of Genoa school district. 3rd Saturday of every month 10:00 a.m.-12:00 p.m. Photo ID and proof of address required.

Elliston Zion United Methodist Church
18045 W. William St.
Graytown, OH 43432
419-862-3166
Provided to residents of Ottawa County who are struggling with food insecurity. 2nd Wednesday of every month 5-7 p.m. and 4th Saturday of every month 10:00 a.m.-12:00 p.m. Photo ID or copy of utility bill required.

Salvation Army
1854 E. Perry St.
Port Clinton, OH 43452
419-732-2769
www.salvationarmy.org
Emergency food boxes are offered when needed. Call to reserve one. ID, utility bill and social security card are required for everyone in household.

Church of Truth Ministries
745 S. Lake Rd.
Gypsum, OH 43433
419-341-7013
No restrictions, but preference will be given to seniors, military veterans, and people with disabilities. Open every Monday and Wednesday from 11:30 a.m.-1:00 p.m. Photo ID, proof of address and proof of disability required. A weekly hot meal is also provided every Wednesday at 6 p.m., no required documents.

Seed Faith Missions
947 S. Lake St.
Gypsum, OH 43433
419-732-2399
Provided to residents of Ottawa whose income meets the federal poverty guidelines. Every Monday 11:30 a.m.-12:30 p.m. Photo ID required. Can receive assistance twice a month.

Dept. Of Job and Family Services
8043 W. State Rte. 163
Suite #163
Oak Harbor, OH 43449
419-898-3688
Food Assistance Program
Danbury Food Pantry  
St. Paul Lutheran Church  
541 Church Rd.  
Marblehead, OH 43440  
419-732-2703  
Provided to residents of Danbury Township. 3rd Saturday of every month 8:30 a.m.-10:00 a.m.; closed in December. Emergency food provided as needed, anytime. Must show financial need and proof of address.

Oak Harbor Food Pantry  
St. Paul United Church of Christ  
165 N. Toussaint St.  
Oak Harbor, OH 43449  
419-898-0852  
Provided to residents of Bento-Carroll-Salem School District, which includes Oak Harbor, Graytown, Rocky Ridge, Carroll Twp., Benton Twp., Erie Twp., and Salem Twp. One service per month. Every Monday and Thursday 8:30-11:30 a.m., excluding holidays/Proof of residency required.

Community Support Services  
Sutton Center  
1848 E. Perry St. Suite #60  
Port Clinton, OH 43452  
419-734-9718  
Must phone for appointment; food is usually provided the next day. Service is provided every 6 months.

St. Vincent De Paul Society  
301 W. 2nd St.  
Port Clinton, OH 43452  
Provided to residents of Port Clinton City School District. Every other Saturday in 2017 8-9:30 a.m. Photo ID and proof of address required.
For information regarding On-Site Congregate Meal locations and times: Call United Way 211 or 1-800-650-4357

HOME DELIVERED MEALS

Ohio District 3 Area Agency on Aging, Inc. 1-800-653-7723
- www.aaa3.org

Ohio District 5 Area Agency on Aging, Inc. 1-800-860-5799
- www.aaa5ohio.org

Meals on Wheels 1-877-898-6459
- Offered to Ottawa County residents who are 60 years of age or older, homebound, unable to participate in senior dining site program, unable to obtain food or prepare meals, no adult living within the same building or area and be able to prepare meals.
- Suggested donation for meals is $3.00

Mom’s Meals 1-877-508-6667
- www.momsmeals.com
- A national provider of fresh-made, home-delivered meals and nutrition services for individuals desiring convenience or independent living and for patients recuperating at home or managing a chronic disease.

Homestyle Direct Meals 1-866-735-0921
- www.homestyledirect.com
- Provides quality, fresh-frozen meals available for online ordering and direct home delivery.
- Call or go online for cost and program information.
HOUSING

OCHA
Ottawa County Housing Authority
400 W. Third St.
Port Clinton, OH 43452

- Low income housing based on income and other eligibility criteria.
- Provides housing for adults, families, seniors, and persons with disabilities.
- There will likely be a waiting list.

Information needed during the application process:

- The social security numbers, names and dates of birth of all family members.
- Income(s) of all family members
- Pen and paper to write down your Online Pre-Application Confirmation Number. This number is necessary for future log ins to the application portal, to prove your identity, and make changes to your application.

HUD Subsidized Housing for Seniors (62+) or the disabled – Non MHA
These residential units are only for the elderly (62+) or if younger must be disabled. These are non-LMHA properties. Rental amount is based on income. Contact the individual housing complex for application and eligibility criteria.

<table>
<thead>
<tr>
<th>Property</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rose Acre Manor Apartments</td>
<td>110 E. 12th St.</td>
<td>419-734-7622</td>
</tr>
<tr>
<td>Port Clinton Senior Apartments</td>
<td>500 W. Catawba Rd.</td>
<td>419-734-4552</td>
</tr>
<tr>
<td>Mercy Outreach Ministries III</td>
<td>9129 W. State Rte. 163</td>
<td>419-836-7741</td>
</tr>
</tbody>
</table>

Ottawa Residential Services, Inc. (ORSI)
Multiple Locations
419-734-7622
HUD Subsidized Apartments for Adults and Families

These residential units are only for individuals who are 18 years of age and older. These are non-LMHA properties. The applicant may need to have custody of a dependent child for some of the complexes listed.

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perry’s Glen</td>
<td>1195 W. Fremont Rd.</td>
<td>419-734-5002</td>
</tr>
<tr>
<td></td>
<td>Port Clinton, OH 43452</td>
<td></td>
</tr>
<tr>
<td>Lakeview Estates</td>
<td>205 Buckeye Blvd.</td>
<td>419-732-0385</td>
</tr>
<tr>
<td></td>
<td>Port Clinton, OH 43452</td>
<td></td>
</tr>
<tr>
<td>Port Clinton Pointe</td>
<td>1265 W. Fremont Rd.</td>
<td>419-732-3500</td>
</tr>
<tr>
<td></td>
<td>Port Clinton, OH 43452</td>
<td></td>
</tr>
<tr>
<td>Covenant Harbor</td>
<td>234 Finke Rd.</td>
<td>419-898-6460</td>
</tr>
<tr>
<td></td>
<td>Oak Harbor, OH 43449</td>
<td></td>
</tr>
<tr>
<td>Marblehead Commons</td>
<td>261 S. Bridge Rd.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lakeside Marblehead, OH</td>
<td>901-818-3268</td>
</tr>
<tr>
<td></td>
<td>43440</td>
<td></td>
</tr>
</tbody>
</table>

The Housing Choice Voucher Program – Section 8

Ottawa County Housing Authority

- This program provides housing vouchers to very low income families, the elderly, and persons with disabilities to pay for rent.
- If approved, the applicant must locate their own housing and the selected housing unit must meet the program’s requirements.
- There is a long waiting list for this program and new applicants may only apply when MHA opens the waiting list which is announced through a public notice in the local newspapers.

Rental and Home Ownership Assistance

Salvation Army

1854 E. Perry St.
Port Clinton, OH 43452

- Provides emergency rent assistance when funding available.
- Required documents:
  - Eviction notice
  - Proof of income for all members of the household for the past 30 days
  - Proof of address from the past 30 days
  - Picture IDs of all adults in the household
  - Birth certificates for all minors in the household.
WSOS Permanent Supportive Housing  419-734-2652
1854 E. Perry St.
Port Clinton, OH 43452
- Provides permanent rental assistance to those who are homeless. This program is only for individuals who have a disability and need assistance to find and pay for housing.
- Rental assistance, home visits, budgeting, goal setting, and referrals to other agencies.
- To be eligible: must provide proof of homelessness and proof of disability.

WSOS Transitional Housing
1854 E. Perry St.
Port Clinton, OH 43452
419-734-2652
419-734-9494
- Provides up to 24 months of rental assistance to those who are homeless. This program is not permanent and is only for those who need assistance to find and pay for housing.
- Rental assistance, home visits, budgeting, goal setting, and referrals to other agencies.
- To be eligible: must provide proof of homelessness.

USDA Rural Development  419-422-0242
- Provides assistance to low-income families to purchase a home with government assistance.
- The 502 Direct Housing loan program is available to eligible very low and low-income households to purchase and exiting home or build a new home in rural areas or small towns.
- Financing under this program is available for up to 100% loan-to-value. No down payment is required, closing costs are around $2,500 and, if possible, may be included in the loan. Rural Development does not change any points or application fees and does not require mortgage insurance.
- Eligibility is based on household size, income, and mortgage payment may be subsidized to as low as 1% interest rate. However, part of this assistance may be recouped if there is equity in the home when it is sold or refinanced. The house payment does include an escrow for real estate taxes and homeowner's insurance. The home to be purchased must be modest in size and in good repair and in an eligible area. Applicants cannot own a home.
- For more information on either program or an application, contact the Findlay Area Office at (419) 422-0242 or check out the website at www.rd.usda.gov/oh
Provides information & referral on housing for older adults including lists of rent subsidized apartments available in Northwestern Ohio.

Ohio Housing Locator  www.ohiohousinglocator.org

 HOMELESS SHELTERS

<table>
<thead>
<tr>
<th>Call United Way 211 for a referral to one of the following shelters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liberty Center of Sandusky County</td>
</tr>
<tr>
<td>Aurora House (transitional housing for women and their children)</td>
</tr>
<tr>
<td>Viewpoint</td>
</tr>
<tr>
<td>Cross Roads</td>
</tr>
<tr>
<td>Family House (families)</td>
</tr>
<tr>
<td>Cherry St. Mission (men)</td>
</tr>
<tr>
<td>Beach House (families, no single men)</td>
</tr>
<tr>
<td>St. Paul's Community Center</td>
</tr>
<tr>
<td>Toledo Gospel Rescue Mission (men)</td>
</tr>
</tbody>
</table>

NOTE: for Domestic Violence shelters, see the Domestic Violence chapter
Utility, Telephone, and Internet Assistance

Ottawa County
UTILITY and PROPERTY TAX ASSISTANCE

Home Energy Assistance Program (HEAP) 1-800-282-0880
Ohio Dept. of Development www.development.ohio.gov/is/is_heap.htm

- Provides a winter heating credit to low income individuals/households between Nov. 1–Mar. 31
- Household income must be at or below 175% poverty level.
- Obtain application from area senior centers, libraries, by calling the above number, or online.

HEAP Income Limits (for the 2017-18 season)

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Annual Income</th>
<th>Past 3 Months</th>
<th>Household Size</th>
<th>Annual Income</th>
<th>Past 3 Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$21,105</td>
<td>$5276</td>
<td>5</td>
<td>$50,365</td>
<td>$12,591</td>
</tr>
<tr>
<td>2</td>
<td>$28,420</td>
<td>$7105</td>
<td>6</td>
<td>$57,680</td>
<td>$14,420</td>
</tr>
<tr>
<td>3</td>
<td>$35,735</td>
<td>$8934</td>
<td>7</td>
<td>$64,995</td>
<td>$16,249</td>
</tr>
<tr>
<td>4</td>
<td>$43,050</td>
<td>$10,763</td>
<td>8</td>
<td>$72,310</td>
<td>$18,078</td>
</tr>
</tbody>
</table>

For households with more than 8 members, add $7,315 per member for 12 month calculation or $1,829 for 3 month calculation.

Winter Crisis Program (Emergency HEAP) 419-734-2652
WSOS
1854 E. Perry St.
Port Clinton, OH 43452

- Provides emergency financial assistance to low-income households to avoid a disconnection of their heating service (gas or electric) between November 1 – March 31.
- Financial Income Criteria: 175% poverty level. See table above.

Summer Crisis HEAP Program 419-734-2652
WSOS
1854 E. Perry St.
Port Clinton, OH 43452

- Household income must be at or below 175% poverty level.
- Must have a member of the household who is at least 60 years old; or if under 60, must provide physician documentation of medical necessity.
- One-time payment assistance provided for summer electric bill and purchase of an AC unit.
Emergency assistance for utilities, rent, very short term emergency housing (1 – 2 days), medications, gasoline voucher if needed to get to a new job or medical appointment.

Medical Extensions - for a 30-day delay of a gas or electric shut off:
• In the event of an electric or gas disconnection notice, you may contact your utility company to inquire if an extension may be approved due to a medical condition:
  o Columbia Gas: 1-800-344-4077
  o Toledo Edison: 1-800-447-3333

Percentage of Income Plan Plus (PIPP) 1-866-504-7392
Pathway HEAP Program 419-242-7304
505 Hamilton Street http://development.ohio.gov/is/is_pipp.htm
Toledo, Ohio 43604

The following information was taken directly from the Ohio PIPP Plus website above:
• PIPP Plus allows eligible customers to make affordable monthly energy payments on a year-round basis.
• You must have a gross yearly household income at or below 150 percent of the federal poverty guidelines.
• Electric and natural gas customers who qualify pay $10 or 6 percent of their gross monthly household income, whichever is greater, to the utility company each month.
• If the utility provides both gas and electric services or if the customer has an all-electric home, the payment is $10 or 10 percent of the gross monthly income, whichever is greater.
• When PIPP Plus payments are made on-time and in-full, customers earn an incentive credit and an arrearage credit. Each time you pay your required monthly payment on-time and in-full, you no longer owe the rest of that month’s billed amount. You also receive a 1/24 credit toward any old debt.
• If you make full, on-time payments for 24 straight months, all of your arrearages will be eliminated.
• To apply, call the Pathway (EOPA) office at the phone number above.
• You may also enroll in PIPP Plus by completing the Energy Assistance Program application and mailing it to The Ohio Department of Development. You must provide proof of your gross monthly household income for at least the last three months.
Qualifications for the homestead tax exemption:

- Applicants must be 65 or older, or totally and permanently disabled. If disabled, one must provide a certificate of disability or have his or her physician sign an exemption form and include the date of the disability.
- Applicants must own and occupy their home or mobile home or at least have an ownership interest such as land contract or lease purchase.
- New applicants for 2017 must have a Total Household Adjusted Gross Income of $31,800 or less.

Dept. Of Job and Family Services
8043 W. State Rte. 163
Suite #163
Oak Harbor, OH 43449

Columbia Gas Warm Choice Program
1-800-537-8210
Ground Level Solutions (GLS)
614-861-7992
www.groundlevelssolutions.org/
www.columbiagasohio.com/residential/save-energy-money!/warmchoice

- Financial Eligibility: 150% poverty level or current participant in PIPP or HEAP programs.
- Must have an active Columbia Gas account. It is available to both home owners and renters.
- A home inspection is done in order to recommend the most energy efficient improvements that can be made to your home.
- Services may include:
  - Safety inspection
  - Tune-up/repair of heating units and/or stoves
  - Insulation of attics, sidewalls, floors, heating ducts, and water tanks
  - Reduction of air leakage from major sources.
- For more information, call Ground Level Solutions at the above phone number.

First Call for Help
Dial 2-1-1
419-246-4636

- Maintains information on all of the current utility assistance programs available.
TELEPHONE and INTERNET ASSISTANCE

The Lifeline and Link Up Telephone Assistance Programs

- Low income households may apply for one program:
  - A monthly discount on basic local landline telephone service, waiver of installation and deposit fees, and have optional toll blocking and 900/976 blocking at no additional charge
  - OR
  - Free Wireless phone service
- Eligibility: household income must be at or below 150% of the federal poverty level or participate in public or state assistance programs including Medicaid, Food Stamps, SSI, Section 8 Housing, HEAP, TANF, or the National School Lunch Program’s Free Lunch.
- Contact your local telephone service provider to apply or call USAC at 1-888-641-8722 for more information.

Access from AT&T

Discounted Internet

- Low cost home internet for households who participate in SNAP – Supplemental Nutritional Assistance Program (Foodstamps).
- Must not have any outstanding debt for AT&T fixed internet service within the prior 6 months nor any unpaid debt with this program (Access).
- No contract, No deposit, No installation fee
- Plans from $5 - 10 per month depending on desired internet speed.
- Service not available in all geographic areas. Check on line for more information.
Transportation Assistance

Ottawa County
TRANSPORTATION

Ottawa County Transportation Agency (OCTA) 419-898-7433
- General public transit system that provides curb-to-curb advances reservation, shared ride service to anyone in Ottawa County who wants transportation for any reason.
- Vehicles operate from 6:00 a.m. to 11:00 p.m. seven days a week.
- Fares are reasonable and based on pick-up and destination points. Discounted fares are offered to senior citizens and those with eligible disabilities.
- Vehicles are wheelchair-accessible. Car seats will not be provided. For any specialized equipment, call the office to discuss options.

Paramount Advantage Transportation 1-866-837-9817
- Provides non-ambulance, non-emergency medical transportation for Paramount Advantage members.
- Limited to 30 one-way or 15 round trips per member, per 12-month period for health care, WIC, or CDJFS (welfare) re-determination appointment.
- Need to provide 48 hours/2 business days’ notice when scheduling the transport.
- To schedule a ride, call 1-866-837-9817.

CareSource Medical Transportation 1-800-488-0134
- For Caresource Medicaid members only.
- Need to provide 48 hours/2 business days’ notice when scheduling the transport.
- Limited to 30 one-way or 15 round trips per member, per 12-month period.

United Health Care Comm. Health Plan Transportation 1-855-201-8342
- For United Health Care Medicaid Members only.
- Need to provide 48 hours/2 business days’ notice when scheduling the transport.
- Limited to 30 one-way or 15 round trips per member, per 12-month period

Buckeye Community Health (Medicaid) Transportation 1-866-531-0615
- For Buckeye Medicaid Members only.
- Need to provide 48 hours/2 business days’ notice when scheduling the transport.
- Limited to 30 one-way or 15 round trips per member, per 12-month period.
### Ambulette Services (Wheelchair Vans) – Private Pay or Medicaid

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>ProMedica Transportation* Network</td>
<td>1-800-589-4994</td>
</tr>
<tr>
<td>Smart Start Transportation</td>
<td>419-236-9877</td>
</tr>
<tr>
<td>Apple-A-Day</td>
<td>419-242-7753</td>
</tr>
<tr>
<td>Best Choice Transportation</td>
<td>419-932-1130</td>
</tr>
<tr>
<td>Community Transit Svc</td>
<td>419-868-7433</td>
</tr>
<tr>
<td>Morgan Transit</td>
<td>419-866-5911</td>
</tr>
<tr>
<td>Hanco EMS LLC (stretcher and ambulette)</td>
<td>419-423-2912</td>
</tr>
<tr>
<td>TLC</td>
<td>419-476-9350</td>
</tr>
</tbody>
</table>

*Does not provide ambulette/ambulance service from private residences – only from facilities.*

### Multiple Sclerosis Society
Ohio Buckeye Chapter

- Provides financial assistance for air conditioning units, personal cooling items, medical equipment, scholarships for equestrian and aquatic classes, utility shut-offs, home and vehicle modifications, rent and mortgage, and transportation to medical appointments.
- **Must have a M.S. diagnosis.**
- There are no financial criteria but assistance is determined on a case by case basis.

### Kidney Foundation of Northwest Ohio

- Temporary funding to provide transportation to and from dialysis treatments, medications and other emergency situations.
- Contact the dialysis social worker for referral

### Handicapped Parking Placards

- May also obtain application at the local Ohio Deputy Registrar License Agency:
  - 220 Madison St., Port Clinton, OH 43452
  - 419-732-3017
Veterans Memorial Building 419-898-2089
8444 W. State Rte. 163
Suite #102
Oak Harbor, OH 43449
- Provides medical transportation to any VA medical appointment at: Toledo CBOC, Sandusky CBOC, Parma CBOC, Wade Park VAMC, and Ann Arbor VAMC.
- Must schedule ride 24 hours in advance.
- To accommodate clients, three locations are provided as pick-up locations: Ottawa County Veterans Service Office, County City Complex, and Knoll Crest Plaza (Old Wal-Mart Parking Lot).

Dept. Of Job and Family Services 419-898-3688
8043 W. State Rte. 163
Suite #163
Oak Harbor, OH 43449
- Provides transportation services or mileage reimbursement for Medicaid recipients for non-emergency medical transportation for miles traveled to a Medicaid covered service when the managed care plan provider cannot provide service.
- Must be ambulatory (able to get into and out of a cab without assistance).

Salvation Army 419-732-2769
1854 E. Perry St.
Port Clinton, OH 43452
- Provides bus passes when available.

A+ Steiny’s Cab Company LLC 419-734-9480

After Hours Taxi 419-732-6151

ECI Inc. 419-443-0767

Home Instead Senior Care, Incidental Transportation for Seniors 419-734-5050

JD’s Cab Company LLC 419-707-2544

Linda’s Dependable Taxi Cabs 419-898-7433
Safety Services

Ottawa County
SAFETY SERVICES

Open Arms
Domestic Violence & Rape Crisis Services
Shelter: 419-420-9261
24-Hour Crisis Hotline: 419-422-4766
PO Box 496
Findlay, Ohio 45840

- Emergency Shelter for victims of domestic violence for a 30-day stay.
- Also provides Rape Crisis Services 24 hours per day, 7 days per week
- Provides group support, prevent and education programs, information and referral, individual support and education, legal advocacy, and services for friends and family members.

First Step 24/7 Crisis Line 1-800-466-6228
P.O. Box 1103  firststepweb.org/home/programs/stop-family-violence
Fostoria, OH 44830

- Emergency shelter services for up to 30 days.
- Advocacy services to help assist with filing paperwork for protection orders and applying for victim’s assistance. Advocates are also available to provide emotional support through court proceedings.
- Passages class offers education on relationship dynamics and healthy ways to manage relationships.

The Cocoon Shelter – Wood County 419-352-1545
Bowling Green, OH 43402  1-800-472-9411

- Domestic Violence Shelter for women and children
- Provides case management, counseling, and support to victims of domestic violence.
- Provides assistance or referrals for emergency food, clothing, personal care items, transportation, financial and budgeting assistance.
- Call The Link at the above number to be referred to the shelter.

Violence Against Women (Toledo/Lucas County program)
24 Hour Crisis Response Team 419-261-7446

- Provides 24-hour, short-term crisis intervention, referral services, and support to victims of domestic violence.
YWCA of Northwest Ohio 419-241-7386
1018 Jefferson Ave.
Toledo, OH 43604

- Emergency domestic violence shelter, crisis intervention, support groups, parenting skills, case management, referral and advocacy services.
- The Domestic Violence Shelter also houses pets of survivors as a part of the safety plan.

Community Support Services 419-734-9718
1848 E. Perry St.
Suite #60
Sutton Center
Port Clinton, OH 43452

- Provides a weekly support group for victims of domestic violence.

Bethany House 419-727-4948
P.O. Box 5930 www.bethanyhousetoledo.org
Toledo, OH 43613

- Long term shelter for domestic violence survivors and their children.

VICTIM ASSISTANCE PROGRAMS:

Ottawa County Prosecutor’s Office 419-734-3266
1854 E. Perry St.
Suite #205
Port Clinton, OH 43452

- Provides assistance and support to victims of violent crime.
- Provides education to victims regarding their rights.
- Escorts victims to court hearings/proceedings
- Educates victims on court procedures and etiquette.
- Provides employer interventions, crisis counseling, and referrals for long-term counseling.
- Notifies victims of court dates, continuance, motions for early release, and parole hearings.
- Assists victims to file for financial compensation under Ohio’s Crime Victim Compensation Program.
- This is the only certified Child Advocacy Center (CAC) in a 50-mile radius.
- The child tells their story once to a trained interviewer who knows the right questions to task in a way that does not re-traumatize the child.
- A team that includes medical professionals, law enforcement, mental health, prosecution, child protective services, victim advocacy, and other professionals make decisions together about how to help the child based on the interview.
- CACs offer therapy and medical exams, plus courtroom preparation, victim advocacy, case management, and other services.

The Ohio Victims of Crime Compensation Program 1-877-584-2846
Attorney General’s Office 1-800-582-2877
Columbus, Ohio www.ohioattorneygeneral.gov/victimscompensation

- This programs offers compensation to innocent victims of violent crime for out-of-pocket and unreimbursed expenses resulting from the crime.

The Ohio Domestic Violence Network 1-800-934-9840
www.odvn.org

National Domestic Violence Hotline 1-800-799-SAFE (7233)

PROTECTIVE SERVICES:

Adult Protective Services 419-898-3688
Dept. Of Job and Family Services
8043 W. State Rte. 163
Suite #163
Oak Harbor, OH 43449
- Investigates reports of abuse, neglect (by self or others) and exploitation of older adults, age 60 or older. Referrals can be made by any concerned parties.

Child Protective Services 419-898-3688
Dept. Of Job and Family Services
8043 W. State Rte. 163
Suite #163
Oak Harbor, OH 43449
- Investigates reports of child abuse and neglect; provides protective services to children who are at risk for abuse and or neglect.
Ottawa County Board of Developmental Disabilities 419-898-0400
235 N. Toussaint S. Rd. www.ocbdd.org
Oak Harbor, OH 43449

- Investigates reports of abuse and neglect of developmentally disabled individuals and provides protective services to those who are at risk for abuse and or neglect.

Long Term Care Ombudsman (Northwest Ohio) 1-800-542-1874
Advocates for Basic Legal Equality (ABLE)

“Ombudsmen field complaints about long-term care services, voice clients' needs and concerns to nursing homes, home health agencies, and other providers of long-term care. While they do not "police" nursing homes and home health agencies, they work with the long-term care provider and you, your family, or other representatives to resolve problems and concerns you may have about the quality of services you receive” (Source: Ohio Department of Aging Website)

Family and Child Abuse Prevention Center 419-734-3266
323 Buckeye Blvd.
Port Clinton, OH 43452

- Domestic Violence Advocacy Program

SENIOR SAFETY PROGRAMS:

Ottawa County Senior Resources 419-898-6459
8180 W. State Rte. 163
Oak Harbor, OH 43449

- 911 Cell Phones for Seniors
- Eligibility requirements at Ottawa County Resident and 60 years of age or older

Ottawa County Sheriff’s Office 419-734-4404
315 Madison St.
Room 110
Port Clinton, OH 43452

- Project Lifesaver is an active response to the problem of locating people who may not be able to find their way home – before they become victims. Those enrolled in the Project Lifesaver program wear a wristband that transmits radio signals every second, 24 hours a day. The signal can be tracked over several miles on the ground by members of the Ottawa County Sheriff’s Office or from the air by helicopter. Help is immediate once a family/caregiver notifies the Sheriff’s Office.
- Eligibility requirements at Ottawa County Resident and 60 years of age or older
CONSUMER PROTECTION SERVICES:

Better Business Bureau 1-800-743-4222  
3103 Executive Pkwy 419-531-3116  
Toledo, Ohio 43606 www.toledo.bbb.org  
- Investigates consumer complaints against businesses in NW Ohio and SW Michigan.  
- Maintains records of consumer complaints for individual companies/businesses

Attorney General of Ohio 1-800-282-0515  
Consumer Protection Office  
- Deals with issues of consumer fraud

Do-Not-Call Registry 888-382-1222  
www.donotcall.gov  
- Anyone can register their home, cell, fax and pager numbers with the Federal Government “Do-Not-Call Registry” to help prevent unwanted calls from telemarketers for five years.

WTOL – Toledo 11 Call For Action 419-255-2255  
730 North Summit Street www.wtol.com  
Toledo, Ohio 43604  
- This is a non-profit volunteer based telephone service that provides information, referral and action focused on resolving problems related to consumer scams/fraud.  
- This is a free and confidential service.  
- Hours: Tuesdays, Wednesdays, and Thursdays from 11 a.m. to 1 p.m.

WTVG – 13 ABC 419-531-1313  
4247 Dorr Street www.13abc.com  
Toledo, Ohio 43607  
- Investigative reporting in regard to experiences with consumer fraud.
Medical & Dental Assistance

Ottawa County
• Provides services including TANF: Temporary Assistance for Needy Families (limited cash assistance), food stamps, and medical coverage for eligible children and adults.
• Medicaid covers such services as physician, hospital, ambulance, home health services, inpatient hospital care, laboratory and x-rays, long term care, dental services, medical supplies, prostheses, out-patient hospital and clinic services, pharmacy services, physician services and psychiatric services.
• Must meet financial criteria requirements.
• Some Medicaid programs require a determination of disability to qualify.
• The fastest way to apply is online at: http://benefits.ohio.gov/
• May also apply at the Lucas County JFS office (address and phone number above).

Healthy Start Medicaid:
• For Children up to 19 years of age without health insurance: 206% poverty or lower
• Children up to 19 years of age with health insurance: 156% poverty or lower
• Pregnant women: 200% poverty or lower.

### 2017 Medicaid Financial Eligibility Criteria

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Adults 19 – 64 138%</th>
<th>Pregnant Women 200%</th>
<th>Children without Insurance 206%</th>
<th>Children with Insurance 156%</th>
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<tbody>
<tr>
<td>1</td>
<td>$1367</td>
<td>$1980</td>
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<td>$1545</td>
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<tr>
<td>8</td>
<td>$4703</td>
<td>$6815</td>
<td>$7020</td>
<td>$5318</td>
</tr>
</tbody>
</table>
Healthcare Marketplace

- Government Subsidized Health Care Insurance
- Health Insurance for uninsured Americans with cost based on income.
- Eligibility Criteria:
  - Must live in the United States
  - Must be a U.S. citizen or national (or be lawfully present)
  - Cannot be incarcerated
  - Not eligible for Medicare
- Apply for Marketplace coverage:
  - Online at: www.healthcare.gov/marketplace
  - By phone: Call 1-800-318-2596 or TTY: 1-855-889-4325

To apply outside of the open enrollment period, one must have a qualifying life event such as getting married, divorced, having a baby or adopting a child, losing job based insurance coverage. For a full list of qualifying life events, refer to the www.healthcare.gov website.

- You will not qualify for a Special Enrollment Period if:
  - You lose coverage because you didn’t pay your premium.
  - You voluntarily drop your coverage prior to the end of the plan year.

Medicaid Consumer Hotline
“Benefits Check-Up”
Area Office on Aging

- Consumers may complete an application providing financial information to find out which government assistance programs they may qualify.
- “Benefits Check-Up” does not apply for programs on your behalf but will provide you with direction on where to start.

Ohio Benefits Bank

- Provides on-line and in person assistance to link you with community resources for needs including food, housing and utility assistance, child care, health coverage, college student financial aid, and filing income tax returns.
- To find a local agency with an Ohio Benefits Bank Counselor on-site: https://secure.thebenefitbank.org/ums?task=locator
- Also see other sections of this guide for food, housing, and utility assistance.
MEDICATION ASSISTANCE

MEDICARE PART D DRUG PLAN

- Medicare contracts with many insurance companies to provide drug coverage through Part D
- **Open enrollment for current Medicare beneficiaries: Oct 15 – Dec 7 each year**
- When enrolling, have your Medicare card and list of prescription medications/dosages with you

2018 Part D Plan Specifics:

- During the initial coverage phase, you pay a **co-payment** and your Part D drug plan pays its share for each covered drug until your combined amount (including your deductible) reaches $3750.
- Once you and your Part D drug plan have spent $3750 for covered drugs, you will be in the coverage gap, also called the “donut hole”. **For 2018, the copay for covered brand-name prescriptions is 35% of the cost; covered generics copays are 44% while in the “donut hole”**.
- When you spend more than $5000 out-of-pocket, the coverage gap (donut hole) ends and your drug plan pays most of the costs of your covered drugs for the remainder of the year. You will then be responsible for a small copayment. This is known as catastrophic coverage.

MEDICARE PART D “EXTRA HELP” with Part D Prescription Drug Costs

- Medicare Part D recipients may qualify for lower drug co-pays and a reduced or waived Part D premium. The income and financial asset limits for **2018** are as follows:
  - For single persons: annual income below $18,090 and assets less than $13,820
  - For a married couple: combined annual income less than $24,360 and combined assets below $27,600.
  - There is no coverage gap (donut hole) with the Extra Help benefit.
- **For 2018**, if you qualify for “Full Extra Help”, costs for generics are no more than $3.35 and brand name $8.35.
- Apply on line at [www.socialsecurity.gov](http://www.socialsecurity.gov) or call the Area Office on Aging at 419-382-7060.

**NOTE:** applying for the “extra help” does not enroll a patient in the Medicare Drug Plan. Medicare recipients still have to enroll in a Part D plan.
Low cost medications (must pay a copay)
Medications are available on a first come, first serve basis
Not all medications are available.
Eligibility:
  o Must be a resident of Ohio
  o Must have no 3rd party drug reimbursement coverage for the drug prescribed; or
  o Is a patient of a non-profit clinic
Refer to the above website for additional details and limitations of the program.

The Patient Access Network (PAN) Foundation
www.panfoundation.org
1-866-316-PANF(7263)

The Healthwell Foundation
www.healthwellfoundation.org
800-675-8416

The above 2 foundations help individuals with health insurance pay their out-of-pocket costs for prescribed medications that treat certain diagnoses/diseases. For a list of approved diagnoses/disease conditions, call them directly or refer to their websites.

General Eligibility Criteria:
  o Must be insured and the insurance must cover the specified medication.
  o The medication must directly treat the specified illness/disease.
  o The patient must meet the individual program’s income criteria.

Apply on-line or by phone.

Pharmaceutical Patient Assistance Programs 1-888-477-2669

For low income individuals with no prescription coverage.
Call 1-888-477-2669 or access online through:
  o www.pparx.org
  o www.needymeds.org
  o www.rxassist.org
Emergency Medication Assistance

Salvation Army Elmore Service Unit 419-862-3589
- Bill payment assistance for emergency medical bills.
- Residents of Woodmore School District who are in need.

Salvation Army Port Clinton Service Area 419-732-2769
- Bill payment assistance for emergency medical bills.
- Residents of Ottawa County who are in need.

WSOS Community Action Commission, Inc.
Ottawa County Resource Center
8043 W. State Rte. 163
Oak Harbor, OH 43449
419-898-3688
- Assists with prescriptions.

Veterans Memorial Building 419-898-2089
8444 W. State Rte. 163
Suite #102
Oak Harbor, OH 43449
- Provides medical safety products to veterans or their family members free of charge – these include walkers, canes, crutches, bath or shower chairs/benches, raised toilet seats and motorized scooters.
- Provides emergency financial assistance on a temporary basis to eligible veterans and their dependents.

Kidney Foundation of Northwest Ohio 419-329-2196
www.kfnwo.org
- Financial assistance for medications related to kidney/renal disease.
DENTAL CARE

Community Health Services  419-334-3869
410 Birchard Ave.
Fremont, OH 43420

- Medical and dental clinics at a sliding scale fee rate.

Tiffin Community Health Center Dental Office  419-455-8140
71 S. Washington St.
Tiffin, OH 44883

- Medical and dental clinics at a sliding scale fee rate.

The Dental Center of Northwest Ohio  419-241-6215
2130 Madison Ave.
Toledo, OH 43604

- Accepts Medicaid and Medicaid-related HMO’s and most private insurance plans.
- To be eligible, your annual household income must be at or below 200% of the Federal Poverty Level. For eligible families without Medicaid, HMO’s, or insurance, dental services for children under age 18 are billed at $20 per visit (fee subject to change). For adults without Medicaid or insurance, private pay fees are based on the Medicaid reimbursement rate.

Dental OPTIONS  1-888-765-6789

- This program refers Ohio's uninsured or low income individuals with volunteer dentists or dental clinics for donated or discounted care. Must meet certain financial criteria. Call 1-888-765-6789 for more information.
Employment & Financial Management
EMPLOYMENT AND JOB TRAINING ASSISTANCE

OHIO MEANS JOBS
Ottawa County Dept of Job and Family Services 419-707-8605
State Rte. 163
Oak Harbor, OH 43449

Ohio Means Jobs has a variety of resources and services to aid job seekers in their search or with retaining their current job. Below is a list of services at the One-Stop Career Center:

- Education and training
  - GED classes
  - Financial aid information
  - English as a second language
- Career exploration information
  - Basics of finding a job
  - Resume tips
  - Cover letter tips
  - Interviewing tips
  - Job search workshops and services
- Supportive services
  - Transportation
  - Medical care
  - Counseling

THE PROMEDICA EBEID INSTITUTE 567-585-0056
Job Training Program
1806 Madison Ave.
Toledo, OH 43604

- A 6-12-month training program designed to provide a hands-on learning experience for local residents. The program aims to:
  - Provide employment skills training, which entails work habits, skills and attitudes sought by all employers in order to enhance their future employability.
  - Provide financial coaching and counseling services focused on budgeting, savings, debt resolution, credit repair and long-term financial goal achievement.
  - Provide access to income supports necessary to ensure success.
- Provide trainees with a temporary placement that will:
  - Introduce trainees to the professional working environment
  - Introduce trainees to potential future career opportunities
  - Provide adequate supervision and feedback to engage trainees
  - Provide additional income for the family
- Provide trainees with a rich learning experience

**Note:** class sizes are limited. Call the above phone number to inquire if applications are currently being accepted for the program.

**Goodwill Industries of Erie, Huron, Ottawa and Sandusky Counties, Inc.**
**Fremont Plant**
1597 Pontiac Ave.
Fremont, OH 43420

**TDH Enterprises, Inc.**
1848 E. Perry St.  [www.tdhenterprises.com](http://www.tdhenterprises.com)
Suitie #60
Port Clinton, OH 43452
- Provides assistance in finding employment for people with disabilities.

**JobsOhio Region 2 Ready to Work**
Brady Building
219 S. Front St.
Fremont, OH 43420
- Job training for long-term unemployed or veterans at no or minimal cost.
- Career coaching, support services, and job-placement assistance are provided.

**Ohio Fatherhood Program**
Brady Building
219 S. Front St.
Fremont, OH 43420
- Strengthens ties among fathers and their children.
- Must be father who resides in Ottawa County.
- One-on-one meetings, community referrals, parenting education, GED preparation, employment services and financial planning are provided.

**National Rehabilitation Information Center**
1-800-346-2742
- Resources for employment, advocacy, benefits, and financial assistance, education, technology, and more.
- More information found at [www.naric.com](http://www.naric.com)

**BUREAU OF VOCATIONAL REHABILITATION (BVR)**
5241 Southwyck Blvd
Toledo, OH 43614
- Vocational assessment and training for persons with disabilities who are seeking employment
**Prevention, Retention, and Contingency Funds (PRC)** - Ottawa County Job & Family Services

- Emergency Assistance for adults who have legal and physical custody of minor children
- Household Income Criteria: At or below 200% of the Federal Poverty Level for family size
- Assistance includes:
  - Child Welfare Services
  - Family Disaster Assistance
  - Employment and Training
  - Transportation Services
  - Temporary Assistance for Needy Families (TANF) Ohio Youth Works Program

**Job Boards/Listings**

- [www.careerbuilder.com](http://www.careerbuilder.com)
- [www.monster.com](http://www.monster.com)
- [www.ohiomeansjobs.com](http://www.ohiomeansjobs.com)
- [www.indeed.com](http://www.indeed.com)
- [www.snagajob.com](http://www.snagajob.com)
- [www.jobsonline.net](http://www.jobsonline.net)
- [www.simplyhired.com](http://www.simplyhired.com)

**Government Jobs**

- **State of Ohio**
- **USA Jobs**
  - [www.usajobs.gov](http://www.usajobs.gov)
- **Veteran Administration Jobs**
  - [www.va.gov/jobs](http://www.va.gov/jobs)
- **County Jobs:**
  - Check your local county website for county job listings.
FINANCIAL MANAGEMENT – BUDGETING ASSISTANCE

FINANCIAL OPPORTUNITY CENTER 567-585-0059
THE PROMEDICA EBEID INSTITUTE
1806 Madison Ave.
Toledo, OH 43604

- Provides financial coaching and counseling services focused on employment, budgeting, savings, debt resolution, credit repair and long-term financial goal achievement.
- Tax preparation services also provided through the Ohio Benefit Bank (see below)

Ohio Benefits Bank www.ohiobenefits.org

- Provides on-line and in person assistance to link you with community resources for needs including food, housing and utility assistance, child care, health coverage, college student financial aid, and filing income tax returns.
- To find a local agency with an Ohio Benefits Bank Counselor on-site: https://secure.thebenefitbank.org/ums?task=locator

Lutheran Social Services www.lssnwo.org

- Crossroads offers financial coaching, debt management services, credit building services, education and employment readiness training, in two locations including the Scott and Robinson Community Hub.
- The LSS Financial Opportunity Centers in collaboration with the Greater Toledo United Way and the Local Initiatives Support Corporation Toledo.
- Financial education workshops are offered throughout the community by request. Call Megan at 419-475-3258 for an appointment with a Financial Coach today.

Ohio State Extension – Ottawa County Office 419-898-3631
240 W. Lake St.
Unit C
Oak Harbor, OH 43449

- Provides financial management workshops via Department of Job and Family Services referrals or self-referrals.
- Call for schedule.
WSOS Community Action Commission  888-441-4327
1854 E. Perry St.
Port Clinton, OH 43452

- Provides a financial literacy and financial management educational program.
- Assists participants in applying for benefits via the Ohio Benefit Bank system.
- Services provided at multiple locations.
- Home visits are also available for participants dealing with transportation barriers.
EDUCATIONAL RESOURCES

Vanguard-Sentinel Adult Career and Technology Centers  419-334-6901 ext. 2701
Aspire Program
8043 W. State Rte. 163
Oak Harbor, OH 43449

• Provides classes for adults to improve their literacy, basic academic skills, or
  earn a GED diploma.

GENERAL EQUIVALENCY DIPLOMA (GED) RESOURCES
Contact any of the below agencies to enroll in GED Classes:

• Ohio Means Jobs – 8043 W. State Rte. 163  419-707-8605
• Owens Community College – Various locations  567-661-2253
• Penta Career Center – Various locations  419-661-6555
• Providence Center – 1205 Broadway St.  419-244-0666
• WSOS Youth Build Office – 725 Lagrange St.  419-243-8840

* United Way 211 also maintains a list of GED programs and testing sites

PENTA CAREER CENTER  419-661-6555
Adult Education  www.pentacareercenter.org
9301 Buck Rd.
Perrysburg, Ohio 43551

Adult Education Classes include:
  • Health Care including Clinical Medical Assistants and STNAs
  • Auto Repair
  • Robotics & Advanced Marketing Technology
  • Welding
  • Forklift & Marine Skills
  • Plumbing Apprenticeship

Call or check their website for financial assistance available.
Over 100 degreed and certificate programs.

Top Enrolling Majors:
- Skilled Trades Construction
- Business Management Technology
- Business Administration Concentration
- Associate of Arts General Construction
- Registered Nurse Program
- Skilled Trades Building Maintenance
- Associate of Science General Concentration

Many financial aid programs are available.

Terra State Community College
2830 Napoleon Rd.
Fremont, OH 43420

- Credit and non-credit courses. Includes Lifelong Learning programs.

Stautzenberger College
1796 Indian Wood Circle
Maumee, OH 43537

- Degree and certification programs available in:
  - Animal Sciences
  - Business
  - Information Technology
  - Legal
  - Medical
  - Skilled Trades
- Financial Aid available

The University of Toledo
2801 W. Bancroft
Toledo, OH 43606

- More than 230 majors and degree programs offered, including associates, bachelor, masters, and Ph.D
- Financial Aid available.
Bowling Green State University 419-372-2531
Bowling Green, OH 43403 www.bgsu.edu

- Degree programs including associates, bachelor, masters, and Ph.D in more than 200 majors.
- Financial Aid available.

Tiffin University 1-800-968-6446
155 Miami St. www.tiffin.edu
Tiffin, OH 44883

- Degree programs including associates, bachelor, masters, and Ph.D in more than 200 majors.
- Financial Aid available.

Heidelberg University 419-448-2000
310 E. Market St. www.heidelberg.edu
Tiffin, OH 44883

- Degree programs including associates, bachelor, masters, and Ph.D in more than 200 majors.
- Financial Aid available.

The University of Findlay 1-800-472-9502
1000 N. Main St. www.findlay.edu
Findlay, OH 45840

- Degree programs including associates, bachelor, masters, and Ph.D in more than 200 majors.
- Financial Aid available.
Child Care Assistance

Ottawa County
CHILD CARE

Dept. Of Job and Family Services 419-898-3688
8043 W. State Rte. 163
Suite #163
Oak Harbor, OH 43449

- Day care assistance is available while you work or go to school.
- Income Criteria: 130% poverty level

YMCA Child Day Care
www.ymcatoledo.org/main/child-care
Sandusky County
1000 N. St.
Fremont, OH 43420
419-332-9622

- Affordable child day care offered in 26 area centers in Northwest Ohio.
- Early Education Program: for children 6 weeks – 5 years’ old
- School Age Children: 5 – 12 years of age.
- Financial assistance available for those who qualify.

MOM’S HOUSE 419-241-5554
2505 Franklin Ave. momshousetoledo.org
Toledo, Ohio 43610

- Mom’s House Toledo is available to help low-income, single moms graduate from high school, technical school and college. With intervention and support, we will help you set and attain lifetime educational goals, and break the cycle of poverty for you and your children.
- There may be a waiting list for enrollment in the program.

Early Head Start and Head Start Childcare Program 419-734-1452
1846 E. Perry St.
Port Clinton, OH 43452

- Early Head Start is childcare for children at birth through 3 years old.
- Head Start is childcare for children 3 to 4 years old.
- Eligibility is based on federal poverty guidelines. However, they will look at each family’s situation and assist them in finding the best option for their family’s circumstances.
- Children with special needs are always welcome!
WSOS Port Clinton Learning Center 419-734-1452
1848 E. Perry St.
Port Clinton, OH 43452

Kersten’s Korner Nursery School 419-707-5342
11969 W. State Rte. 105
Oak Harbor, OH 43449

Rainbow Acres Education Day Care Center 419-898-1310
115 Portage St.
Oak Harbor, OH 43449

St. John’s Nursery School 419-898-6474
122 W. Ottawa St.
Oak Harbor, OH 43449

Adventures in Learning Early Childhood 419-734-1302
331 Buckeye Blvd.
Port Clinton, OH 43452

Firelands Presbyterian Preschool 419-734-6211
2626 E. Harbor Rd.
Port Clinton, OH 43452

Port Clinton Nursery School 419-734-9698
135 Adams St.
Port Clinton, OH 43452

Tot’s Spot Educational Childcare 419-734-1210
2353 E. Harbor Rd.
Port Clinton, OH 43452

St. John’s Nurturing Center 419-855-7158
1213 Washington St.
Genoa, OH 43430

Village Early Childhood Center, LLC 419-855-9605
1205 N. Main St.
Genoa, OH 43430

WSOS Child Development Program 419-855-3931
310 Main St.
Genoa, OH 43430
Legal Assistance

Ottawa County
LEGAL RESOURCES

Legal Aid of Western Ohio
109 W. Water St. 520 Madison Ave.
Sandusky, OH 44870 Toledo, OH 43604

- Free legal assistance for low to moderate income individuals including wills, family law, litigation & community education of civil matters.
- Must meet income guidelines
- Does not handle criminal matters.
- Affiliated with Advocates for Basic Legal Equality (ABLE).

Advocates for Basic Legal Equality (ABLE)
525 Jefferson Ave. Ste 400
Toledo, Ohio 43604

- Legal assistance for low-income individuals/families to address housing discrimination, disability law, access to public benefits, long-term care including nursing home residents, equal educational opportunities, & immigration.
- Affiliated with Legal Aide of Western Ohio.

Medical Legal Partnership for Children (MLPC)
Advocates for Basic Legal Equality

- Free legal services for pediatric patients/families of ProMedica Children’s Hospital, University Pediatrics at UTMC, and Mercy Children’s Hospital. Legal Services are provided to help alleviate legal issues that have the potential to negatively impact the child’s health.
- Call the above phone number and ask to speak to a MLPC attorney.

Legal Clinic for Veterans
Toledo VA Outpatient Clinic
1200 s. Detroit Ave.
Toledo, OH 43609

- Free legal advice offered to all veterans concerning legal issues including, but not limited to Wills, Eviction, Foreclosure, Child Support, Child Custody, Expungement of previous legal issues, current DUls, Probation, or other criminal issues.
- This is a Walk-In Clinic held in the conference room. First come, first serve.
- Occurs on the 1st Thursday of each month from 8:30 – 11:30 a.m. through August 2016. After August 2016, call the above number to see if the clinic is still running.
Law Tuesday
Warren AME Church
915 Collingwood
Toledo, Ohio  43602

- Free legal advice provided on a walk-in basis on the third Tuesday of each month.

Ottawa County Bar Association
email info@ottawacountybar.org
318 Madison St.
Port Clinton, OH 43452

- For information about Pro Bono Legal Services and eligibility guidelines, contact the Legal Aid Services at the above email address or on-line at www.ottawacountybar.org

Legal Hotline for Older Ohioans
ProSeniors, Inc

- Free legal advice, information, and referral for Ohioans age 60 and older regardless of income, financial resources or location.
- Addresses questions regarding Medicare, Medicaid and Medicaid estate recovery, living wills, durable powers of attorney for health care, and consumer problems.
- Telephone appointments for the Legal Hotline are available Mon – Fri from 8:30 am - 4:30 pm

Citizens Dispute Settlement Program

- Provides mediation (not legal services) to parties desiring resolution of a dispute without going to court
- Walk-ins only (does not set up appointments) but will provide information by phone

Hall & Wylkan, Certified Elder Law Attorneys

- Elder law attorneys, specializing in Medicaid/Medicare, veteran’s benefits, estate planning and other senior issues.
Provides education on child support enforcement, visitation rights, and paternity determination.
Substance Abuse

Ottawa County
SUBSTANCE ABUSE: ALCOHOL AND DRUG TREATMENT

Alcoholics Anonymous 419-380-9862
Al-Anon and Al-A-Teen 1-888-425-2666
Cocaine Anonymous 419-385-9000
Narcotics Anonymous www.naohio.org 818.773.9999 Ext. 771

Choices Behavioral Health Care 419-865-5690
126 E. Perry St.
Port Clinton, OH 43452

- Provides outpatient substance use disorder recovery services.
- Provides suboxone substance abuse treatment program that includes medication-assisted treatment.

Firelands Counseling Services www.firelands.com
1925 Hayes Ave. 675 Bartson Rd. 22052 W. State Rte. 51
Sandusky, OH 44870 Fremont, OH 43420 Genoa, OH 43430
419-557-5177 419-332-5524 419-734-2942

- The AOD counselors at Firelands Counseling and Recovery Services provide a complete continuum of treatment and prevention services to help individuals and families establish and maintain abstinence from alcohol and other drugs. Services are available for adults, adolescents and their families.
- Firelands addresses the whole person offering treatment services, employment services and linkage to community resources to meet needs such as food, clothing, and access to entitlements and more. We offer:
  - Assessment and individualized treatment planning
  - Case management
  - Community and professional education
  - Continuing care
  - Family sessions and family support
  - Hotline and crisis services
  - Individual and group counseling
  - Assessment & Referral to detox services

Mental Health & Recovery Services Board 419-448-0640
600 N. River Rd.
Tiffin, OH 44883

- Offers inpatient, housing, group support services.
- Crisis hotline offered 24/7 at 1-800-826-1306.
Rigel Recovery Services
65 St. Francis Ave. 101-103 S. Front St.
Tiffin, OH 44883 Fremont, OH 43420
567-220-7018 567-280-4023

- Individual counseling, aftercare, drug testing, and opiate specific services.
- Substance abuse assessments, intensive outpatient treatment, medication assisted treatment, and opiate enhanced treatment.
- Family Matters Education program offers family support with weekly sessions, free of charge.
- Cost is based on a sliding fee scale. Medicaid is accepted. No one will be turned away for inability to pay.

Bayshore Counseling Services
1634 Sycamore Line 201 Madison St.
Sandusky, OH 44870 Port Clinton, OH 43452
419-626-9156 419-734-5535

- Provides a complete range of outpatient alcohol and drug services.
- Counseling services include: individual, couples, and/or family counseling, as well as medication services if deemed appropriate.
- Drug Court (Benchmark) Program offers court supervised treatment for individuals who have been charged with a non-violent drug related felony. Successful completion generally results in dismissal of charges.
- Family Drug Court Programs are provided for adults with alcohol and drug issues who are also involved with child protective services.
- 72 Hour Driver Intervention Program (DUI Classes) is a 3-day DUI school; referral by the court needed.
- Anger Management Group provides 8-week courses teaching healthier coping mechanisms and communication with others.

Sandusky Artisans
138 E. Market St.
Sandusky, OH 44870

419-621-9377

- Provides a range of Recovery support, peer and self-help services to persons suffering from substance use disorders and mental illness. Many 12-step meetings and art classes are held every week.
A Renewed Mind  
419-720-9247
1946 N. 13th St.  
Suite # 420,  
Toledo, OH 43604

- Intensive Outpatient Alcohol and Substance Abuse Treatment for both youth and adults.
- 90 day Residential Treatment offered for adolescent boys and adult men
- Medication Assisted Recovery at The Access Center (see below).
- Recovery Residence: transitional housing for up to 12 men recovering from alcohol or substance addiction.

Harbor Behavioral Healthcare  
419-475-4449
An Affiliate of ProMedica
4334 Secor Rd
Toledo, OH 43623

From the www.Harbor.org website:

- Harbor’s Alcohol and Other Drug (AOD) Treatment programs use evidence-based practices to treat both the substance use problem and the mental illness at the same time.
- AOD treatment starts with an assessment to determine the person's individual treatment needs. Services Include:
  - Intensive Outpatient Treatment
  - Non-Intensive Outpatient Services
  - Individual, group, and family counseling
  - Group and Family Counseling
  - Case Management
  - Urinalysis
  - Medication Assisted Treatment

The Access Center – Medication Assisted Recovery  
419-691-1322, ext. 300
117 Main St.
Toledo, Ohio 43605

- Partnership program between A Renewed Mind and the Neighborhood Health Association.
- Medication Assisted Recovery: medications used include Suboxone, Zubsolv, and Vivitrol.
- Clients must participate in drug rehab support services including drug testing, individual and group counseling, and case management as indicated.
- Must also agree to “behavioral contracts” to support compliance with sobriety and increase success for recovery.

6.17
Zepf-COMPASS Corporation for Recovery Services 419-241-8827
2465 Collingwood Blvd., Toledo, Ohio 43620 www.ccrscompass.org
(Services Lucas County and Northwest Ohio areas)
- Inpatient and outpatient alcohol and substance abuse treatment
- Cost based on a sliding fee scale for those without insurance

University of Toledo Medical Center (UTMC) 419-383-2337
Inpatient Detoxification Unit

- 10-bed inpatient detoxification unit for alcohol and substance abuse treatment
- For admission, the patient must be in active withdrawal
- Average length of stay is 3 – 5 days 6/17

Arrowhead Behavioral Health 419-891-9333
1725 Timber Line Rd.
Maumee, Ohio 43537
1-800-547-5695
- Inpatient and outpatient alcohol and substance abuse treatment. Medicare and insurance plans accepted. Medicaid is accepted on a case by case basis.

Glenbeigh Outpatient Center of Toledo 419-536-4000
3425 Executive Parkway, Suite 207 www.glenbeigh.com
Toledo, Ohio 43606
Outpatient alcohol and drug treatment program
- Comprehensive Assessment
  - Intensive Outpatient Treatment
  - Family Counseling and Education
  - Continuing Care Services
  - Relapse Prevention Program
  - Call to see if your insurance plan is accepted

Midwest Recovery Center 1-866-203-0308
1757 Indian Wood Circle
Maumee, Ohio 43537
Alcohol and Substance Abuse Treatment including:
- Outpatient and Intensive Outpatient treatment
- Partial Hospitalization
- Dual Diagnosis Treatment for individuals experiencing both substance abuse and mood disorders
- Inpatient Detox Center: 1-866-688-6917
- Call to see if your insurance plan is accepted.
The Open Door 419-242-7281
Sober Living Home 1-800-517-2915
2823 Cherry Street www.opendoortoledo.org
Toledo, Ohio 43608
Excerpts from their website:

“The Open Door currently operates three properties that house 24 men in sober living, recovery housing. Qualified residents may stay up to 24 months prior to returning to their life as a productive, sober member of society.”

“The primary goal of the Open Door is to provide a calm, supportive, therapeutic environment in which men afflicted with substance abuse addiction may be empowered through the spirituality of the 12 Steps and other proven program requirements that will enable them to deal with the problems they face as they seek to re-establish themselves as self-supporting, sober, productive members of society.”
FURNITURE, APPLIANCES & CLOTHING

Salvation Army 419-732-2769
1854 E. Perry St.
Port Clinton, OH 43452

- Provides furniture and clothing when available via donations.

Church of Truth Ministries 419-341-7013
745 S. Lake Rd.
Gypsum, OH 43433

- Thrift shop available onsite including clothing, household items, small kitchen appliances, and furniture.
- Hours are Monday 10am – 4pm, Wednesday 10am – 5pm, and every 1st Saturday of the month 10am – 1pm.

Care and Share of Erie County 419-624-1076
241 Jackson St.
Sandusky, OH 44870

- Offers food, clothing, shoes, household good and small appliances based on USDA income eligibility on 200% of federal poverty level.
- Hours are Monday, Tuesday and Thursday 9 – 11am and 1 – 3pm; Friday 9 – 11am.
- Photo ID with proof of address required.

Grace Thrift Shop 419-626-5453
301 E. Market St.
Sandusky, OH 44870

- Thrift shop located at the church; merchandise includes clothing for all ages, shoes, jewelry, linens, and small household items.
- Free clothing and other items are provided to people in need with letters from area churches or organizations.
- Hours are Tuesday, Wednesday and Thursday 11:30am – 4pm; Friday 11:30am – 6pm; Saturday 10am – 1pm.

Updated 1/29/18
### 2018 Poverty Guidelines for the 48 Contiguous States and the District of Columbia

For families/households with more than 8 persons, add $4,320 for each additional person.

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