



Where to Go for Help

Community Action of North Dakota

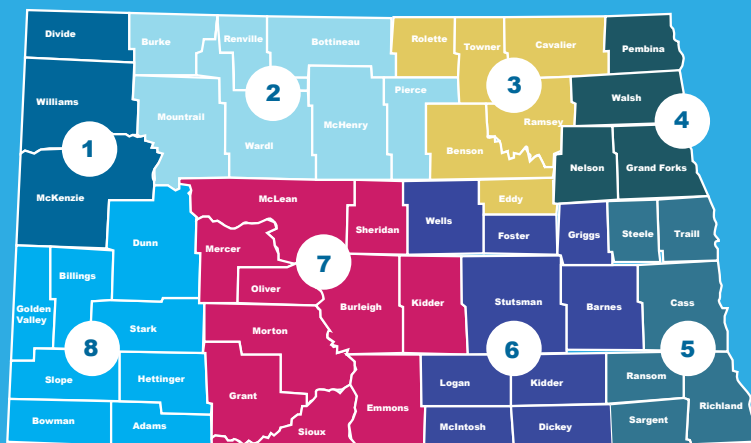
Each of the seven Community Action Agencies across North Dakota offer a wide variety of programs to serve those in need including, but not limited to: Budgeting and Money Management, Child Care, Commodities, Emergency Assistance, Energy Assistance, Food Pantry, Head Start, Housing, Self-Sufficiency, Sportsmen Against Hunger, Supportive Services for Veteran Families, Volunteer Income Tax Assistance (VITA), and Weatherization. All programs serve low- and moderate-income individuals and families, senior citizens, and others in crisis situations.

Each agency offers unique programming based on the needs in their community; please inquire with the Community Action Agency in your area to see what programs are offered. Eligibility for most programs is based on either federal or state income guidelines. These guidelines vary from program to program and intake forms are used to determine client eligibility.



Community Action of North Dakota: Contact Information Guide

Our state association, Community Action of North Dakota, is housed within our Region V office in Fargo, North Dakota. For more information call 701-232-2452, or visit www.capnd.org. To contact the community action that serves your region directly, see the guide below:



1. Community Action Partnership - Williston Region
701-572-8191 or visit www.willstoncap.org
2. Community Action Partnership - Minot Region
701-839-7221 or visit www.capminotregion.org
3. Dakota Prairie Community Action Agency
701-662-6500 or visit www.dpcaa.org
4. Red River Valley Community Action
701-746-5431 or visit www.rrvca.com
5. Southeastern North Dakota Community Action
701-232-2452 or visit www.sendcaa.org
6. Community Action Partnership - Jamestown Region
701-252-1821 or visit www.cap6.com
7. Community Action Program - Bismarck Region
701-258-2240 or visit www.cap7.com
8. Community Action Dickinson Region
701-227-0131 or visit www.dickinsoncap.org

First Link 2-1-1

2-1-1 is an easy to remember telephone number that connects people with important community services. This statewide information referral and crisis management service is FREE and operator-served 24 hours a day, 7 days a week. Just dial 2-1-1 or 701-235-7335 for assistance.

Examples of the types of assistance provided are: Basic human needs resources, Physical and mental health provider referrals, Services for older Americans and people with disabilities, Crisis management services, including suicide intervention, domestic violence, supportive listening, etc.

Human Service Zones Throughout North Dakota

Provides services that help vulnerable North Dakotans of all ages maintain or enhance their quality of life, which may be threatened by lack of financial resources, emotional crisis, disabling conditions, or an inability to protect themselves.

The department provides programs in the following areas: Adults and Aging, Child Support Enforcement, Children and Family, Supplemental Nutrition Assistance Program (SNAP), Healthy Steps, Temporary Assistance to Needy Families (TANF), Low-income Home Energy Assistance Program (LiHEAP), Medical, Mental Health and Substance Abuse, Services for Individuals with Disabilities and Medicaid. Call 701-328-3210 Visit www.nd.gov/dhs.

Legal Services of North Dakota

Legal Services of North Dakota is a non-profit organization providing legal assistance on a variety of matters to low income and elderly North Dakotans. Help is available by calling these toll free numbers

- Under the age of 60: call toll-free 1-800-634-5263
- Age 60 and over: Call toll-free 1-800-621-9866

For more information visit www.legalassist.org

*** Eligibility - Programs and services have varying eligibility requirements. It is best to contact the agency to determine eligibility for services.



Resources

Disability



The Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) disability programs are the largest of several Federal programs providing assistance to people with disabilities. Both are administered by the Social Security Administration (SSA) and only individuals who have a disability and meet medical criteria may qualify for benefits under either program.

Check with your local Social Security Office for more program information or call 800-772-1213 or visit www.ssa.gov/disability



Job Service of North Dakota

COBRA provides you the option of temporarily continuing your company's group health coverage when you experience a "qualifying event" such as when you quit a job, if your job is eliminated or if your hours are significantly reduced. You can't continue coverage if you're released for gross misconduct. When you leave a job, plan administrators must notify you of your eligibility and give you 60 Days to accept or reject the coverage.

Temporary Unemployment Benefits are available to those who have lost their jobs through no fault of their own while they search for new jobs. Job service of North Dakota administers the state unemployment insurance program. Basic requirements for collection include:

- You must have been employed. Job Service of North Dakota publishes requirements for wages earned or time worked during an established period of time referred to as "base period."
- You must be determined to be unemployed through no fault of your own as defined under North Dakota law.
- You must have ongoing claims and respond to questions concerning your continued eligibility. You must report any earnings from work any job offers or refusal of work during any claim period.

Adults and Aging Services



Call 701-328-4995 for more information or check out the unemployment section of www.jobsnd.com

The Department of Human Services administers programs and services that help older adults and people with physical disabilities to live safely and productively. Programs include: Assisted Living Services, Family Caregiver Support Program, Home and Community-Based Care, Information and Assistance - Aging and Disability Resource-LINK, Long Term Care Ombudsman Program, Qualified Service Providers and Vulnerable Adult Protective Services.

Call 701-328-4601 for more program information or visit www.nd.gov/dhs/services/adultaging



Children Assistance

Child Care Aware helps parents connect to quality childcare. Child Care Resource and Referral also provides training and support to early care givers and educational professionals to ensure that North Dakota's children continue to have the help they deserve.

Call 701-328-2496 for more information or visit www.ndchildcare.org

Women Infants and Children (WIC) is a program for pregnant and breastfeeding women, infants and children younger than 5 and is available in all counties in North Dakota. WIC offers healthy food for proper growth and development.

Housing



For more information about WIC call 701-328-2496 or visit www.health.nd.gov

The North Dakota Housing Finance agency is dedicated to making housing affordable for all North Dakotans. The Agency facilitates affordable mortgage financing, assures continued availability of low-income rental housing, and provides for the states housing needs.

North Dakota Housing Assistance - Each county has a Housing Authority office. Contact your local housing assistance office for more information.

Call 701-328-8080 for more information or visit www.ndhfa.org

Emergency Rent Bridge - Eligible applicants are renters that have suffered a substantial loss of income as a result of COVID. Must be 60% of AMI. Applicants will be responsible for paying 30% of their total monthly income towards their housing costs. The rent bridge will pay the difference between total rent due and the tenant portion of rent, up to the maximum rent limits for each community. Households with rent payments that are at or below 30% of their monthly income will not be eligible for assistance.

Submit questions by calling 701-328-1907 or via email @ dhserb@nd.gov



Fair Plains Housing

High Plains Fair Housing Center works to end housing discrimination and ensure equal access to housing through our advocacy and enforcement programs. We can assist clients with a formal complaint or through mediation. We use testing evidence to assist in client cases and in our own organizational complaints to discover systemic discrimination in housing. Our testing evidence is used in organizational complaints with the goal to end systemic discriminatory policies and practices.

Nutrition



For more information call 701-203-1077 visit www.highplainsfhc.org

Food Stamps - Supplemental Nutrition Assistance Program (SNAP) is administered through each County Social Service office. Use the online calculator to help you determine if you may be eligible.

To determine your eligibility for food stamps and submit an application visit www.nd.gov/dhs/services/financialhealth/foodstamps.html

Great Plains Food Bank - Provides a variety of information related to food pantries, soup kitchens, child nutrition, mobile food pantries, Senior Food Pack Program, and SNAP outreach.

More Information can be found at 701-232-6219 or www.greatplainsfoodbank.org



Health

A complete directory of Public Health Centers can be found at www.nd.gov/dhs/locations/regionalhsc

Public Health Centers - North Dakota's public health system is made up of 28 single-and multi-county public health units. Services offered by each public health unit vary, but all health units provide services in the areas of maternal and child care, health promotion and education, and disease prevention and control. Some local public health units maintain environmental services such as public water system inspections, nuisance and hazard abatement, and food service inspections

Health & Substance Abuse - There are eight Regional Human Service Centers across ND. Each serves a designated multi county area, providing counseling and mental health services, substance abuse treatment, disability services and other human services.

Community Options



Call 701-328-8080 for more information or visit www.health.nd.gov

Whether its people with developmental or physical disabilities, or helping people with brain injuries or mental health/substance abuse issues find work, at the heart of it is our mission: Community Options exists to help people live individually and be active in their community.

For more information call 701-223-1510 or visit www.communityoptionsnd.com



Lutheran Social Services

Statewide social ministry providing nonprofit housing, disaster recovery, counseling, therapy and other services to those in need. LSS is committed to building resilient families in North Dakota. Programs are divided into service areas: early beginnings, youth interventions, therapy services, Senior independence, affordable housing, humanitarian services and imagine thriving.

For more information call 701-223-2417 or visit www.lssnd.org

