Application for Assistance Guidebook
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What programs can I apply for?
You may apply for any or all of these programs with this application:

• Temporary Assistance for Needy Families (TANF)
• Child Care Assistance Program (CCAP)
• Supplemental Nutrition Assistance Program (SNAP)
• Health Care Coverage (HCC)
  ▶ Aid to the Blind
  ▶ Medicaid which includes Optional Children’s Group formerly known as Healthy Steps
  ▶ Medicare Savings Program
• Basic Care Assistance Program (BCAP)

The ‘Application For Assistance’ can also be found online at www.nd.gov/dhs/info/pubs/application.html or you may contact your local county social service office to apply or to request an application by mail.

If you need help applying for assistance, you may have a friend, relative or someone else help you apply. Your local county social service office can also help you apply for assistance.

What do you do with my information?
The information you provide is held in confidence and is used solely for the purpose of program administration.

What information do I need to provide?
To speed up the processing of your application, turn in with your application or bring to your interview the following items. Your work may be able to help you obtain these things if needed.

Proof of Alien or Citizenship Status such as (original documents required if applying for Health Care Coverage):

• Resident Alien Card (Form I-551)
• Employment Authorization Card (Form I-668A)
• American Indian/Alaskan Native Tribal Document
• Temporary Resident Card (Form I-688)
• Arrival-Departure Record (Form I-94)
• Passport
• Birth Certificate (if born in the United States)

You will be asked to provide information about the SSN and citizenship or immigration status for all persons for whom you want to receive assistance. This information may be subjected to verification by the United States Citizenship and Immigration Service (USCIS), and that the submitted information received from USCIS may affect the household’s eligibility and level of benefits. For HCC, verification will be required if not available electronically.
• For CCAP, HCC, and SNAP: if any of these persons do not want to give information about their citizenship or immigration status, they will not be eligible for benefits. These persons must provide their financial information to determine eligibility for other household members. Other household members may still get benefits if they are otherwise eligible. We will not share alien or citizenship information about non-applicants with the United States Citizenship and Immigration Service (USCIS).

• For TANF, if an individual who is required to be included in the TANF household does not want to give information about their SSN, citizenship or immigration status, the entire household will be ineligible to receive benefits.

Proof of the value of current assets such as:

- Annuities
- Business Accounts
- Certificates of Deposit
- Checking/Savings/Credit Union Accounts
- IRA/401K/KEOGH plans
- Life Insurance
- Real Property (Land, Rental Property, etc.)
- Savings Bonds
- Stocks/Bonds/Mutual Funds
- Trusts

Proof of most current expenses such as:

- Child/Dependent Care
- Court Ordered Payments (Child Support, Spousal Support, Health Insurance, Other Support)
- Medical or Health Insurance Premiums (If applying for SNAP only, you do not need to provide information for household members under age 60 unless they are disabled.)
- Utility/Shelter Expenses (If applying for SNAP)
  - Heating and Cooling Costs
  - Home Owner’s Insurance
  - House Payment
  - Other Utility Bills
  - Property Taxes
  - Rent (Receipt, Lease Agreement, Housing Assistance Contract, Federal Income Tax Forms)
  - Telephone Bills

Proof of most current income (last month and this month) such as:

- Bonuses
- Child Support
- Commissions
- Lease Income
- Money from Friends, Relatives or Others
- Pay (Pay Stubs or Employer Statement)
- Pension/Retirement Benefits
- Rental Income
- Self-Employment Income - Most recent copy of Federal Income Tax Form
- Social Security Benefits
- Spousal Support
- SSI-Supplemental Security Income
- Unemployment Benefits
- Veterans’/Military Benefits
- Workers Compensation

If only applying for Child Care Assistance or Health Care Coverage for children and family coverage, you do not need to report or bring records of your assets.

If only applying for HCC for families with children and non-disabled adults between 19 and 65, you do not need to provide expense information.
Proof of other information such as:
- Identity (Birth Certificate, Driver’s License, Work or School ID, American Indian/Alaskan Native Tribal Document, Passport - original documents required if applying for Health Care Coverage)
- Age (Birth Certificate, Driver’s License)
- Relationship (Birth Certificate)
- Residence (Rent Receipts, Utility Bills, Lease)
- Social Security Numbers (card or proof of application for SSN)
- Verification of Pregnancy

Do I have to provide my Social Security Number and how is it used?
You will be asked to provide social security numbers (SSNs) for all persons who want assistance, except for the Child Care Assistance Program. Providing your SSN can be helpful if you don’t want health coverage since it can speed up the application process. If someone wants help getting an SSN, call 1-800-772-1213 or visit www.socialsecurity.gov. If you are applying only for emergency Medicaid because of your citizenship or immigration status, you do not need to give us information about your SSN.

SSNs are used to check income and other information to see who’s eligible for help. The social security number is also used to check the identity of the household members, to prevent duplicate participation, to monitor compliance with program regulations, for claim collection, for official examinations by Federal or State agencies, and to help make mass changes. The social security number is also used to check information in our records against other Federal, State or local government computer matching systems participating in the Income and Eligibility Verification System, including but not limited to the Internal Revenue Service, Social Security Administration, and the Department of Labor, which may affect eligibility and the level of benefits.

Disclosure of SSNs for the Child Care Assistance Program is voluntary and is requested for purpose of accurate identification. Failure to disclose SSNs will not affect participation in the Child Care Assistance Program.

Use of social security numbers provided for SNAP and TANF benefits may be disclosed to law enforcement for purposes of apprehending fleeing felons.

For SNAP, the collection of information on the application, including the SSN of each household member is authorized under the Food and Nutrition Act of 2008, as amended, 7 U.S.C. 2011-2036. Information requested may also be used and verified through collateral contacts when discrepancies are found.

We will not share your SSN with the United States Citizenship and Immigration Services (USCIS).
What are my program rights?
You have the right to:
• Review policy manual.
• Withdraw your application at any time, prior to receiving benefits.
• Appeal and request a hearing before the North Dakota Department of Human Services if you disagree with any decision to deny, reduce or terminate your benefits. Contact your local County Social Service Office for instructions on how to request a hearing.
  • Health Care Coverage requests may be made in writing, over the telephone, internet, mail, in-person or through other commonly available electronic means within 30 days from the mail date on the notice of action.
  • Supplemental Nutrition Assistance Program (SNAP) appeals must be requested either verbally or in writing within 90 days of the notice date. Your case may be presented by a household member or a representative, such as legal counsel, a relative, a friend or other spokesperson.
  • Temporary Assistance for Needy Families (TANF), Child Care Assistance Program (CCAP), or Basic Care Assistance Program requests must be made in writing within 30 days from the date of the notice of adverse action.
  • Low Income Home Energy Assistance Program (LIHEAP) requests must be made in writing within 30 days from the date of the notice of adverse action. You also have the right to appeal if you do not receive a written notice of action taken on your LIHEAP application within 45 days from the date your application is received.

Contact your eligibility worker for specific information on how to request an appeal or fair hearing.

Is there additional important information for immigrants?
If you or members of your household use Child Care Assistance, SNAP, Health Care Coverage or Basic Care, it will not affect you or your family members’ immigration status. Also, it will not affect you or your family members’ ability to get a green card. The exception is if you use long-term institutional care, such as a nursing home.

Use of TANF or Supplemental Security Income (SSI) might create problems with getting a green card, especially if the benefits are your family’s only income. Talk to an agency that helps immigrants with legal questions before you apply.

Refugees and persons granted asylum can use benefits, including cash assistance, without hurting your chances or getting a green card or U.S. citizenship.

If you would like more information, please contact your local county social service office.
THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

**Meaning of certain terms.** In this Notice, when we say “we” or “us,” we mean the staff of the Department of Human Services. When we say “Department,” we mean the Department of Human Services. When we say “you” or “your,” we are referring to the individual who is the subject of the protected health information (PHI) and a person who has authority to act on behalf of an individual in making decisions related to health care.

**Understanding Your Protected Health Information (PHI).** PHI covered by this Notice is any information that identifies you or could be used to identify you, that is created or received by the Department and that relates to your past, present, or future physical or mental health condition, including health care services provided to you and payment for such health care services. PHI may include your name, address, birth date, phone number, social security number, Medicare or Medicaid number, health information, diagnoses, treatments received, and information regarding your health insurance policies.

**Department’s Confidentiality Commitment.** We are required under applicable state and federal law to maintain the privacy and security of PHI. We are required to provide you with this Notice about our privacy practices, our legal duties, and your rights regarding your PHI. We must follow the privacy practices described in this Notice while it is in effect. We reserve the right to change our privacy practices and this Notice at any time, provided such changes are permitted by law. We reserve the right to make changes to our privacy practices and the new terms of this Notice are effective for all PHI we maintain, including PHI created or received before we made the changes. Prior to making significant changes in our privacy practices, we will change this Notice, post it in the common areas of our facilities, on our website at www.nd.gov/dhs/misc/clientrights.html, and make it available to our clients and others upon request. A copy may also be obtained by contacting the Privacy Officer. We will notify you in the event a breach of your unsecured PHI occurs and is discovered.

**How Information is Used and Disclosed by the Department.** The following describes the ways we may use and disclose PHI. Except for the purposes described below, we will only use and disclose your PHI with your written authorization or written authorization of an individual with the legal authority to act on your behalf:

- **For Treatment.** We may use and disclose PHI for your treatment and to provide you with treatment-related health care services. For example, we may disclose your PHI to a physician who needs the information to treat you.

- **For Payment.** We may use and disclose PHI so that we or others may bill and receive payment from you, an insurance company or third party, for the treatment and services you received. For example, we may disclose your PHI to the Medicaid or Medicare program or health plan payor to determine if they will make payment, to get prior approval, and to support any claim or bill. The disclosure may include information that identifies you, your diagnosis, or other necessary information for accurate payment.

- **For Health Care Operations.** We may use and disclose PHI for health care operation purposes. These uses and disclosures are necessary to make sure that individuals receive quality care and to operate and manage our services and programs. For example, we may use and disclose your PHI to make sure the treatment or healthcare services you receive are of the highest quality.

- **Permitted or as Required by Law.** We will use and disclose your PHI if state or federal laws permit or require it, including with the Secretary of Health and Human Services, Office of Civil Rights, for a compliance review or complaint investigation. Unless an exemption or restriction exists, we are required to disclose your PHI to you or to an individual with the legal authority to act on your behalf, specifically when you request access to, or an accounting of disclosures of, your PHI.
Appointment Reminders, Treatment Alternatives and Health Related Benefits and Services. We may use and disclose PHI to contact you to remind you of an appointment with us and to tell you about treatment alternatives or health-related benefits and services that may be of interest to you.

Research. We may use and disclose PHI for research in limited circumstances where the PHI will be protected by the researchers.

Business Associates and Qualified Service Organizations. We may disclose PHI to our business associates or qualified service organizations that perform functions on our behalf or provide us with services, if the information is necessary for such functions or services.

Health Oversight Activities. We may disclose PHI to a health oversight agency for activities authorized by law. These oversight activities may include licensure, inspections, investigations, audits, or facility accreditation. These activities are necessary to monitor the health care system, government programs, and compliance with civil rights laws.

Law Enforcement or Other Agencies. We may disclose PHI to law enforcement personnel or other agencies for specific purposes, including reporting any suspected child abuse or neglect; domestic violence; or for the protection of vulnerable adults. We may also disclose PHI if the information is: (1) in response to a court order, subpoena, warrant, summons or similar process; (2) limited information to identify or locate a suspect, fugitive, material witness, or missing person; (3) about the victim of a crime even if, under certain very limited circumstances, we are unable to obtain the person’s agreement; (4) about a death we believe may be the result of criminal conduct; (5) about criminal conduct on our premises or against our staff; (6) in an emergency to report a crime, the location of the crime or victims, or the identity, description or location of the person who committed the crime; and (7) is necessary to identify or apprehend an individual because of a statement by the individual admitting participation in a violent crime or the individual escaped from a correctional institution or lawful custody.

To Avert a Serious Threat to Health or Safety. We may use and disclose PHI when necessary to prevent a serious threat to your health and safety or the health and safety of the public or another person. Disclosures will only be made to a person or persons who may be able to help prevent the threat, including the target of the threat.

Public Health Risks. We may disclose PHI for public health activities. These activities generally include disclosures to prevent or control disease, injury or disability; report births and deaths, report suspected child abuse or neglect, report reactions to medications or problems with products, notify people of recalls of products they may be using, and the appropriate government authority if we believe a person has been the victim of abuse, neglect, or domestic violence. We will only make this disclosure if you agree or when required or authorized by law.

Workforce Safety and Insurance. We may disclose PHI for Workforce Safety and Insurance or similar programs that provide benefits for work-related injuries or illness.

National Security and Intelligence Activities. We may disclose PHI to authorized federal officials for intelligence, counter-intelligence, and other national security activities authorized by law.

Military and Veterans. If you are a member of the armed forces, we may disclose your PHI as required by military command authorities. We also may disclose your PHI to the appropriate foreign military authority if you are a member of a foreign military.

Protective Services for the President and Others. We may disclose PHI to authorized federal officials so they may provide protection to the President, other authorized persons or foreign heads of state, or to conduct special investigations.

Data Breach Notification Purposes. We may use or disclose your PHI to provide legally required notices of unauthorized access to or disclosure of your PHI.

Inmates or Individuals in Custody. If you are an inmate of a correctional institution or under the custody of law enforcement personnel, we may disclose your PHI to the correctional institution or law enforcement personnel if the disclosure is necessary for the institution to provide you with health care, to protect your health and safety or the health and safety of others, or the safety and security of the correctional institution.

Lawsuits and Disputes. We may disclose PHI in response to a court or administrative order, or if we are a party to litigation or potential litigation. We also may disclose PHI in response to a subpoena, discovery
request, or other lawful process by someone else involved in the dispute, but only if efforts have been made to tell you about the request or to obtain an order protecting the information requested.

**Business Partners.** We may disclose PHI to our business partners who perform case management, coordination of care, other assessment activities, or payment activities, and who must abide by the same confidentiality requirements.

**De-identified Information.** We may disclose your information in a manner that does not identify you if there is no reasonable basis to believe that the information can be used to identify you.

**Best Interest.** We may disclose PHI in certain circumstances if, in the exercise of professional judgment, the disclosure is in your best interest.

**Organ and Tissue Donation.** If you are an organ donor, we may use or disclose your PHI to organizations that handle organ procurement or other entities engaged in procurement, banking, or transportation of organs, eyes, or tissues to facilitate organ, eye, or tissue donation and transplantation.

**Coroners, Medical Examiners, and Funeral Directors.** We may disclose PHI to a coroner or medical examiner to identify a deceased person or determine cause of death. We may also disclose PHI to a funeral director as necessary.

**Individuals Involved in Your Care or Payment for Your Care.** Unless you object, we may disclose to a member of your family, a relative, a close friend or any other person you identify, your PHI that directly relates to that person’s involvement in your health care or payment for health care. If you are unable to agree or object to such a disclosure, we may disclose such information as necessary if we determine that it is in your best interest based on our professional judgment.

**Disaster Relief.** We may disclose your PHI to disaster relief organizations that seek your information to coordinate your care or notify family and friends of your location or condition in a disaster. We will provide you with an opportunity to agree or object to such a disclosure whenever it is practical to do so.

**Fundraising.** Federal regulations require us to notify you that you have the option to opt out of fundraising contacts. However, we do not engage in fundraising activities.

**Uses and Disclosures Requiring Written Authorization.** We must obtain written authorization for the use and disclosure of your PHI for marketing purposes, disclosures that constitute the sale of your PHI, and for the use or disclosure of psychotherapy notes. We do not create or manage a public client directory.

**Your Rights.** You or an individual with the legal authority to act on your behalf, have the following rights regarding your PHI.

**Right to Inspect and Copy.** You have a right to inspect and obtain a copy of your PHI that may be used to make decisions about your health care or payment for your health care. This includes medical and billing records, other than psychotherapy notes. To inspect or obtain a copy of your PHI, you must make your request in writing. We have up to 30 calendar days from receiving your request to make your PHI available to you. We will make every effort to provide access to your PHI in the form or format you request, if it is readily producible in such form or format. If the PHI is not readily producible in the form or format you requested, the information will be provided in either a readable hard copy or other form and format as agreed to. We may charge you a reasonable fee for the costs of copying, mailing, or other supplies associated with your request. We may limit or deny your request in certain limited circumstances. You may have the right to request a review of the denial. We will notify you if we deny your request and tell you how to request a review of the denial, if applicable.

If we are unable to provide access to your PHI within 30 calendar days from receiving your request, we may extend the time by no more than 30 additional days. If we need to extend your access request, we will inform you, in writing, of the reasons for the delay and the date by which we will provide access.

**Right to Direct PHI to a Third Party.** You have the right to request that your PHI be sent to an individual or entity, designated by you. You must make your request in writing. Your written request must clearly identify the designated individual or entity and where to send the PHI. We will make every effort to provide the PHI in the form or format you request, if it is readily producible in such form or format. If the PHI is not readily producible in the form or format that you request, the PHI will be provided in either a readable hard copy or other form or format as agreed to.

**Right to Amend.** If you feel that the PHI we have is incorrect or incomplete, you may ask us to amend the information. You have the right to request an amendment for as long as we maintain the information. To
request an amendment, you must make your request in writing. In certain situations, we may deny your request. If we deny your request, you may have a statement of your disagreement added to your record.

Right to Request Restrictions. You have the right to request a restriction or limitation on the PHI we use or disclose for treatment, payment, or health care operations. You also have the right to request a limit on the PHI we disclose to someone involved in your health care or the payment for your health care, like a family member or friend. To request a restriction, you must make your request in writing. We are not required to agree to your request unless you are asking us to restrict the use and disclosure of your PHI to a non-Medicaid health plan for payment or health care operation purposes, and the information you wish to restrict pertains solely to a health care item or service for which you have paid the non-sliding fee “out of pocket” expense in full. If we agree, we will comply with your request unless the information is needed to provide you with emergency treatment or the disclosure is required by law.

Right to Revoke Permission. You have the right to cancel or revoke an authorization you signed for the use or disclosure of your PHI, except to the extent we have already acted based on your authorization.

Right to an Accounting of Disclosures. You have the right to request a list of certain disclosures we made of your PHI for purposes other than treatment, payment, health care operations, or for which you provided written authorization. To request an accounting of disclosures, you must make your request in writing. We will account for disclosures we have made of your PHI for up to six years prior to the date on which the accounting is requested but not before April 14, 2003. We will not charge a fee for the first accounting given to you in a 12-month period. We may charge a reasonable cost-based fee for an additional accounting requested if 12 months have not passed since your last request.

Right to Request Confidential Communications. You have the right to request that we communicate with you about health care matters in a certain way or at a certain location, or both. For example, you can ask that we only contact you by mail or at work. To request confidential communications, you must make your request in writing. Your request must specify how or where you wish to be contacted. We will accommodate reasonable requests.

Right to a Paper Copy of This Notice. You have the right to obtain a paper copy of this Notice upon request. You may request a copy of this Notice at any time. Even if you have agreed to receive this Notice electronically, you are still entitled to a paper copy of this Notice. You may obtain a copy of this Notice at our web site, www.nd.gov/dhs/misc/clientrights.html, or you may obtain a paper copy of this Notice at all our facilities or by contacting the Privacy Officer.

To Exercise Your Rights. The above rights may be exercised only by written communication to us, in the form and manner prescribed by the Department, unless the written requirement is waived by the Department. Applicable forms may be obtained at any Department location or facility or on the Department's website: http://www.nd.gov/eforms/?type=p&agency=3250, and returned to any Department location or facility.

For More Information. If you have questions and would like additional information, you may contact the Administrative Assistant, toll-free at 1-800-472-2622, ND Relay TTY toll-free at 1-800-366-6888, or by mail to: North Dakota Department of Human Services, State Capitol, 600 East Boulevard Avenue, Dept. 325, Bismarck, ND 58505-0250.

To File a Complaint. If you believe that your privacy rights have been violated, you may file a complaint with the unit of the Department where you received services. All complaints must be made, in writing, by filing SFN 934, “Request for Informal Privacy Conference.” If you need additional information on how to file a privacy complaint involving a unit of the Department, you may contact the Department’s Privacy Officer, toll-free at 1-800-472-2622, ND Relay TTY toll-free at 1-800-366-6888, or by mail to: Privacy Officer, North Dakota Department of Human Services, State Capitol, 600 East Boulevard Avenue, Dept. 325, Bismarck, ND 58505-0250. You may also file a complaint with the Secretary of Health and Human Services by writing to or calling: U.S. Department of Health and Human Services, Office for Civil Rights, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, D.C. 20201, toll-free at 1-800-368-1019, TDD toll-free at 1-800-537-7697, or email: ocrmail@hhs.gov.

There will be no retaliation against you for filing a complaint.
**Additional Notice Regarding Confidentiality of Substance Use Disorder Patient Records.** The confidentiality of substance use disorder patient records maintained by Substance Use Disorder Programs is protected by Federal law and regulations. Generally, a Substance Use Disorder Program may not inform any person outside the Substance Use Disorder Program that a patient attends the program, or disclose any information identifying a patient as having or having had a substance use disorder unless:

1. The patient consents in writing;
2. The disclosure is allowed by a proper court order;
3. The disclosure is made to medical personnel in a medical emergency;
4. The disclosure is made to qualified personnel for research, audit, or program evaluation;
5. The patient commits or threatens to commit a crime on the premises of the program or against program personnel;
6. The disclosure is made to the appropriate state or local authorities to initially report suspected child abuse or neglect; or
7. Federal law or regulations allow the disclosure of such information.

**Minor Patients.** Federal law and regulations, along with North Dakota State Law, restrict the disclosure of information regarding a minor, 14 years of age or older with sufficient capacity, unless the minor has consented in writing to the disclosure. This includes any disclosure of patient identifying information to the parent or guardian of a minor, 14 years of age or older, for the purpose of obtaining financial reimbursement.

Federal law and regulations, along with North Dakota State law, restrict the disclosure of information regarding a minor, 13 years of age or younger with sufficient capacity, unless both the minor and his or her parent, guardian, or other person authorized under State law to act in the minor’s behalf, have consented in writing to the disclosure.

**Violations.** Violation of Federal law and regulations by a Substance Use Disorder Program is a crime. In accordance with Federal regulations, suspected violations may be reported to one of the United States Attorney’s Office for District of North Dakota at:

Quentin N. Burdick United States Courthouse
U.S. Attorney’s Office
655 First Avenue North, Suite 250
Fargo, ND 58102-4932
Phone: 1-888-716-7395
Fax: (701) 297-7405
TTY Phone: (701) 297-7444

William L. Guy Federal Building
U.S. Attorney’s Office
220 East Rosser Ave, Room 372
Bismarck, ND 58502-0699
Phone 1-888-828-8050
Fax: (701) 530-2421
TTY Phone: (701) 530-2441

Or to the Substance Abuse and Mental Health Services Administration (SAMHSA) at:

Substance Abuse and Mental Health Services Administration
5600 Fishers Lane
Rockville, MD 20857
Phone: 877-726-4727
800-487-4889 (TDD)

See 42 U.S.C 290dd-2(g) for federal law; 42 CFR Part 2 for federal regulations governing the Confidentiality of Substance Use Disorder Patient Records; and North Dakota Century Code Sections 50-06-15 and 14-10-17.
You may be aware that there are many telephone scams where callers ask for personal information. This information may include your social security number, date of birth, bank account numbers, credit card numbers, and other personal information. Never disclose this information unless you know exactly who is asking for the information.

County and State Staff often call applicants and recipients of Assistance Programs for information. If you are not positive that it is County or State Staff asking for the information, do not respond to the caller. Instead, hang up and call the County or State and speak with your worker to make sure you are speaking to someone with a need to know your information.

County and State Staff will never call you to get information such as your height, weight, etc. They request only enough information to process your case and must follow confidentiality and privacy laws.

If you receive phone calls asking for personal information and you do not know who the caller is, you can call the Consumer Protection Division of the N.D. Attorney General’s Office at 701-328-3404, toll free 800-472-2600 or ND Relay TTY 711 to report the call.
Temporary Assistance For Needy Families (TANF)

What is TANF?
TANF makes a payment on behalf of needy children residing in North Dakota.

Who may be eligible?
If you are a relative taking care of a child, you and the child may be eligible if the child is:
- Under age 18 or will graduate from high school by age 19; and
- Without parental support because of a parent’s death, physical or mental disability, age or continued absence from home.

You may also be eligible if you are in your third trimester of pregnancy.

A child born after July 1, 1998, who was conceived while the parent received benefits, will not be eligible, unless the child is conceived as a result of rape or incest.

Effective with all TANF applications received on or after April 1, 2009 for four (4) months, beginning with the month of application, the initial TANF grant for a month will include benefits for the child(ren) only, unless the caretaker is not required to participate in the Job Opportunity and Basic Skills (JOBS) Program or is participating in the Tribal NEW Program.

NOTE: Benefits for the caretaker during the first four (4) months of TANF eligibility can only be paid (as a supplement), when your Eligibility Worker receives verification from the JOBS Employment Contractor that the caretaker has met their work participation requirements in the JOBS program.

If you are a fleeing felon or in violation of your parole or probation, you may not get benefits.

What are the income and asset limits?
Monthly income from wages, child support, social security, pensions, veterans’ benefits, or other sources must be less than the TANF income limits. Please contact your local county social service office for the current limits.

The assets limits are $3,000 for one individual, $6,000 for a household of two individuals, and an additional $25 per person for households of three or more.
Some assets are not counted such as:
- The home you live in
- One car
- Your household goods and furniture
- Your personal belongings and clothing

When will I receive my benefits?
If you are eligible, you will get your benefits no later than 30 days from the date your local county social service office receives your signed application.

After your application is approved, your benefits will be available on the 1st working day of each month.
How do I receive my benefits?
You will receive an Electronic Payment Card (EPC) in the mail. The EPC is a prepaid debit card. Benefits are deposited into your EPC account, much like a bank account. (See the ND TANF EPC Cardholder Handbook for more information. You may view this handbook online at http://www.nd.gov/dhs/info/pubs/docs/way-two-go-debit-card-handbook.pdf obtain a copy from your or local county social service office.)

Where can I use my TANF Electronic Payment Card (EPC)?
You can use your TANF Electronic Payment Card (EPC) to make purchases at millions of places that Mastercard debit cards are accepted such as:

- Grocery Stores
- Gas Stations
- Restaurants
- Department and Discount Stores
- Online Stores or Sites
- To pay bills for doctors, dentists, utility companies etc.

Note: Federal Law prohibits the use of the TANF EPC at:
- Liquor Stores
- Casinos, gambling casinos or gaming establishments
- Any retail establishment which provides adult-orientated entertainment in which performers disrobe or perform in an unclothed state for entertainment.

How long can I receive TANF benefits?
You may receive TANF up to 60 months. There are some exceptions for families to go beyond 60 months. You may contact your local county social service office about these exceptions.

What is Diversion Assistance?
Diversion Assistance provides short-term emergency benefits and services to families during a 'specific crisis or episode of need'. These benefits and services are designed to deal with a specific crisis situation or episode of need, are not intended to meet recurrent or ongoing needs, and will not extend beyond four months in a 12 month period. This will allow individuals to clear up problems that might push them further into poverty. TANF rules that do not apply to Diversion Assistance will be explained during your interview with your worker.

What is Transition Assistance?
Transition Assistance promotes job retention by providing an extended period of cash assistance to qualified TANF households. TANF households with earnings from employment exceeding the allowable standard of need for their household size may remain eligible for Transition Assistance for up to six months. Transition Assistance provides a safety net of financial support during this six-month period to assist households in attaining self-sufficiency; thereby eliminating the need for future government benefits.

What are the program rules?
Before you can receive benefits you must:
- Complete and submit an application to your local county social service office.
- Complete SFN74 - Child Support Information and DN 403 - Acknowledgment of Nonrepresentation form which will be provided by your local county social service office.
- Be in compliance with the Child Support Division requirements.
- Comply with JOBS/Tribal NEW requirements.
- Be a resident of North Dakota.
Once you are eligible you must:

- Cooperate with the Child Support Division (See the Child Support section for more information.). If you are interested in receiving TANF and your cooperation with the Child Support Division might not be in the best interest of your child (example: domestic violence situation), you may claim “good cause.” If you claim “good cause,” you will need to provide additional information so “good cause” can be established. Refusal to cooperate, without good cause, will result in less benefits and could result in case closure.
- Cooperate with the JOBS/Tribal NEW Program. (See the JOBS Section for more information.)

**Are there Additional Financial Incentives available to my Household?**

Individuals under age 21 who are eligible for Medicaid and TANF and screened through the preventive health program known as Health Tracks, are eligible for a $25.00 incentive per individual. The incentive is available after the completion of the initial screening and each annual Health Tracks screening. Completion of the screening, for this purpose, does not include the follow-up appointments or referrals to other physicians that are generated from a screening.

**Do I get my child support while I receive TANF?**

All child support that becomes due while your family is receiving TANF is assigned to the State of North Dakota. North Dakota will keep assigned child support up to the amount of TANF benefits your family received.

If you receive a child support payment from any source other than the North Dakota Child Support Division (such as directly from the absent parent or from another state’s child support agency), you must immediately give the payment to the Child Support Division. Failure to do so is fraud and prosecution through the state’s attorney’s office will be pursued.

**Do I get my child support when I stop receiving TANF?**

After you stop receiving TANF, the State of North Dakota will not keep any child support payments, unless the payment received is for a month in which you received TANF. Child support received for a month in which you did not receive TANF will be sent to you.

**What if I have more questions about my child support?**

See the Child Support section for more information. You may also contact the Child Support Division or your local county social service office.

**What information do I need to report if I am eligible?**

Once you are eligible, the following changes must be reported within 5 days of the time you learn of the change. Report changes in:

- Gross monthly unearned income.
  
  Examples of unearned income:
  - Child Support
  - Social Security Benefits
  - Spousal Support
  - Unemployment Compensation
  - Veterans'/Military Benefits
  - Workers Compensation

- Gross monthly earned income.
  
  Examples of earned income:
  - Wages
  - Salary
  - Earnings from a Job
  - Self-Employment
You will also need to report:

- Changes in the source of income (a new job, a job loss, receipt or loss of unearned income).
- Changes in persons moving in and/or out of your home. This includes friends, family, relatives etc.
- If you are moving to a new address.
- Changes in your household assets (vehicles, home, etc.)

What happens if I give false information on purpose?

If you:

- Give false information on purpose or misuse your TANF Electronic Payment Card (EPC) it may result in us taking legal action against you, either criminal or civil. It might also mean we reduce your benefits, take money back from you or you might not get benefits for 1 year for the first time, 2 years for the second time and forever for the third time.
- Give false information about who you are or where you live, you may not get TANF for 10 years.
Family Violence Screening

What you need to know
This option is available to parents who are seeking Temporary Assistance for Needy Families (TANF) benefits. It provides alternative ways for individuals to fulfill their TANF work requirements.

What is The Family Violence Option?
Specialized services for victims of domestic violence who are receiving TANF in North Dakota.

The Family Violence Option in North Dakota mandates screening for domestic violence. It provides referrals for specialized services, and may provide temporary exemptions from program requirements to enable victims of domestic violence to have the time, services and support they need to address domestic violence as a barrier to self-sufficiency.

A TANF recipient in North Dakota is considered a victim of domestic violence if she/he has experienced domestic violence as defined in North Dakota Century Code 14-07.1.

Domestic violence includes: physical harm, bodily injury, sexual activity compelled by physical force, assault, or the infliction of fear of any of the above.

Voluntary Information
A TANF recipient may choose to discuss abuse with a TANF eligibility worker at any time, and the Family Violence Option will be explained. This information will remain confidential. The client will be referred to a local domestic violence program where an advocate will discuss available services and options.

Choosing not to discuss domestic violence with a TANF eligibility worker will NOT result in the denial of any of the basic benefits provided by TANF.

Note: Domestic violence advocates may be required by law to report any disclosure of child abuse or neglect.

Duties of TANF Recipients:
Parents must participate in activities leading to self-sufficiency. But if working or looking for work results in danger of physical, emotional or sexual abuse, an appropriate work alternate plan is possible.

TANF recipients must assist the Child Support Division to obtain a child support order. However, if the child was conceived because of rape or incest or the child may be in danger of physical, emotional or sexual abuse, a TANF recipient may not have to meet this requirement.

A TANF recipient who is underage 18 (minor) and who is pregnant or raising a child must live with a parent or in an approved living arrangement. But if the recipient is under 18, she does not have to be in any living arrangement in which she or her child would be in danger of physical or sexual violence.
Relationships in which domestic violence can happen
Physical, emotional and sexual abuse can occur between family members, household members, or people in a dating relationship.

Duties of State Agency: NDCC 50-09
The State agency shall:
• Inform all TANF applicants and recipients of the options available under the domestic violence option.
• Screen all applications to determine who are past or present victims of domestic violence or at risk of further domestic violence
• Refer these individuals to a local domestic violence sexual assault organization for safety planning and supportive services
• Determine if ‘good cause’ exists to waive work requirements or time limits on receipt of benefits.

Following is a listing of agencies providing services for abused individuals who choose to seek services on their own:

**North Dakota Council on Abused Women’s Services/Coalition Against Sexual Assault in North Dakota**
418 E. Rosser Ave. Suite #320
Bismarck, ND 58501
1-888-255-6240 or (701) 255-6240

**DEKINSON:**
Domestic Violence and Rape Crisis Center
PO Box 1081, Dickinson, ND 58602-1081
Crisis Line: (701) 225-4506; 1-888-225-4506
After Hours: (701) 662-5323

**DEVILS LAKE:**
SAFE Alternatives for Abused Families
PO Box 646, Devils Lake, ND 58301-0646
(701) 662-7378
Crisis Line: (701) 662-7378; 1-888-662-7378
### Bismarck:
Abused Adult Resource Center  
PO Box 5003, Bismarck, ND 58502-5003  
(701) 222-8370  
**Crisis Line:** 1-866-341-7009

### Bottineau:
Family Crisis Center  
PO Box 371, Bottineau, ND 58318-0371  
(701) 228-2028  
**Crisis Line:** 1-800-398-1098

### Jamestown:
Safe Shelter  
PO Box 1934, Jamestown, ND 58402-1934  
**Crisis Line:** (701) 251-2300; 1-888-353-7233

### Grafton:
Domestic Violence and Abuse Center, Inc.  
PO Box 308, Grafton, ND 58237-0308  
(701) 352-4242  
**Crisis Line:** (701) 352-4242; (701) 435-7490

### Grand Forks:
Community Violence Intervention Center  
211 S. 4th St., Grand Forks, ND 58201-4766  
(701) 746-0405  
**Crisis Line:** (701) 746-8900; 1-866-746-8900

### Mclean County:
McLean Family Resource Center  
PO Box 506, Washburn, ND 58577-0506  
**Crisis Line:** (701) 462-8643; 1-800-651-8643

### Mercer County:
Women’s Action and Resource Center  
PO Box 940, Beulah, ND 58523  
**Crisis Line:** (701) 873-2274

### Minot:
Domestic Violence Crisis Center, Inc.  
PO Box 881, Minot, ND 58702  
(701) 852-2258  
**Crisis Line:** 1-800-398-1098

### Elendale:
Kedish House  
PO Box 322, Elendale, ND 58436-0322  
(701) 349-4729  
**Crisis Line:** (701) 349-5118; 1-877-349-4729

### Fargo:
Rape and Abuse Crisis Center  
PO Box 2984, Fargo, ND 58108-2984  
**Crisis Line:** (701) 293-7273; 1-800-344-7273

### Fort Berthold:
TAT Victim Services  
PO Box 970, New Town, ND 58763-0970  
(701) 627-4171  
**Crisis Line:** (701) 627-3617

### Ransom County:
Abused Resource Network  
PO Box 919, Lisbon, ND 58054-0919  
**Crisis Line:** (701) 683-5061

### Spirit Lake:
Spirit Lake Victim Assistance  
Box 297, Ft. Totten, ND 58335-0297  
(701) 766-1816  
**Crisis Line:** (701) 766-1816; 1-866-723-3032

### Stanley:
Domestic Violence Program, NW ND PO  
Box 538, Stanley, ND 58784-0538  
**Crisis Line:** (701) 628-3233; 1-800-273-8232

### Turtle Mountain Reservation:
Hearts of Hope  
PO Box 900, Belcourt, ND 58316-0900  
(701) 477-0002  
**Crisis Line:** (701) 477-0002

### Valley City:
Abused Persons Outreach Center  
PO Box 508, Valley City, ND 58702-0508  
(701) 845-0078  
**Crisis Line:** (701) 845-0072

### Wahpeton:
Three Rivers Crisis Center  
509 Dakota Ave., Ste B, Wahpeton, ND 58075-4431  
**Crisis Line:** (701) 642-2115; 1-800-627-3659

### Williston:
Family Crisis Shelter  
PO Box 1893, Williston, ND 58802-1893  
(701) 572-0757  
**Crisis Line:** (701) 572-0757; 1-800-231-7724
Job Opportunities and Basic Skills (JOBS) Program/Tribal Native Employment Works (Tribal NEW) Program

What is JOBS/Tribal NEW Program?
The JOBS/Tribal NEW Program is the employment and training part of the TANF Program. The goal of JOBS/Tribal NEW Program is to help individuals who receive TANF to become self-sufficient by participating in work or other approved work activities.

If you are enrolled in or eligible for enrollment in a federally recognized tribe, and are attending college, vocational education or GED classes, you may be eligible to work with one of the Tribal NEW programs in the State to meet your TANF work requirements. Contact your local county social service office to find out if you are eligible to be in the Tribal NEW Program.

Do I have to work or do work activities to receive TANF?
If you are caretaker or child who receives a TANF benefit, you may need to work or do work activities unless:

• You are over 65 years of age;
• You are in receipt of Supplemental Security Income (SSI) or Social Security Disability (SSDI) benefits;
• You are caring for a child who is under two months of age; or
• You are a child receiving TANF, over age 16 and in school.

Effective with all TANF applications received on or after April 1, 2009, for four (4) months, beginning with the month of application, the initial TANF grant for a month will include benefits for the child(ren).

NOTE: Benefits for the caretaker during the first four (4) months of TANF eligibility can only be paid (as a supplement) when your Eligibility Worker receives verification from the JOBS Employment Contractor that the caretaker has met their work participation requirements in the JOBS program.

What will I have to do?
You must cooperate by:

• Contacting the JOBS/Tribal NEW worker and scheduling an appointment within 7 days from the date you are referred.
• Keeping your appointment as scheduled.
• Arranging for child care and transportation to allow you to attend appointments and work activities.
• Meeting with the JOBS/Tribal NEW worker to review the requirements of the JOBS/Tribal NEW Program and completing a plan that outlines work requirements.
• Attending appointments.
• Working when scheduled.
• Participating in approved work activities.
• Accepting job offers and not quitting a job or reducing hours.
What happens if I do not cooperate?
If you do not contact a JOBS/Tribal NEW worker within 7 days from the date of your referral to schedule an appointment for orientation and complete your orientation as scheduled, your TANF application will be denied and you will need to reapply for TANF.

After your TANF application has been approved, if you do not cooperate with requirements of the JOBS/Tribal NEW Program, your TANF or SNAP benefits may be reduced. If you continue to not cooperate, your TANF case may be closed.

If you think you have a good reason to not participate in the JOBS/Tribal NEW Program, please contact your local county social service office.

Is there financial help available for work activities?
Financial help may be available for you to get a job or do work activities, including money for:
- Fuel
- Car repairs
- Taxi, bus fares or paying others for rides
- Interview expenses, such as clothing or haircut
- Relocation assistance
- Child Care (See the Child Care Assistance Program section for more information.)

What happens if I cannot get to work?
If you have problems arranging child care or transportation, you must show how you tried to resolve them. You must follow through and cooperate with suggestions from your JOBS/Tribal NEW worker or TANF worker.

What if I am not ready to work?
Work requirements may be delayed if you are not able to work or do other work activities. Consideration may be requested when:
- You are unable to participate due to serious illness or disability
- You must care for a household member who is seriously ill or disabled
- You are unable to find child care even though you made several attempts to do so
**TANF Kinship Care**

**What is TANF Kinship Care?**
TANF Kinship Care provides an alternative to foster care. Social workers place children with family members and find the necessary resources to help meet the needs of the children. Family members include grandparents, aunts, uncles, siblings older than age 16, or cousins who are age 18 or older.

This program helps family members address the financial challenges of caring for a child. This financial assistance is available for the child until the child is reunited with parents or moves into a more permanent living situation.

**Who may be eligible?**
A child who is:
- In the care, custody and control of a county, state agency, or tribal agency; and
- Younger than age 18 (unless a child is enrolled full-time in high school and is expected to graduate before he or she turns 19); and
- Living with a relative within the fifth degree of relationship (grandparent, aunt, uncle, sibling that is older than 16, or a cousin age 18 or older).

**What are the program requirements?**
- The caretaker must sign a Kinship Care Agreement.
- The caretaker must cooperate with the Child Support Division requirements.
- Background checks (criminal and child abuse and neglect) must be completed on all adult household members.
- A home study must be completed.
- The household must meet all other TANF requirements (See TANF Program section for more information).

**What are TANF Kinship Care Supportive Services?**
TANF Kinship Care supportive services may include the following reimbursements:
- Assistance with child care expenses
- Clothing allowance
- Legal fees associated with obtaining guardianship status
- School and community activity fees (uniforms, activity fees, transportation costs, school pictures, etc.)
- Emergency needs
What is the Child Care Assistance Program (CCAP)?
The Child Care Assistance program (CCAP) helps low income families pay for child care while they work and/or attend any education or training activity.

For more information including income limits and how to apply, visit https://www.nd.gov/dhs/services/financialhelp/childcare.html

Who may be eligible?
If you are working or attending an education or training activity and incur child care costs due to participation in that activity, you may be eligible for help with those costs. If you are experiencing homelessness, CCAP may still be able to help with your child care costs while you are looking for an employment, education or training activity.

Once determined eligible, each child may be assigned a 'Level of Care' which is based on the time you are participating in your activity and the time the child actually needs care. There are two levels of care which include full time and part time.

How do I find a child care provider?
Child Care Licensing
Child care licensing regulations are designed to protect and promote child safety and well-being in child care settings. Licensing is one form of consumer protection. Licensed child care offers parents the knowledge that providers are regulated through standards and monitoring.

For more information on licensing regulations and how to become a provider, visit https://www.nd.gov/dhs/services/childcare/

Child Care Resource and Referral (CCR&R) Agencies
The Department of Human Services contracts with Child Care Aware to offer the following services:

Services to Families
- Help families find childcare. The online search option provides families with information on providers who are currently accepting children, the quality rating of the provider, inspection and monitoring reports and more
- Search for providers online at https://ndchildcare.org/parents/find-child-care/search.html.
- Offer referrals to licensed and registered child care programs
- Call 800-997-8515 or email Referral@ndchildcare.org.
- Offer resources to families including tips for choosing care. https://ndchildcare.org/parents/choose.html

Services to Providers
- Offers help in starting a licensed child care program, professional development and training to child care providers in the areas of child development, health and safety, infant and toddler care, and business practices.
Bright and Early
Bright & Early ND is North Dakota’s Quality Rating & Improvement System (QRIS).

Bright & Early ND is an initiative led by the ND Department of Human Services (DHS) to ensure that North Dakota’s children receive the quality child care and early education they need for success in school and life. They recognize talented child care and early education programs for going above and beyond, and we deliver professional rewards for a job well done.

For more information on identifying quality rated providers, visit https://www.brightnd.org/

Developmental Screenings
The first five years of a child’s life are filled with exciting milestones. A developmental screening is a quick and simple check of how your child is growing and developing.

For information on when and who to contact to set up a screening, visit https://ndchildcare.org/file_download/620cb53f-1d45-4cbb-addd-e35706b0aa6f

Immunizations
Child care facilities require that all children in their care are up to date on their immunizations, unless they meet exemption requirements. For information on Child Care Facility Immunization Requirements in North Dakota, visit: https://www.ndhealth.gov/Immunize/Schools-ChildCare/. For additional information on immunization resources, immunization schedules and financial assistance in obtaining immunizations, visit: http://www.ndhealth.gov/immunize/.

How are payments issued?
CCAP may not cover the entire cost your child care bill. In most instances a household is assigned a co-payment amount, which is based on the household’s total countable income and the size of the household. This co-payment amount is then applied to the amount that the state can pay. The state can pay up to a maximum rate which is determined by the type of child care provider, the age of the child and the child’s level of care. You will be responsible to pay any costs not covered by CCAP.

Payments for child care services must be submitted monthly by using an SFN 616 Child Care Payment Request Form or your child care provider may submit payment requests online. Payment requests must be submitted within two months from the month the care was provided.

What information do I need to report if I am eligible?
• If your household’s income exceeds the program’s maximum income limit;
• If you are no longer participating in your allowable activity;
• If you are no longer residing in the state.

What happens if I give false information on purpose?
If you give false information on purpose it could result in us taking legal action against you. It may also mean we reduce your benefit or take money back from you. Additionally, you may not get benefits for 1 year for the first time, 2 years for the second time and forever for the third time.
Need help with additional resources?
If you are experiencing homelessness, need help finding a job, or are in need of additional resources, please refer to the Community Resources section of this handbook. Your local county social services office may also be able to refer to you additional resources.

How Does CCAP Define Homeless?
CCAP uses the McKinney-Vento Act definition of homeless. According to this act, the term homeless means an individual who lacks a fixed, regular, and adequate nighttime residence; and includes individuals who;

- Share the housing of other persons due to loss of housing, economic hardship, or a similar reason; are living in motels, hotels, trailer parks or camping grounds due to the lack of alternative accommodations; are living in emergency or transitional shelters; are abandoned in hospitals or awaiting foster care placement;
- Have a primary nighttime residence that is a public or private place not designed for or ordinarily used as regular sleeping accommodations for human beings;
- Live in cars, parks, public spaces, abandoned buildings, substandard housing, bus or train stations, or similar settings; and
- Are migratory and live in any of the circumstances as described above.

How to File a Complaint
If you suspect a parent or provider is misusing funds from the Child Care Assistance Program, submit a complaint to your local county social service office or call 1-800-472-2622 or email amarshall@nd.gov.

To submit a complaint for a child care provider, contact your local county social service office, http://www.nd.gov/dhs/locations/countysocialserv/.
What is the Crossroads Program?
The Crossroads Program supports parents under the age of 21 while they continue their education to graduate from high school or obtain their GED.

Who may be eligible?
• North Dakota resident
• Attending high school, an alternative high school, or working towards their GED
• Under the age of 21
• Male or female - married or unmarried
• Must be living in the same home and be the primary caregiver of the child

• Crossroads does not consider assets or income when determining eligibility

What does the program provide?
• Waived co-payment under the Child Care Assistance Program
  • If assistance is needed with child care you must also fill out a Child Care Assistance Program (CCAP) application and must meet CCAP’s eligibility criteria.
• Assist with transportation costs
• Monthly education incentives
• Each parent may work one-on-one with a Crossroads case manager who will offer ongoing guidance and support
• Create a plan that includes educational activities and goals
• Graduation incentive upon completion of high school or GED

How do I apply?
Complete a Crossroads Program application and submit it to one of these locations:
• Crossroads Program
  ND Department of Human Services
  600 E Boulevard Ave Dept. 325
  Bismarck ND 58505-0250

• Your local county social service office
• Crossroads Case Manager
Supplemental Nutrition Assistance Program (SNAP)

What is SNAP?
SNAP, formerly known as the Food Stamp Program, helps people buy food for good health.

Who may be eligible?
You may be eligible if you are working for low wages, have low income or no income. You may not be denied SNAP benefits solely because you were denied from other programs.

What are the income and asset limits?
Monthly income from wages, child support, social security, Supplemental Security Income (SSI), Temporary Assistance for Needy Families (TANF), pensions, veterans’ benefits or other sources must be less than the SNAP income limits. Income limits change each year. Please contact your local county social service office to determine the income limit for your household.

The asset limits are $3,500 for households with a member who is age 60 or older or disabled and $2,250 for all other households. We do not count the assets of people who receive TANF or SSI benefits or TANF Information and Referral Services.

Some assets are not counted such as:
- The home you live in
- Some vehicles
- Your household goods and furniture
- Your personal belongings and clothing
- Property that produces earned income (such as farm or business).

Can I get SNAP just for myself if I live with my family or with others?
People who live together and buy food and prepare meals together must receive benefits as one household.

What if I need help applying?
If you need applying for assistance, you may have a friend, relative or someone else help you apply.

You may also designate a person in writing or on the application to fill out the application, answer questions for you, give information at your interview, and buy your food with an Electronic Benefit Transfer (EBT) card. We will be able to share information with this person.

When will I receive my benefits?
If you are eligible, you will get your benefits no later than 30 days from the date your local county social service office receives your signed application. If you are eligible, your assistance will start from the date you apply. For residents of an institution who apply prior to release, the date of application is the date of release.
You may get SNAP within 7 days of your application date if any of the following are true:

- Your household’s income before taxes is $150 or less; or
- You are a migrant or seasonal farm worker; or
- Your household’s monthly rent/mortgage and utilities are more than your household’s income before taxes.

After your application is approved, your benefits will be available on the 1st of each month.

**How do I receive my benefits?**

You will be issued an EBT card at your local county social service office. When you receive your card, you will select a Personal Identification Number (PIN). A PIN is a four-digit secret code that acts as your signature or authorization. Benefits are deposited into your EBT account, much like a bank account.

**What can I buy with my benefits?**

Benefits may be used to buy food for your household with the exception of hot foods prepared for immediate consumption. Seeds and plants used to grow food for your household can also be purchased with benefits.

Non-food items such as pet food, soap, alcoholic beverages, tobacco products, paper products, vitamins and medicine cannot be purchased with benefits.

Persons over 60 years of age may use benefits to purchase “Meals on Wheels” and meals at senior meal sites. In some areas, restaurants can be authorized to accept benefits from qualified homeless, elderly, or disabled people in exchange for low-cost meals.

Benefits cannot be exchanged for cash or used to purchase food on credit.

**How long can I receive benefits?**

There is no limit to the length of time you can receive benefits. Time limits and requirements for other programs such as TANF do not apply to the receipt of SNAP. If you are no longer receiving TANF benefits, or if your case is closed for the time limits, because you started working or for some other reason, you may still qualify for SNAP.

**What are the rules of SNAP?**

You MUST NOT:

- Provide incorrect information in order to obtain benefits
- Trade or sell your benefits.
- Use someone else’s benefits for yourself.
- Buy, sell, steal or otherwise effect an exchange of SNAP benefits for cash or consideration other than eligible food, either directly, indirectly, in complicity or collusion with others, or acting alone.
- Exchange firearms, ammunition, explosives, or controlled substances for SNAP benefits
- Purchase a product with SNAP benefits that has a container requiring a return deposit with the intent of obtaining cash by discarding the product, and intentionally returning the container for the deposit amount.
• Purchase a product with SNAP benefits with the intent of obtaining cash or consideration other than eligible food by reselling the product, and subsequently intentionally reselling the product purchased with SNAP benefits in exchange for cash or consideration other than eligible food.
• Intentionally purchase products originally purchased with SNAP benefits in exchange for cash or consideration other than eligible food.

What happens if I do not follow the rules of SNAP?
If you do not follow the rules, you:
• May not get benefits for 1 year for the first time, 2 years for the second time, and forever for the third time;
• May be fined up to $250,000 or jailed up to 20 years, or both; and
• May not get benefits for an additional 18 months if court ordered If a court finds you guilty of:
  • Buying, selling or trading more than $500 in benefits, you will lose benefits forever
  • Trading benefits for firearms, ammunition, or explosives, you will lose benefits forever.
  • Trading benefits for controlled substances, you will lose benefits for two years the first time and forever the second time.
  • A drug related felony within the past seven (7) years, you may not get benefits.
  • You or any member of your household been convicted of Federal or State aggravated sexual abuse, murder, sexual exploitation and abuse of children, or sexual assault.

If you are a fleeing felon, parole or probation violator, you may not get benefits.

If you give false information about who you are or where you live, you may not get SNAP for 10 years.

Giving wrong information on purpose may result in us taking legal action against you, either criminal or civil. It might also mean we reduce your benefits or take money back from you.

What do I do if I have a program complaint?
You may file program complaints on delays in processing or general service, verbally or in writing. You may also request a meeting with your local county service office if you are questioning a denial of expedited service or any other concerns. This does not replace or will not delay a request for fair hearing.

Where do I file a complaint?
You may file a complaint with your local county social services office or the following:

Regional Administrator
Food and Nutrition Services
United State Department of Agriculture
Mountain Plains Region
1244 Speer Boulevard
Denver, CO 80204
303-844-0300
303-844-2160 (Fax)
State SNAP Office
North Dakota Department of
Human Services 600 E.
Boulevard Ave. Dept. 325
Bismarck, ND 58505-0250
800-755-2716 (ND Only)
701-328-2328
701-328-1060 (Fax)
Health Care Coverage is provided through the Medical Service Division of the North Dakota Department of Human Services, which includes:

- Medicaid Program including Optional Children’s Group formerly known as Healthy Steps
- Medicare Savings Program, and
- Aid to the Blind-Remedial Program.

Additional information regarding these programs is included in the pages that follow.
**Medicaid Program**

**What is Medicaid?**
Medicaid helps pay for health care services or insurance premiums for eligible individuals.

**Who may be eligible?**
You may be eligible if you are:
- Pregnant
- Blind, disabled or age 65 or older.
- A family with children under age 21, including adopted children.
- Age 21 or younger or age 65 or older, receiving services at the State Hospital.
- Under age 21, living in your own home or in a licensed foster home.
- A child under age 21 with special needs who receives assistance through subsidized adoption.
- Individuals screened through the North Dakota Department of Health’s Women’s Way program, who need treatment for breast or cervical cancer.
- Starting January 1, 2014, individuals age 21 to 65.

**What are the income and asset limits?**
Monthly income from wages, child support, social security, pensions, veterans’ retirement, or other sources must be less than the current Medicaid income levels. Income levels change each year. Please contact your local county social service office for the current level. If your income is slightly higher than the income level, you are encouraged to apply.

There is no asset limit for children, families, pregnant women, Medicaid expansion population or for individuals who apply under the Breast or Cervical Cancer Early Detection Program.

The asset limits for individuals who are blind, disabled, or age 65 or older are $3,000 for one individual, $6,000 for a household of two individuals, and an additional $25 per person for households of three or more. If your spouse resides in a nursing home or you receive home and community based services you may qualify even if you have more assets.

Some assets are not counted such as:
- The home you live in
- One car
- Certain burial plans
- Your household goods and furniture
- Your personal belongings and clothing
- Property that produces earned income (such as a farm or business)

**What happens if I give away income or assets?**
Giving property or income away or selling property for less than its value may affect a person’s eligibility for long-term care services such as nursing care services, home and community based services or swing bed care in a hospital. Contact your local county social service office for more information.
What if I have an annuity?

- As a condition of receiving Medicaid benefits, all applicants or recipients and their spouses, must disclose any interest they have in any annuity or similar financial instrument.
- The North Dakota Department of Human Services must be named as the primary remainder beneficiary of specific annuities purchased and changed after February 8, 2006.
- Most spouses and minor disabled children may be named as remainder beneficiaries ahead of the Department of Human Services.

When does eligibility for Medicaid begin?

A decision on your application will be made within 45 days from the date your local county social service office or the Medical Service Division of the Department of Human Services (DHS) receives your signed application. If you have applied for Social Security disability, it may take up to 90 days. Medicaid may pay for health care services provided to you for up to 3 months before the month your signed application was received, provided you meet eligibility requirements in each of these months.

How will I know if I am eligible for Medicaid?

If you are eligible for Medicaid, you will receive a notice informing you of your eligibility. This notice will also include Medicaid Identification (ID) Numbers for each member of your household who is eligible. Approximately 4 to 6 weeks after you receive this notice, you will receive Medicaid ID cards, which will include your Medicaid ID Number.

What do I do with my Medicaid ID Card?

Show your Medicaid ID Card every time you receive health care services or have a prescription filled or refilled. Because emergencies can happen at any time, you should carry your Medicaid ID Card with you at all times.

What if I receive a bill that I thought Medicaid would pay?

First, you should contact the provider that billed you. Ask them to explain exactly which services you are being billed. You may have forgotten to inform them of your Medicaid ID number, pay and you may be responsible for part of the bill because of your client share. If the charges are for services you received without a referral from your Primary Care Provider (PCP) or services not covered by North Dakota Medicaid, you will be responsible for the bill. If you still have questions about your bill, contact Provider Relations at 1-877-328-7098.

Do I give any rights to the State of North Dakota when I receive Medicaid?

You give your rights to support the medical expenses and payments for medical care from any third-party payer to the State of North Dakota, to the extent of actual costs of care paid by Medicaid. You must help pursue any third-party payer who may have responsibility to pay for health care services. You must also report any payments you receive for health care services within 10 days of receiving the payment.
Will Child Support be involved?
If you receive Medicaid for children under age 18, you may be required to cooperate with Child Support (CS) in establishing paternity and establishing and enforcing medical support. (See the Child Support section for more information.) If you are pregnant or only your children receive Medicaid you do not have to cooperate with CS, but you are encouraged to do so.

If you are interested in receiving Medicaid and your cooperation with CS might not be in the best interest of your child (example: domestic violence situation), you may claim “good cause.” If you claim, “good cause,” you will need to provide additional information so “good cause” can be established.

What are the rules of the Medicaid Program?
You must:
- Provide all information needed to determine your eligibility
- Provide true information
- Cooperate with Child Support in establishing paternity and in establishing and enforcing medical support for children whose parent(s) do not reside in the home. (This rule does not apply if you are pregnant or the only eligible family members in the case are children.)

What happens if I do not follow the rules of the Medicaid Program?
- If you give false information, your benefits may be denied or terminated and you maybe reported for fraud.
- State and federal law provides for a fine, imprisonment, or both, for any person who withholds or gives false information to obtain assistance to which he or she is not entitled.
- A relative caring for a child, who does not cooperate in establishing a child’s paternity or in establishing and enforcing medical support, may lose Medicaid benefits. (This rule does not apply if you are pregnant or a child.)

What information do I need to report if I am eligible?
You need to report changes within10 days. Changes that need to be reported include:
- A household member becomes pregnant
- A baby being born
- Someone leaving the house
- Someone moving into the house
- A new job
- A change in income or assets
- A new address
- A change in health insurance coverage
- A child quits or begins school
Medicaid Services and Limits

Services and limits are provided through the Medical Services Division of the ND Department of Human Services

What services and medical costs does Medicaid cover?

- Ambulance Services for Emergencies
- Ambulatory Surgical Services (Outpatient Services)
- Chemical Dependency Services performed by Psychiatrists or Psychologists (Drug and Alcohol Abuse Treatment)
- Chiropractic Services
- Dental Care
- Doctor visits/services (includes medical doctors, nurse practitioners and certified physician assistant)
- Durable Medical Equipment (Wheelchairs, etc.)
- Emergency room care is covered if the attending physician determines it is an emergency medical condition. Non-emergency conditions must be treated during physician or clinic office hours
- Family planning services provided by a doctor of family planning program
- Group home care for people with development disabilities
- Hearing Aid
- Hearing test/visits
- Home Health Care
- Hospice
- Hospital Services
- Immunizations
- Lab and X-Ray
- Long-term care services (home and community based services, swing bed, nursing facility)
- Medicare Part A and B premiums, co-insurance or deductibles.
- Mental Health Services (including psychiatric, psychological and clinical services from the Regional Human Service Centers)
- Primary care services provided by a primary care mid-level or physician in the same clinic as the PCP. This does not include certified nurse midwives.
- Nutritional Services
- Occupational Therapy
- Optometry (eye care)
- Obstetric and Gynecological Services (provided by a OB/GYN Specialist)
- Oral Surgery (referral from PCP, Orthodontist or Dentist)
- Orthodontic Services provided only through referral from Health Tracks Program (formerly EPSDT)
- Out-of-state services if pre-approved by North Dakota Medicaid
- Physical Therapy
- Podiatric Services (foot care)
- Prescription Drugs (Medicaid cannot pay for prescription drugs for individuals eligible for Medicare)
- Private Duty Nursing Services
- Prosthetics (artificial limbs) braces, and related equipment
- Public Health Unit Services
- Psychological Appointments
- Reconstructive Surgery (Prior Approval Required)
- Screening, diagnosis and treatment for children younger than age 21 through Health Tracks Program (EPSDT)
- Speech Therapy
- Transplant Services
- Transportation (with limits)
Are there limits on the number of services I can receive?

There are no service limits on physical, occupational and speech therapy visits for Medicaid recipients under the age of 21. One evaluation per year is allowed without prior authorizations. All reevaluations require service authorization.

For individuals 21 and over Medicaid does limit the service that can be received, as follows

<table>
<thead>
<tr>
<th>Service</th>
<th>Limits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chiropractic manipulation</td>
<td>12 visits per year</td>
</tr>
<tr>
<td>Chiropractic X-Rays</td>
<td>2 per year</td>
</tr>
<tr>
<td>Occupational Therapy</td>
<td>20 visits per year</td>
</tr>
<tr>
<td>Occupational therapy evaluation</td>
<td>1 per year</td>
</tr>
<tr>
<td>Psychological evaluation</td>
<td>1 per year</td>
</tr>
<tr>
<td>Psychological therapy</td>
<td>40 visits per year</td>
</tr>
<tr>
<td>Psychological testing</td>
<td>4 hours per year</td>
</tr>
<tr>
<td>Physical therapy evaluation</td>
<td>1 per year</td>
</tr>
<tr>
<td>Physical therapy</td>
<td>15 visits per year</td>
</tr>
<tr>
<td>Speech evaluation</td>
<td>1 per year</td>
</tr>
<tr>
<td>Speech therapy</td>
<td>30 visits per year</td>
</tr>
<tr>
<td>Vision testing and prescriptions for glasses</td>
<td>Under 21 years of age - 1 exam and 1 pair of glasses per year</td>
</tr>
<tr>
<td></td>
<td>21 and older - 1 exam and 1 pair of glasses every 2 years</td>
</tr>
</tbody>
</table>

Authorizations in excess of the above limits may be granted by the Medicaid Utilization Staff when medically necessary. If the recipient is over their allowed amounts of the above services, a prior authorization is required.
What if my Doctor tells me I need to go out of State for Medical Care?

- You must get approval from Medicaid each time before you go to the doctor outside of North Dakota.
- Medicaid can only pay for services for which you have received this approval.
- If it is a medical emergency, your doctor may need to send you out of North Dakota immediately, your doctor will need to call Medicaid within 48 hours.
- If you are going to a doctor within 50 miles of North Dakota, you don’t need an approval.

To get approval, your doctor will need to send Medicaid the following things:

- The out of state services request form.
- A request from a North Dakota specialist.
- Medical records about your health.

Getting approval will take 2-3 weeks unless it is medically urgent. Make sure the request gets to Medicaid at least 3 weeks before your appointment.

- If your doctor’s office has any questions about this, they can call Medicaid.

If you need help with the trip out of state, call your county worker.

- They may be able to help arrange your travel, meals and lodging.
- Your worker must wait until they get approval from Medicaid before they can help you.
- Medicaid cannot reimburse you.
- These costs must be approved by the county and billed by a ND Medicaid provider.

If you have any questions, contact us at 701-328-2159 or (Fax) 701-328-0376.
Health Tracks

What is Health Tracks?
Health Tracks is a free preventive health-screening service offered to individuals enrolled in Medicaid which will now include the Optional Children’s Group formerly known as Healthy Steps.

Who may be eligible?
Children ages 0 to age 21 who are enrolled in Medicaid.

What happens during a Health Tracks screening?
During your visit you may receive a:
- Childhood immunization
- Dental Screening
- Developmental Screening
- Hearing Screening
- Lead Screening
- Mental health screening
- Physical examination including a health history
- Vision Screening

What happens after a Health Tracks Screening?
Referrals may be made for further diagnosis and treatment services:
- Childhood immunizations if not given during the screening
- Counseling
- Dental Care
- Developmental Tests
- Hearing Care
- Vision Care
- Lab Tests
- Prescription Drugs
- Orthodontic treatment (braces for teeth)
- Other specialty care if needed

How can I receive these services?
Simply contact your local county social service office or local public health unit. They will help you to schedule a Health Tracks appointment.

For more information call 1-800-755-2604.
Emergency Room & Ambulance Services

Emergency Room Services

When should I seek services from a hospital emergency room?
When you have an emergency medical condition, go to the nearest doctor or hospital. An emergency medical condition is a condition that could result in serious harm or would place your health in danger.

If you are pregnant this includes your health and your unborn child.

Do I need a referral or prior authorization for an emergency medical condition?
You do not need referral or prior authorization for an emergency medical condition. If you need emergency care, go to the nearest doctor or hospital.

What is urgent care?
Urgent care is medical service for an illness or injury that is not life threatening however requires medical attention immediately. Examples of Urgent care may include: colds, sore throat, and minor injuries. Urgent care clinics (or walk-in clinics) may be an option for an urgent care condition when your regular primary care provider (or another provider in their office) is unable to offer a timely appointment or if the illness/injury occurs outside of regular office hours.

Walk-In Clinics (Urgent Care/After-Hours/Convenience Clinics):
Walk-in clinics are “exempt” from Primary Care Provider (PCP) referrals only when BOTH of the following conditions are met:

1. The Walk-in clinic must be associated with the PCP’s clinic by having the same Medicaid Provider Identification number as the PCP’s clinic when submitting a claim.
2. The Medical Center/Walk-in clinic has an electronic health record system in which the Walk-in clinic provider is able to access the recipient’s medical records immediately upon assessing the medical recipient.

When both of these apply during the date of service the recipient is seen, a referral is not required. All other providers are allowed 15 working days from the date of the service to obtain a referral (see Retro-Active Referrals).

Urgent care clinics do not replace your PCP. If further follow up care is needed regarding your illness or injury, you should follow up with your PCP.
What is Primary Care?
Primary care includes first contact, comprehensive, and continuing care for all persons. Primary care practitioners are responsible for coordinating other health services as well. This includes referrals for specialty care. You should not go to an emergency room for primary care.

Ambulance Services

When is it appropriate to use an ambulance?
Ambulance services are meant to provide transportation and care when a person has an emergency medical condition.

When are ambulance services covered by Medicaid?
North Dakota Medicaid covers ambulance services provided for an emergency medical condition. For non-emergency medical conditions, other methods of transportation must be used. If you use an ambulance for a non-emergency medical condition, you will be responsible for the ambulance charges.
Medicaid Managed Care (Primary Care Case Management Program (PCCM))

What is Primary Care?

Primary care includes first contact, comprehensive, and continuing care for all persons. Primary Care Providers (PCP) are responsible for coordinating other health services as well. This includes referrals for specialty care. You should not go to an emergency room for primary care.

Did you know that a strong (PCP)-patient relationship is good for your health? You should have your own personal PCP someone who knows you and your health history and understands your health care needs. The PCCM Program makes this possible.

The basic feature of the PCCM Program is to have single PCP to provide your primary care and manage all your health care needs. When you are feeling ill or need to schedule an annual exam, call your PCP’s office. Your PCP will provide health care services. He or she will also refer you, if needed, to other providers who specialize in specific health issues.

When you apply for Medicaid, you must select a PCP for each eligible member of your family who is required to participate in the PCCM Program. If you do not choose a PCP, one will be chosen for you. If you see a provider other than your PCP without first getting a referral from your PCP, you will be responsible for the cost of those medical services.

Interpreter services are available free of charge, at your county social service office, clinics, physician’s office and hospitals. Go to these agencies or medical care providers to better understand Medicaid services in your language.

Who can I choose as my Primary Care Provider (PCP)?

Your PCP may be a Physician, a Physician Assistant or a Nurse Practitioner who specializes in one of the following areas:

- General or Family Practice
- Internal Medicine
- Pediatrics
- Adult Health
- OB/GYN

The following clinics can also be selected as a PCP

- Rural Health Clinic (RHC), Federally Qualified Health Clinic (FQHC), or an Indian Health Services Clinic (IHS)

You must choose a PCP who works in your community. If a PCP is not available in your community, you should select one in your county or in the surrounding area where you live. The PCP you choose could be a health care professional who has cared for you or your family before or who meets your current health needs. If you need help choosing a PCP, a county eligibility worker can tell you the names of providers in your community, county or area. An eligibility worker can only give you information. You are responsible for choosing a PCP. You must notify your local county social service office of your PCP selection. It is important that you contact the provider that you want as your PCP to make sure the provider is accepting new patients.
To help your PCP give you the best health care possible:
1. Tell your PCP about your medical problems
2. Help your PCP get your past medical records.
3. Call ahead for appointments whenever possible.
4. Keep your appointments and be on time. Call your PCP’s office if you are going to be late or can’t keep your appointment.
5. Treat your PCP with respect.

Who must participate in the PCCM Program?
Children (to age 19), families and pregnant women who are eligible for Medicaid are required to enroll in the PCCM Program.

The following individuals are not required to participate:
- Members under age 19 with special needs that are eligible for SSI, or eligible under section1902(e)(3) of the Act or eligible under a maternal child Health Services Block Grant.
- Members enrolled in Medicare
- Members residing in a nursing facility
- Members residing in an Intermediate Care Facility for the Intellectually Disabled
- Members receiving home and community based services
- Members who are disabled
- Members who are blind enrollees
- Members who are 65 years of age or older (beginning with the month they attain age 65)
- Members who are residents of the State Hospital
- Members receiving foster care IV-E and non IV-E
- Members receiving adoption assistance, IV-E and non IV-E
- Members receiving refugee assistance
- Members having retroactive eligibility period
- Members in non IV-E tribal foster care

What services require a referral from your PCP that are paid for by Medicaid?
Services that are paid by Medicaid are explained on page 32 of this booklet. There are many covered services. Services provided by a PCP do not require a referral. While some services require referral before receiving services, many services require no referral.

The following services require a referral from your PCP:
- Ambulatory Surgical Services (outpatient surgery)
- Durable Medical Equipment (wheelchairs, etc.)
- Emergency Service/Follow-up
- Hearing Services (Audiology)
- Home Health Care
- Hospice
- Hospital Services (Inpatient & Outpatient)
- Nutritional Services
- Occupational Therapy
- Oral Surgery (referral from PCP, Orthodontist, or Dentist)
- Physical Therapy
- Physician Services
- Private Duty Nursing Services
- Reconstructive Services (Prior Approval Required)
- Speech Therapy Services
- Transplant Services

NOTE: If you need counseling or referral services which are not covered because of moral or religious objections, contact your county social service agency or the State Medicaid agency for assistance.
Walk-In Clinics (Urgent Care/After-Hours/Convenience Clinics):
Walk-in clinics are “exempt” from Primary Care Provider (PCP) referrals only when BOTH of the following conditions are met:

1. The Walk-in clinic must be associated with the PCP’s clinic by having the same Medicaid Provider Identification number as the PCP’s clinic when submitting a claim.
2. The Medical Center/Walk-in clinic has an electronic health record system in which the Walk-in clinic provider is able to access the recipient’s medical records immediately upon assessing the medical recipient.

When both of these apply during the date of service the recipient is seen, a referral is not required. All other providers are allowed 15 working days from the date of the service to obtain a referral (see Retro-Active Referrals).

Urgent care clinics do not replace your PCP. If further follow up care is needed regarding your illness or injury, you should follow up with your PCP.

Can I change my PCP?
You have the right to request a change to your PCP selection. You must submit your request either in person or in writing to your county social service office.

You may request a change:

- Any time during the first ninety days after your PCP was assigned to you;
- Every twelve months during the annual open enrollment period which is the last sixty days of every twelve-month PCP span, should you choose to change providers during this Open Enrollment period, the change does NOT take effect immediately upon entering the new provider. The effective date of the new provider will be the first of the month following the open enrollment end date.; or
- If you have good cause.
  - Good cause reasons include if you relocate, if you have significant changes in your health that require a PCP with a different specialty, if the PCP relocates, if the PCP refuses to act as your PCP, if you are unable to see your PCP when you need to, or to change to one of the three groups that can be a PCP (FQHC, RHC or IHS).

When a good cause request is made, your county eligibility worker will determine if good cause exists and document the reason and decision. You will be sent a letter informing you of the approved change or denial. Voluntary disenrollment from a PCP is effective the day the request is received.

Requesting a PCP change for past dates to allow for billing and payment of past claims that denied is unacceptable.

Prior to requesting a change in your PCP, you should contact the provider that you want as your PCP to make sure the provider is accepting new patients. If you need a provider that speaks a non-English language, you should also contact the provider you want as your PCP and discuss this need before you choose them as your PCP.
You should always try to see your PCP first for your health care needs. If your PCP is not available or you cannot wait until he or she is available, you may see a colleague or an assistant of your PCP that works in the same facility. Remember, if you need a referral for specialty care, the referral must come from your PCP.

If you request a change in your PCP and the request is denied, you have the right to ask for a fair hearing. This request must be in writing and must be made within 30 days of the decision about your care. Contact your county social service office for specific information on how to request a fair hearing.

What if I need to receive Specialty Services that my PCP cannot provide?
Most health care services (excluding emergency services) received outside of your PCP’s office requires a referral or authorization from your PCP. If you need specialty services, your PCP will authorize (refer) you to see another doctor, hospital, laboratory, or other health care provider. Before you receive specialty services; you must receive a referral from your PCP. Your PCP’s office may be able to help you make an appointment with the specialist. If a referral is not received, before the appointment, you may have to pay for the visit.

Emergency medical services and family planning services do not require a referral from your PCP. Emergency care is covered, if it is for medical conditions which most non-medical people think of as life-threatening, or which could cause death or severe, permanent damage or injury to a person or unborn baby if not treated immediately.

When does a newborn baby need a PCP?
You should notify your eligibility worker and choose a PCP within 2 days of your baby’s birth.

Should my Medicaid PCP and my PCP under my other insurance be the same person?
Yes, you should select the same PCP. Medicaid requires that you follow your private insurance company’s policy.

What are my rights as an enrollee in the PCCM Program?
You have the right to:
• Receive information and instructional materials and the right to request additional information and material.
• Be treated with respect and with due consideration for your dignity and privacy.
• Receive information on available treatment options and alternatives, in a manner appropriate to your condition and ability to understand.
• Participate in decisions regarding your health care, including the right to refuse treatment.
• Be free from any form of restraint or seclusion used as a means of coercion, discipline, convenience or retaliation.
• Request and receive a copy of your medical records, and request they be amended or corrected.
What are my responsibilities as an member in the PCCM Program?

Your responsibilities as a PCCM Program member are:

• Learn and follow PCCM and Medicaid rules.
• Choose your PCP in a timely manner.
• Always contact your PCP first for your non-emergency medical needs.
• Keeping scheduled appointments.
• Cancel scheduled appointments in advance when you cannot keep them.
• Be sure you have a referral before going to a specialist.
• Carrying your North Dakota Medicaid ID Card with you and showing it when you receive health care services.
• Contacting your county social service office about any changes in your case or if you have questions.
• Understand when you should and should not go to the emergency room. If possible, contact your PCP first. Emergency care is covered **only if** it is for a medical emergency. You could be responsible for paying for non-emergency services received in a hospital emergency room.

How do I get more information?

More information about the PCCM Program can be found on our website: [http://www.nd.gov/dhs/services/medicalserv/medicaid/managedcare.html](http://www.nd.gov/dhs/services/medicalserv/medicaid/managedcare.html) or contact your local county social service office.
Medicare Savings Program

What is the Medicare Savings Program?
The Medicare Savings Program assists with Medicare costs for individuals with limited income and assets. You could save more than $1,000 a year on medical insurance. The amount of money you save can vary depending on the amount of your income.

What Medicare costs can the Medicare Savings Program Pay?
This program can pay your:
- Monthly Medicare Part B Premium and the annual deductible
- Medicare co-insurance costs (20% of approved charges for doctors’ services Medicare does not pay)
- Medicare hospital deductible
- Monthly Medicare Part A Premiums (hospital insurance) if you do not receive Part A free of charge

Eligibility for the Medicare Savings Program automatically deems individuals to be eligible for the extra help with Medicare Drug Plans.

Who may be eligible?
Individuals who have Medicare Part A and/or Part B coverage may be eligible.

What are the income and asset limits?
Monthly income from wages, social security, pensions, veteran’s benefits or other sources must be less than the current income level. Only a portion of your wage is counted. Income levels change each year. Contact your local county social service office for the current levels.

Your savings and other assets (do not count one vehicle, your home, clothing or household goods) must have a value of less than Medicare Part D Low Income Subsidy asset levels in the year you apply. For current values, contact your local county social service office.
Optional Children’s Group

This category is formerly known as Healthy Steps. Effective January 1, 2020 refer to Medicaid Services and Limits section of the Guidebook.

Who May Be Eligible?

- Children under age 19 (including the month the child turns 19).
- Children who do not have health insurance.
Medicaid Estate Recovery

What is Medicaid estate recovery?
State and federal law requires the Department of Human Services to make claims against the estate of some Medicaid recipients. A claim will be made against the estate of: (1) any recipient who was age 55 or older when the Medicaid benefits were provided; (2) any recipient who has been permanently institutionalized and received services, regardless of age; or (3) against the estate of a spouse of any Medicaid recipient who was age 55 or older or permanently institutionalized when the Medicaid benefits were provided. The claim is for the amount of Medicaid benefits issued to a person age 55 or older or if permanently institutionalized. State law controls the distribution of a decedent’s estate. It limits the kind of claims that can be paid before any Medicaid claim. Funeral expenses are limited. A claim is not made if the only Medicaid benefit provided was help with “Medicare costs sharing” provided on or after January 1, 2010. Assets under BIA jurisdiction are not subject to recover. Assets under tribal jurisdiction are subject to recover only if permitted by tribal law. Estate recovery may take place in a court case, or may be done more informally by collecting funds and property that belonged to the person who died. If you want to dis-enroll from Medicaid coverage because of this, please contact your local county social service office. You can find county information in this guidebook on the County Social Service Offices page.

Effective August 1, 2015, the department CANNOT file a claim against the estate to recover payments made on behalf of recipients who received coverage through a private carrier. Individuals eligible under the Medicaid Expansion coverage receive their coverage through a private carrier.

What if there is a surviving spouse or children?
No claim for Medicaid benefits correctly issued must be paid during the lifetime of a Medicaid recipient’s surviving spouse or while the recipient’s surviving child is under age 21 or blind or disabled.

What if the decedent leaves a will?
A decedent’s estate must first pay the decedent’s debts. A will does not change that. Unless an estate has sufficient cash to pay all claims, estate property is sold to pay the claims. Family members can purchase estate property at fair market value.

Can funeral expenses be paid from an estate?
Starting August 1, 2019 Applicants applying for Medicaid coverage will need to set up an irrevocable burial if they chose to set aside an amount for burial. Prior to August 1, 2019, an applicant for Medicaid benefits may designate up to $9,000, which would include $3,000 of their Medicaid benefits asset limit and a $6,000 pre-need funeral service set-aside, along with any earnings on the designated funds to be used for funeral expenses. If there are no funds designated for funeral expenses, the estate can spend no more than $3,000 to meet the expenses. Any funds designated for funeral expenses must be reported to the county social service office before the recipient’s death.

Family and friends may use their own money to help pay for the funeral expenses. Additional amounts may not be paid from assets in the decedent’s estate before Medicaid claims are paid in full.
What other claims can be paid before the Medicaid claim is paid?
The decedent’s estate can pay funeral expenses, expenses of the sickness or condition that caused the decedent’s death, the necessary and reasonable costs of administration, certain other assistance claims, and claims on behalf of the state hospital. The Medicaid claims must then be paid in full before other creditors or claims can be paid.

What if an account is payable to someone else at the decedent’s death?
Unless all estate claims are paid in full, money a decedent left in a joint account, an “in trust for” (ITF) account, or any other payable on death (POD) account must be made available to pay claims and costs of probate. If the money was properly designated as a deposit for funeral expenses, the money can be used for that purpose.

How is a Medicaid claim made?
If a decedent leaves only cash and limited personal property, the county social service board or the Department of Human Services will usually collect the amount that must be paid for Medicaid claims using an Affidavit for Collection of Personal Property. Sometimes family members will be asked to help sell personal property that is worth the cost of probate, or if there is some other reason a probate is necessary, the person named in a will or some other family member can be appointed personal representative and properly distribute the decedent’s estate. Attorney fee and other reasonable costs of administration can be paid from the estate. The county social service office will usually initiate probate only if there is no family member willing or able to do so.

What should I do if I need help reviewing this information?
This brochure provides only general information about estates and Medicaid claims. If you have questions about probate or wills, or if you are the personal representative for an estate, please ask your private attorney. If you need assistance in reviewing this brochure, contact your county social service office.
Aid To The Blind-Remedial Program

What is Aid to the Blind-Remedial Program?
The Aid to the Blind-Remedial (AB-R) Program meets treatment needs of individuals who are in danger of losing their vision or require restorative eye services. This program is for short duration and not intended as a maintenance program.

Who may be eligible?
AB-R is available only for those people who are over age 21 and under age 65 and are not eligible for Medicaid and:

- Have a sight-threatening disease (retinal detachment, hyper-mature cataract, etc.) regardless of the vision in the other eye; and
- Require elective remedial eye therapy, where the better eye is less than 20.50, best corrected, visual acuity.

What are the income and assets levels?
Income and assets levels for AB-R are the same as Medicaid. (See the Medicaid Program section for more information.)

What services does AB-R cover?
Services provided under AB-R include:

- Examination and treatment provided by an ophthalmologist
- Hospitalization for eye treatment and surgery
- Drugs for treatment of the eyes
- Glasses and artificial eyes, including the services provided by optometrists and optical companies in relation to fitting and dispensing such items

Prior approval is required before receiving recommended treatment unless it is an emergency situation.

Remedial eye care does NOT include treatment of diseases causing impairment or loss of eye sight such as diabetes, high blood pressure, etc. AB-R is not intended to meet the costs of ordinary eye examinations, eyeglasses, physical examinations, or travel and other expenses necessary to receive treatment.
Basic Care Assistance Program

What is Basic Care?
Basic Care helps people who reside in licensed basic care facilities pay for their room and board.

What are the program requirements?
To be eligible an individual must:
• Be 65 years of age or older or 18 years of age or older and disabled or blind
• Be a resident of North Dakota
• Be eligible for Medicaid
• Have income less than the cost of room and board
• Receive an assessment that determines a need for basic care services

Who receives Basic Care Assistance payments?
The payments are made directly to the licensed basic care facility.

What happens if I give away income or assets?
An individual is ineligible if the individual or the spouse gives away assets or income for less than fair market value within 36 months of the date of the application.

What are the rules of the Basic Care Assistance program?
Information must be provided to determine eligibility including but not limited to social security number, citizenship, proof of age, identity, proof of relationship, blindness or disability, and income and assets. All changes in circumstances must be reported.

For more information contact your local county social service office.
What is Child Support?
Child Support (CS) helps children get support from the parent not living in the home (absent parent). The CS program helps:

- Locate the absent parent
- Establish who the father is (paternity)
- Establish or change a child support order
- Establish or change a medical support order
- Enforce a child support order
- Enforce a medical support order

The CS program cannot help with visitation or custody.

How can I get CS services?
- If your family receives Temporary Assistance for Needy Families (TANF) and one parent is not living with the child, your family will automatically be referred to CS for services.
- If your family receives Medicaid and one parent is not living with the child, or the paternity needs to be legally established, your family will automatically be referred to CS for services, only if an adult in the case is requesting Medicaid, or the child is in foster care. However, if the only adult requesting Medicaid is pregnant, then no referral is made to CS for services.
- You can apply for services directly from CS.

Will I need to cooperate with CS?
- If your family receives TANF, you must cooperate with CS in establishing paternity and in establishing and enforcing child support.
- If you and your children receive Medicaid and have been referred to CS, you must cooperate with CS in establishing paternity and in establishing and enforcing medical support. If you are pregnant or only your children receive Medicaid, you do not have to cooperate with CS, but you are encouraged to do so.
- If you are interested in receiving TANF or Medicaid and your cooperation with CS might not be in the best interest of your child (example: domestic violence situation), you may claim ‘good cause.’ If you claim ‘good cause,’ you will need to provide additional information so ‘good cause’ can be established.

What do I have to do to cooperate?
You will be asked to cooperate in different ways. You will need to work with CS to the best of your ability in whatever they ask you to do. For example, CS may require you to complete forms about your family and the absent parent. If paternity needs to be established, you may need to meet with CS to provide necessary information and have genetic tests.

What if I do not know where the absent parent is living or working?
CS may be able to help. CS has access to many records, including unemployment, motor vehicle, driver’s license, credit bureau, and state and federal tax records. There are laws that require employers to report newly hired employees to CS. CS also works with the federal Office of Child Support Enforcement to find the absent parent.
What if I am not sure who the father of my child is?
A genetic test will be performed and is very accurate. Genetic test is sometimes called DNA test.

Is it important to legally establish paternity?
Yes. Legally establishing paternity provides a child certain legal rights. Legal rights can include establishment of a child support order, access to family medical history, insurance coverage, disability or survivor's benefits, and inheritance rights.

Do I have to go court to legally establish paternity?
There are ways to establish paternity without going to court. If the mother and the father agree he is the father, both parents can sign SFN 8195 - North Dakota Acknowledgment of Paternity form to establish paternity. You should talk with CS about your specific situation.

What will the absent parent be ordered to pay?
The amount of the child support the absent parent will be ordered to pay depends on the financial situation of the absent parent. CS will gather information the court needs and will recommend to the court how much the absent parent should pay. The court makes the final decision about how much the absent parent will be ordered to pay. There are guidelines that CS and the courts must follow. The court may also order health insurance for the children.

What if the absent parent refuses to pay child support?
CS can help collect child support that has been ordered. The most common way to collect is to require the absent parent’s employer to withhold the support from the absent parent’s paycheck. Another common way to collect past-due child support is to take the absent parent’s federal or state tax refund.

What if the absent parent refuses to get health insurance for my child?
CS can help get health insurance that has been ordered. The most common way to get a child enrolled in health insurance is to require the absent parent’s employer to enroll the child in health insurance that is available through employment.

How can I get more information about CS?
Call: 701-328-5440 or 1-800-231-4255
TTY 711

Visit: www.childsupportnd.com

Email: childsupportcse@nd.gov

Mail: Child Support
PO Box 7190
Bismarck ND 58507-7190

State Disbursement Unit (payments only)
PO Box 7280
Bismarck ND 58507-7280
Quality Control

What is Quality Control?
Quality Control reviews Economic Assistance programs. Cases are randomly selected each month for review. These reviews are done to make sure that:
- Individuals who receive benefits are eligible for them
- Individuals who are eligible are not denied benefits
- Individuals receive the correct amount of benefits

How will this affect me?
If you are a SNAP recipient and your case is chosen, you will be informed by mail. Your file will be reviewed, and an interview will be required. SNAP is the only program with these requirements. The reviewer will ask you to bring information to verify your eligibility. This may include:
- Bank statements
- Income verifications
- Medical expenses
- Rent receipts
- Social Security cards

The reviewer will also ask for your written consent to contact others for information needed to complete the review.

What happens if I do not cooperate?
You may lose your benefits if you do not cooperate with Quality Control.
Civil Rights

What is the policy of the Department of Human Services (DHS)?
DHS makes available all services and assistance without regard to race, color, religion, national origin, age, sex, disability, political beliefs, or status with respect to marriage or public assistance. Persons who contract with or receive funds to provide services for DHS must follow these laws.

The policies of DHS also require that:
• You be given the chance to apply for assistance and/or services, or both.
• The same eligibility standards applied to you as others in similar situations.

In accordance with Federal law and U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS) policy, ND DHS is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, religion or political beliefs.

What do I do if someone has discriminated against me?
You may file a written complaint using the SFN143 - Civil Rights Complaint Form on the following page if you believe you have been discriminated against because of race, color, religion, national origin, age, sex, disability or status with respect to marriage or public assistance, in accordance with Title VI of the Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Americans with Disabilities Act and the North Dakota Human Rights Act, or if you believe you have been discriminated against because of your political beliefs, in violation of USDA policy.

Where do I file a complaint?
Written complaints can be filed with your local county social service office or any of the following:

Program Civil Rights Office
North Dakota Department of Human Services
Legal Advisory Unit
600 E. Boulevard Avenue, Department 325
Bismarck, ND 58505-0250
701-328-2311
TTY 800-366-6888
Fax 701-328-2173

U.S. Department of Health & Human Services
Office for Civil Rights
200 Independence Avenue SW
HHH Building, Room 509-F
Washington, DC 20201
202-619-0403
TTY 800-537-7697
Fax 202-619-3437

*U.S. Department of Agriculture
Office of Adjudication
1400 Independence Avenue SW
Washington, DC 20250-9410
866-632-9992
Fax 202-690-7442
TTY 800-877-8339
Email: program.intake@usda.gov
State and local agencies are required to comply with the ND Human Rights Law that includes “status with respect to marriage or public assistance”. However, federal agencies are not required to investigate complaints related to the ND Human Rights Laws.

**When should I file a complaint?**
The complaint must be filed within 180 days of the incident. Include in your complaint the nature of the discrimination; where and when it took place; who discriminated against you; and all other important facts. Remember to date the form and sign your name.

**What happens when I file a complaint with the ND DHS Program Civil Rights Office?**
The Program Civil Rights Office will determine if the nature of the complaint is within its jurisdiction. If it is, an investigation will be conducted and you will know the outcome of the complaint within 60 business days of when it was filed. If it is not, you will receive a letter. If you file your complaint with another agency, they will notify you accordingly.
Individual or Organization Against Whom the Complaint is Made:

Basis of the Discrimination (check all that apply):

- [ ] Race
- [ ] Age
- [ ] Religion
- [ ] National Origin
- [ ] Political Beliefs
- [ ] Color
- [ ] Sex
- [ ] Disability
- [ ] Status with Respect to Marriage or Public Assistance

Reason for complaint: (Describe in detail when, where, and how the alleged discrimination occurred.) Attach additional sheets, if needed.

Signature: ____________________________ Date: ____________

Name (print): __________________________ Telephone Number: __________________________

Address: ____________________________ City: ____________ State: ____________ ZIP Code: ____________

Send to: Program Civil Rights Office
North Dakota Department of Human Services, Legal Advisory Unit
600 E. Boulevard Avenue, Department 325
Bismarck, ND 58505-0250
701-328-2311
TTY 1-800-366-6888; FAX 701-328-2173
What is LIHEAP?
The purpose of the Low Income Home Energy Assistance Program (LIHEAP) is to provide home energy assistance to eligible low income households. The North Dakota Department of Human Services and the County Social Service Boards administer the LIHEAP program. Services that are available through LIHEAP are explained within this guidebook.

Who may be eligible?
You may be eligible if you meet the income limitations of the program and are responsible for paying your home heating costs. The total adjusted income of all persons living in the household must be counted. There are deductions for allowable expenses such as child care, child support, medical expenses and 27% income deductions on earned income. Contact your local county social service office for any questions relating to eligibility requirements or allowable deductions as these may change with each heating season.

Who should apply?
- Households who buy their home heating fuel (fuel oil, propane, natural gas, electricity, wood, coal, and kerosene) from a fuel vendor or utility company,
- Households whose rent payments include the cost of heating, if you do not receive a heat subsidy,
- Households who need assistance with non-repairable furnaces,
- Household whose fuel costs are high due to the age or condition of home,
- Households who have difficulty paying fuel bills due to other rising costs and are in danger of losing their heating source.

How do I apply?
Apply for LIHEAP at your local county social service office. Applications are accepted from October 1 - May 31 of each heating season, or until program funds are used up. You must re-apply each heating season. You can also obtain an application from your local Community Action Agency and various other agencies in your area.

If you need help applying for assistance, the county social service office, a friend or a relative can assist you in completing the application.

NOTE: The county social service office cannot approve your application unless it is signed and you have given them proof of your income and heating costs. Verifications must be received within 30 days. Any deductions for medical expenses, child care or child support must also be verified within 30 days to be allowed.

What happens after I apply?
You will be notified of a decision on your application within 45 days from the date your local county social service office receives your signed application.
What services are available, and how are the services paid?

1. **Heating**: LIHEAP can pay for a portion of home heating costs incurred in any month (between October and May) for which you are determined eligible. You cannot use LIHEAP benefits to “stockpile” extra fuel by filling storage tanks that are not connected to your furnace. The amount of the benefits depends on your income, the type and size of your home, and the type of fuel used to heat your home.

   There are three different methods of payments.
   - **Payments directly to a fuel vendor** - If you buy your fuel from a fuel vendor or utility company, your bill will be sent by the vendor directly to the state LIHEAP office, and the payment will be returned directly to your fuel vendor or utility company.
   - **Reimbursements to household** - If eligible, you can be reimbursed if you have already paid the fuel vendor for heating costs incurred during any eligible month.
   - **Renter payments** - If your heating costs are included in your rent and you do not receive a rent subsidy, a payment will be made directly to you each month that you are eligible.

2. **Weatherization**: The weatherization program helps low income people make their homes and apartments energy efficient. Weatherization seals a home to keep warm air in and cold air out during the winter. Weatherization services are performed by skilled crews from one of the seven Community Action Agencies after conducting an energy audit of the home to determine what types of weatherization services are needed. The weatherization program is funded by LIHEAP. If you are eligible for LIHEAP, there is no charge for the weatherization program.

3. **Furnace and Chimney Cleaning**: Benefits can be paid to clean the furnace of a LIHEAP eligible household. If you are a renter, check with your county office regarding this service. An additional payment may be allowed for chimney cleaning when necessary for safety. Contact your local county social service office for maximum amounts allowed for these services. **Prior authorization by the county social service office is required.**

4. **Emergency Assistance**: LIHEAP funds are available when there is a home energy emergency that may threaten the life of your family. Emergency Assistance applications are accepted year-round. Contact your local county social service office. **Households in need of Emergency Assistance are encouraged to submit requests before a shut off or other emergency has occurred.**

   Appropriate community and personal resources and personal liquid assets are to be considered before Emergency Assistance is approved.

   Emergency services may include the following:

   - **Fuel**: Payments to assist with your co-payment when you have unusual expenses or income changes.
   - **Furnace Replacements**: Payments for the cost of a furnace for an eligible individual home owner or eligible renter with verifiable responsibility for the maintenance of their furnace. You must look for other sources to pay for the furnace replacement before requesting assistance.
from LIHEAP. County social service offices refer eligible households that need a furnace replaced to an area Community Action Agency.

Replacement is considered only when furnaces are: A) unsafe, B) not operable, C) or cannot be repaired. Clients may be required to share in the cost of the new furnace. THIS SERVICE MUST BE PRE-AUTHORIZED.

► **Consumer Goods**: Payments to purchase or rent supplemental heating or cooling devices, or to provide temporary shelter outside their home when an emergency occurs.

► **Minor energy related home repairs**: Minor repairs to a home or heating plant can be provided only if the weatherization services cannot be provided. **Contact your eligibility worker prior to making minor repairs. THIS SERVICE MUST BE PRE-AUTHORIZED.**

► **Electric Utilities**: Primary responsibility for emergency payment for electric utilities (lights only) will be assumed by Energy Share through the Community Action Agency in your region except when the household’s main source of heat is electricity. Emergency payment for electric utilities in homes heated by electricity will be assumed by LIHEAP. LIHEAP cannot issue electric utility payments under any circumstances for persons who do not meet the program requirements. **Contact your eligibility worker for details regarding assistance with electric utilities.**

► **Cooling Devices**: A temporary cooling program may be implemented in the event of unusual cooling needs due to weather abnormalities, if there are funds available after the regular heating season. Cooling devices are available for eligible recipients who are most vulnerable to heat related illnesses.

► **Energy Cost Reduction Devices**: If you heat with electricity, consider installing a separate meter for heat, a backup heating system or a “Demand Controlling Device” so you can qualify for much lower electric heating rates. Funds are sometimes available to help with some installation costs. Ask for more information at your local county social service office or your electric utility company.
What is the WIC Program?
The North Dakota Women, Infant and Children (WIC) program offers healthy food for proper growth and development and helps families choose healthier ways of eating.

WIC gives you good foods to help you provide the best possible start for your child to grow up healthy. Foods such as fruits, vegetables, milk, whole grains, eggs, peanut butter, cereal, formula and baby food are made available for your family. But that’s not all. The WIC Program also provides nutrition and health information, as well as referrals to other services for pregnant and breastfeeding women, new moms, infants, and children to age 5.

For more information, contact your local WIC office or visit www.ndhealth.gov/wic

Who may be eligible to receive WIC?
The WIC program is for families with at least one child younger than age 5, pregnant women who meet the eligibility requirements, breastfeeding women and women who have recently had a baby. WIC is available in all counties in North Dakota. If you are a mother, father, grandparent, foster parent or other legal guardian of a child younger than 5, you can apply for WIC.

What are the Income Limits?
Your family’s income, before taxes, must be below the income level, which is based on the poverty level. Income levels may change each year. Visit the WIC website or contact the local WIC office for the current income levels.

Note: If you receive Medicaid, TANF, SNAP (food stamps), or Healthy Steps, you are income eligible for WIC even if your income is above these guidelines.

How do I apply for WIC?
To apply, contact your local WIC office. To find the clinic location nearest you, look in the phone book under WIC or Public Health. You can also call the state WIC Program toll free at 1-800-472-2286.
Family Planning Program

What is Family Planning?
Family planning helps you decide the number of children you want and when you want to have them. It is a decision for you and your partner to make together.

Who can use services at a Family Planning clinic?
Family planning services are available regardless of age, gender, race, nationality, religion, sexual preference, disability or ability to pay.

Why have Family Planning clinics?
- To help individuals who have health needs
- To help individuals prepare for and plan pregnancies
- To support healthier relationships
- To promote healthier communities

What is the cost of services at a Family Planning clinic?
Individuals are charged for services according to their household income and family size. Private pay, insurance, Medicaid, Medicare and donations are accepted.

What services are available at a Family Planning clinic?
- Individuals may receive education and information about:
  - All birth control methods, including abstinence and natural family planning
  - How to use the Birth Control Method of their choice
  - “Safer-sex” practices
  - Sexually-transmitted diseases (STD)
  - HIV/AIDS
- Individuals may receive:
  - Blood Pressure
  - Height & Weight
  - Urinalysis
  - Sexually-transmitted diseases (STD) testing and treatment
  - HIV/AIDS testing
  - Papsmear

- Health promotion
- Pregnancy
- Nutrition
- Fertility
- Sterilization procedures
- Breast self-exam
- Testicular self-exam
- Physical examination
- Lab work
- Breast exam
- Testicular exam
- Breast self-exam
- Testicular self-exam

- A birth control method that best meets their needs.
- Basic fertility services, along with appropriate referrals.
- Pregnancy testing.
- Basic genetic counseling and referral for genetic evaluation.
- Emergency contraception.
North Dakota Family Planning Clinics

Custer Family Planning Center
549 Airport
Bismarck, ND 58504  (701) 255-3535

*Fort Yates  (701) 255-3535

Community Action Partnership
Family Planning Program
202 E. Villard
Dickinson, ND 58601  (701) 227-0131

*Scranton  (701) 227-0131

Lake Region Family Planning Program
Ramsey County Courthouse
524 Fourth Ave. NE Unit #9
Devils Lake, ND 58301  (701) 662-7046

*Rugby  (701) 776-6937
*Spirit Lake Nation  (701) 776-1251

Fargo Cass Public Health Family Planning Program
413 Third Ave. N
Fargo, ND 58102  (701) 241-1383

Upper Missouri District Health Unit
Family Planning Program
110 W Broadway, Suite 101

Williston, ND 58801  (701) 774-6400

*Crosby  (701) 965-6813
*Stanley  (701) 628-2951
*Watford City  (701) 444-3449

Valley Health and WIC
1551 28th Ave. S
Grand Forks, ND 58102  (701) 775-4251

*Grafton  (701) 352-5139

Central Valley Family Planning Program
122 2nd St. NW
Jamestown, ND 58401  (701) 252-8130

*Valley City Courthouse  (701) 252-8130
*Valley City State University  (701) 845-7212

First District Health Unit Family Planning Program
801 11th Ave. SW, PO Box 1268
Minot, ND 58702  (701) 852-1376

Richland County Family Planning Program
413 Third Ave. N
Wahpeton, ND 58075  (701) 642-7735

*Lisbon  (701) 683-6145

All Services are Strictly Confidential!
For more information, contact the agency nearest you, visit www.ndhealth.gov/family-planning or call (800) 472-2286 (toll free). *Satellite clinics
Community Resources

Your local county social service office provides information and referral services. Following are examples of programs and services available to help your family. Let your local county social service office know if you are interested in any of the programs or services. Asking for information does not require you to be referred or to participate. Not all programs or services are available every-where in the state.

Programs to help elderly stay in their home
- Homemaker/ Home Health Aid Services
- Meals on Wheel/ Senior Meals
- Senior Companion Programs

Programs to find child care or help pay child care
- Child Care Assistance Program
- Child Care Resource and Referral Service
- Tribal Child Care Assistance Program

Children/Youth Programs
- County and Tribal Social Services
- Head Start/Early Head Start Program
- Free and Reduced School Lunch Program
- Developmental Disabilities
- Salvation Army (After school and summer programs)

Agencies that offer individual, family, marital or credit counseling
- Catholic Family Services
- Indian Health Services - Mental Health
- Lutheran Social Services
- Mental Health Association
  Statewide information, referral and crisis intervention service.
- Red Cross - Disaster Counseling
- Regional Human Service Centers
- Village Family Service Center
- Veteran’s Administration
- Tribal Treatment Programs

Programs to help you get a job
- Experience Works
- Job Service
- Vocational Rehabilitation
- Tribal Native Employment Works

Programs to help families without income
- Bureau of Indian Affairs/Tribal General Assistance
- Social Security Administration (disability benefits, survivors’ benefits, retirement benefits)
- Temporary Assistance for Needy Families (TANF)
- Unemployment Benefits
- Veterans Administration
- Workforce Safety and Insurance
Programs to help your family to get food or to buy food
• Community Action Program (CAP)
• Commodities - Tribal Food Distribution
• Family Nutrition Education Program
• Supplemental Nutrition Assistance Program (SNAP)
• Food Pantry
• Salvation Army
• Women Infant & Children (WIC)

Programs to assist homeless families or help with shelter costs
• Homeless Shelter or Safe House
• Housing Assistance Program (HAP)
• Energy Assistance Program (LIHEAP)
• North Dakota Fair Housing Council - discrimination or grievance concerns

Health Coverage and Insurance Programs for Children and Adults
• Caring Program for Children - Insurance
• Children’s Special Health Services (formerly Crippled Children’s Fund)
• Easter Seals
• Health Tracks - Preventative Health Screening
• Indian Health Services
• March of Dimes
• Medicaid - Medical Coverage
• Planned Parenthood - Women’s health and birth control information
• Public District Health Services
• SHIC - State Health Insurance Counselors 1-888-575-6611
• State Hospital
• Veteran’s Administration
• Veteran’s Home in Lisbon

Other
• Child Support
• Earned Income Tax Credit - Special tax break
• Legal Services
• Protection and Advocacy - Support individual’s rights
• Telephone Assistance Program - Lifeline/Linkup - Pays for part of phone hook-up and monthly bills
• Translator or Interpreter Services - Assistance for those who have difficulty understanding English
For information on applying for benefits, eligibility or an existing case, contact your local county social services office.

<table>
<thead>
<tr>
<th>County</th>
<th>Address</th>
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<th>Phone</th>
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<tr>
<td>Adams</td>
<td>606 2nd Ave N</td>
<td>Hettinger, ND 58639</td>
<td>567-2967</td>
<td>567-2498</td>
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<td>Agassiz Valley</td>
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<td>• Steele Office</td>
<td>201 Washington Ave</td>
<td>Finley, ND 58230</td>
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<td>636-5221</td>
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<td>• Trail Office</td>
<td>212 W Caledonia Ave</td>
<td>Hillsboro, ND 58045</td>
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<td>Barnes</td>
<td>230 4th St NW Rm 102</td>
<td>Valley City, ND 58072</td>
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<td>Benson</td>
<td>108 4th St E</td>
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<td>Bowman, ND 58623</td>
<td>523-3285</td>
<td>523-5871</td>
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<td>• Eddy</td>
<td>22 9th St S</td>
<td>New Rockford, ND 58256</td>
<td>947-5314</td>
<td>947-2960</td>
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<td>1000 N Central Ave</td>
<td>Carrington, ND 58421</td>
<td>652-2221</td>
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<td>• Wells</td>
<td>600 N Rlwy St N #266</td>
<td>Fessenden, ND 58438</td>
<td>547-3694</td>
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<td>Dakota Central</td>
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<td>• Center Office</td>
<td>115 Main St</td>
<td>Center, ND 58530</td>
<td>462-3381</td>
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<tr>
<td>• McClusky Office</td>
<td>215 E 2nd St</td>
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<td>• Stanton Office</td>
<td>1030 Arthur St</td>
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<td>• Washburn Office</td>
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<td>Dickey</td>
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<td>Dunn</td>
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<td>Emmons</td>
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<tr>
<td>Golden Valley</td>
<td>67 1st St SE</td>
<td>Beach, ND 58621</td>
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<td>872-3141</td>
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<td>872-4122</td>
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<tr>
<td>Grand Forks</td>
<td>151 S 4th Suite 201</td>
<td>Grand Forks, ND 58206</td>
<td>787-8535</td>
<td>772-1426</td>
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For information on applying for benefits, eligibility or an existing case, contact your local county social services office.
<table>
<thead>
<tr>
<th>County</th>
<th>Address</th>
<th>City, State, Zip</th>
<th>Phone</th>
<th>Fax</th>
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<tbody>
<tr>
<td>Grant</td>
<td>106 2nd Ave NE</td>
<td>Carson, ND 58529</td>
<td>622-3706</td>
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<tr>
<td>Griggs</td>
<td>805 Odegard Ave SW</td>
<td>Cooperstown, ND 58425</td>
<td>797-2127</td>
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<td>Hettinger</td>
<td>309 Millionaire Ave</td>
<td>Mott, ND 58646</td>
<td>824-3276</td>
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<td>Kidder</td>
<td>120 E Broadway</td>
<td>Steele, ND 58482</td>
<td>475-2551</td>
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<td>LaMoure</td>
<td>202 4th Ave NE</td>
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<td>Logan</td>
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<td>McHenry</td>
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<td>McIntosh</td>
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<td>McKenzie</td>
<td>201 5th St NW, Suite 790</td>
<td>Watford City, ND 58854</td>
<td>444-3661</td>
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<td>Morton</td>
<td>210 2nd Ave NW</td>
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<td>667-3395</td>
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<td>Mountrail</td>
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<td>628-2925</td>
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<td>Nelson</td>
<td>210 B Ave West, Suite 104</td>
<td>Lakota, ND 58344</td>
<td>247-2945</td>
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<tr>
<td>Pembina</td>
<td>300 Boundary Rd W #3</td>
<td>Cavalier, ND 58220</td>
<td>265-8441</td>
<td>265-8058</td>
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<tr>
<td>Pierce</td>
<td>240 2nd St. SE, Suite 2</td>
<td>Rugby, ND 58368</td>
<td>776-5818</td>
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<td>Ramsey</td>
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<td>Ransom</td>
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<td>Renville</td>
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<td>Richland</td>
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<td>Wahpeton, ND 58075</td>
<td>642-7751</td>
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<tr>
<td>Rolette</td>
<td>212 2nd Ave NE</td>
<td>Rolla, ND 58367</td>
<td>477-3141</td>
<td>477-5979</td>
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<tr>
<td>Sargent</td>
<td>355 Main St S, Suite 7</td>
<td>Forman, ND 58032</td>
<td>724-6241</td>
<td>724-3323</td>
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<tr>
<td>Sioux</td>
<td>105 N Agency Ave</td>
<td>Fort Yates, ND 58538</td>
<td>854-3821</td>
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<tr>
<td>Slope</td>
<td>104 1st NW Suite 8</td>
<td>Bowman, ND 58623</td>
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<td>Stark</td>
<td>664 12th St W</td>
<td>Dickinson, ND 58601</td>
<td>456-7675</td>
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<td>Stutsman</td>
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<td>Jamestown, ND 58402</td>
<td>952-6868</td>
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<tr>
<td>Towner</td>
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<td>Cando, ND 58324</td>
<td>968-4355</td>
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<tr>
<td>Walsh</td>
<td>516 Cooper Ave</td>
<td>Grafton, ND 58237</td>
<td>352-5111</td>
<td>352-5060</td>
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<tr>
<td>Ward</td>
<td>225 3rd St SE</td>
<td>Minot, ND 58702</td>
<td>852-3552</td>
<td>857-0756</td>
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<tr>
<td>Williams</td>
<td>110 W Broadway, Suite 202</td>
<td>Williston, ND 58801</td>
<td>774-6300</td>
<td>572-9794</td>
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</table>
The North Dakota Department of Human Services operates eight regional human service centers. Each serves a multi-county area, providing counseling and mental health services, substance abuse treatment, services for people with disabilities, and other related social services. No one is refused services because of inability to pay. Fees are adjusted for income and household size (number of dependents). Insurance is accepted, if available.

**Core Services Provided in Each Region**

**Aging Services**
- Services to protect vulnerable people from self neglect or financial exploitation or abuse
- Long term care ombudsman services to help people in nursing homes and basic care and assisted living facilities to resolve care concerns

**Developmental Disabilities Services**
- Case management of people with mental retardation or developmental disabilities.
- Day support services that focus on physical recreational, and personal care, community integration skills, job readiness skills and supervision for health and safety purposes

**Vocational Rehabilitation (VR)**
- Determining eligibility for VR Services
- Determining vocational rehabilitation needs
- Counseling/guidance
- Information and referral
- Job related services
- Vision services for people who have difficulty seeing.

**Child Welfare Service**
- Supervision of county child care licensing and county child abuse and neglect related services
- Clinical mental health or substance abuse services if appropriate

**Children’s Mental Health**
- Care coordination
- Acute clinical therapy and treatment services
- Case aide services

- Family caregiver program to help family members caring for frail elderly or disabled individuals, and to help grandparents caring for grandchildren
- Licensing of adult family foster care providers

- Extended (long term) support provided by job coaches to help sustain employment of individuals with developmental disabilities
- Infant development therapy and support services for children at risk of or experiencing developmental delays

- Supported employment services for working people with disabilities
- Services to help employers to meet the needs of employees or customers with disabilities and to comply with the Americans with Disabilities Act (ADA)

- Psychological assessments of parental strengths and needs

- Crisis residential/safe beds
- Flexible funding to meet unique needs of children
Adult Mental Health
Services for individuals with **serious chronic conditions**
- Extended care coordination
- Case aides
- Residential services
- Community support services
- Medical management
- Acute clinical services as appropriate

(Services for people dealing with self-harm or suicide, child abuse and neglect, children in foster care or subsidized adoptive homes who would benefit from clinical services, and people in need of acute psychiatric services)
- Crisis/Emergency call response 24-hour, 7-days per week
- Psychological and clinical evaluations and testing

Psychiatric evaluations
- Therapy for individuals, groups, and families
- Case management
- Medication management
- Crisis residential services
- Short-term hospitalization
- Lab and clinical screening services
- Screening and Referral to the N.D. State Hospital

Substance Abuse Treatment Services
- Care coordination and case aide services
- Addiction evaluation
- Social and medical detoxification
- Low-intensity treatment
- Intensive outpatient treatment
- Day treatment
- Residential services
- Medication and medical monitoring
Regional Human Service Center Contact Information

West Central Human Service Center
1237 W Divide Ave., Suite 5
Bismarck, ND 58501
Phone: (701) 328-8888
Toll Free: (888) 328-2662
Fax: (701) 328-8900
TTY: 711
dhswchsc@nd.gov
Crisis Line: (701) 328-8899 or
Toll Free: (888) 328-2112

Vocational Rehabilitation:
Phone: (701) 328-8800
Toll Free: (888) 862-7342
TTY: 711

Lake Region Human Service Center
200 Hwy 2 SW
Devils Lake, ND 58301
Phone: (701) 665-2200
Toll Free: (888) 607-8610
TTY: 711
Fax: (701) 665-2300
dhslrhsc@nd.gov
Crisis Line: (701) 662-5050 [collect calls accepted]
Toll Free: (888) 607-8610
An outreach office is located in Rolla.

Northeast Human Service Center
151 S 4th Street, Suite 401
Grand Forks, ND 58201
Phone: (701) 795-3000
Toll Free: (888) 256-6742
TTY: 711
Fax: (701) 795-3050
dhsnehsc@nd.gov
Crisis Line: (701) 775-0525 or (800) 845-3731
An outreach office is located in Grafton.

Southwest Human Service Center
2624 9th Avenue S
Fargo, ND 58103
Phone: (701) 298-4500
Toll Free: (888) 342-4900
TTY: 711
Fax: (701) 298-4459
dhssehsc@nd.gov
After Hours Crisis Line:
(701) 298-4500 or
FirstLink 2-1-1 Helpline (888) 342-4900

Northeast Central Human Service Center
1015 S Broadway, Suite 18
Minot, ND 58702
Phone: (701) 857-8500
Fax: (701) 857-8555
TTY: 711
dhsnchsc@nd.gov
Crisis Line: (701) 857-8500 or (888) 470-6968

Northeast Central Human Service Center
1015 S Broadway, Suite 18
Minot, ND 58702
Phone: (701) 857-8500
Fax: (701) 857-8555
TTY: 711
dhsnchsc@nd.gov
Crisis Line: (701) 857-8500 or (888) 470-6968

Vocational Rehabilitation:
Phone: (701) 795-3100
Toll Free: (888) 256-6742
South Central Human Service Center
520 3rd Street NW
Jamestown, ND 58401
Phone: (701) 253-6300
TTY: 711
Fax: (701) 253-6400
dhsschsc@nd.gov
Crisis Line: (701) 253-6304
Outreach offices are located in Valley City

Vocational Rehabilitation:
Phone: (701) 253-6388
Toll Free: (800) 639-6292
TTY: 711

Northwest Human Service Center
P.O. Box 1266
316 2nd Avenue W
Williston, ND 58802
Phone: (701) 774-4600
Toll Free: (800) 231-7724
TTY: 711
Fax: (701) 774-4620
dhswnhsc@nd.gov
Crisis Line: (701) 572-9111 or (800) 231-7724

Vocational Rehabilitation:
Phone: (701) 774-4600
Toll Free: (800) 231-7724
Outreach offices are located in Watford City (by appointment).