

2019

People's Guide to

HEALTH, WELFARE AND OTHER SERVICES

SACRAMENTO COUNTY



Introduction



The Peoples Guide is a partnership between the Sacramento Regional Coalition to End Homelessness [SRCEH], Sacramento Steps Forward, Sacramento Central Labor Council, SacSOS and United Way CA Capital Region. The People’s Guide is a practical self-advocacy information guide and directory on how to get food, income, jobs and training, housing, health and dental care, legal advice, and other important help from local, state and federal programs and community services in Sacramento County. The Guide is not only a self-advocacy guide to these programs, but also gives you advice on what you can do if you are treated unfairly or do not receive what you are entitled to by law.

The Sacramento Regional Coalition to End Homelessness [SRCEH] believes that every person has the right to healthy and nutritious food, healthcare, and safe, decent, accessible and affordable housing.

Sacramento Regional Coalition to End Homelessness: (916) 993-7708 www.srceh.org



2-1-1 Sacramento

2-1-1 is a 24 hour per day, 7 day a week telephone information and referral service. Operators are available in many languages. They can help you find emergency food and shelter, legal and financial assistance, counseling and many other resources.

Dial 2-1-1

TTY line (800) 660-4026

Sacramento County 311 Mobile App: While 211 is for information and referral, 311 can provide emergency information. Get notifications by email, text, cell and landlines in local emergencies. Sign up at www.Sacramento-Alert.org



SacSOS

SRCEH has partnered with SacSOS [www.sacsos.org] to create a People’s Guide “app” for cell phones and computers that will be identical to this print edition. Currently SacSOS is a continuously updated list of free and low-cost resources available to Sacramento residents.

The People’s Guide is based on the long-running publication **The People’s Guide to Welfare, Health & Other Services in Los Angeles County** ©2018-2019 Hunger Action LA

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DISCLAIMER: The Sacramento Regional Coalition to End Homelessness and other contributors to this book are not responsible for the action, conduct, treatment you receive, and/or quality of service of any private (non-government) agencies listed in this book and their staff. Government agencies have their own complaint procedures (see pg.75.)

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Persons Experiencing Homelessness

People experience homelessness in a variety of ways—sometimes in a tent, other times in the home of a friend or family member. In Sacramento, as in most cities, there are not enough emergency shelter beds for every person that is homeless on any given night. In the past, most bouts of homelessness did not extend past a week up to a several months, but this situation may be changing due to Sacramento County's budget problems. If you find yourself homeless without previous preparation, this section will help you until you are able to access shelter or housing. Remember that many who find themselves homeless might not be so different from yourself, so there is a great resource by peer support and advice. A great starting point is a service provider like Loaves & Fishes. You can contact them at (916) 446-0874

2-1-1

If you're homeless and in need of assistance, call 2-1-1 as your first step. Let them know what you need. If you need a phone, there are free phones available. Get help from a shelter or similar agency (see pg 9-11 for shelter, pg 15 for phones.)

Keeping Safe When You're Homeless

Keep from freezing – cardboard is warmer and provides some cushion when sleeping on cement. If you don't have a tent, use a tarp and a sleeping bag. Sometimes sleeping bags, coats and rain gear are available at Loaves & Fishes' Friendship Park at 1 PM by the service center. Friendship Park provides activities, information, restroom facilities and a safe environment while you access services. The center is located at 1321 North C Street.

Fires – Fires can be very dangerous. A propane heater and/or camp stove for keeping warm and for cooking is a safe alternative. If you sleep in a tent, a small candle in an open jar will heat your tent, and the jar will help prevent a fire.

Dumpster Diving – It is illegal to go through residential garbage cans. Some businesses put useful items outside their dumpsters. If someone else is searching a dumpster, let them finish before you start. Be careful with food by checking expiration dates, freshness and ability to decontaminate (such as vegetables and fruits without cuts).

Silent Beacon is a free app for iPhone or Android that allows users to get in touch directly with emergency personnel or loved ones. If you have a smartphone, look for Silent Beacon on the Google play store or iPhone app store.

Homeless Campers Rights

City and County Ordinances make it a misdemeanor offense to camp on public property, including the American River Parkway. Persons found camping in Sacramento can be given a citation, which requires appearance in court and/or payment of a fine.

You have the right to a court trial for an infraction, and the right to a jury trial and a public defender for a misdemeanor. If you plead "not guilty" and request appointment of a public defender, it is unlikely that they will take your case to trial.

You are entitled to receive a "48 hour notice" which will tell you to remove your property or it will be confiscated and stored. If it is not removed within 48 hours, it can be seized and stored, but a second notice must be given telling you where the property has been taken and how it can be reclaimed. If your property is taken and stored without the required notice in County jurisdiction, you have a claim for violation of a settlement agreement. If your property is taken and destroyed, you have the right to file a federal or state complaint for damages for seizure of property without due process.

Sacramento City Code 12.52.030 Unlawful camping – this ordinance makes it against the law to camp on private property for longer than 24 hours and to "store" camping equipment on public property (which could mean setting your camping gear on the ground).

Sacramento County Parks ordinance, 9.36.066.6 Prohibition of Carts in Park Facilities states that "Within the boundaries of the American River Parkway no person shall use a shopping cart, basket that is mounted on wheels or a similar device that is primarily used for the purpose of transporting goods of any kind."

What If I'm Stopped by a Police Officer?

1. Be polite and ask the officer why you are being stopped.
2. Ask "am I under arrest or free to leave?"
3. If not under arrest, say you have business to take care of, wish the officer a good day, and walk away.
4. You do NOT have to identify yourself.
5. Do NOT, under any circumstances, consent to a search of your backpack or belongings.
6. If asked about a nearby backpack that has been left unattended by a friend, do not allow the officer to search it. If the officer believes it is suspicious, say that you will wait for him/her to obtain a search warrant but that you do not consent to them searching it.
7. If the officer makes an arrest, say, "I do not wish to answer any questions until I speak to an attorney."
8. If you are stopped for panhandling: There is no

city ordinance against panhandling. You have a right to ask for money from people in public. In July 2018, a federal judge ordered a halt Thursday to Sacramento's ordinance against aggressive panhandling, saying "this is a direct First Amendment case" involving the free speech rights of individuals seeking donations from passersby.

What If I'm Homeless And I'm In The Hospital?

It is illegal for the hospital to drop you off in the street after your treatment if you are homeless. Hospitals must have a written process for discharging homeless patients. They must ask if you are homeless and help you find available shelter, resources, or treatment that you need. Ask to speak to a social worker prior to your discharge.

If you are taken to a hospital and you or the person who takes you believes it is an emergency, the hospital must screen you for emergency conditions without delaying to ask you about your insurance or ability to pay, or discriminating because you are poor or homeless or of any particular race or color.

If the hospital finds that you do have an emergency condition, they must treat you right away without delay to resolve or stabilize the emergency.

If the hospital doesn't have the necessary equipment or specialists to resolve your condition they must transfer you to a hospital that has the ability to resolve your condition. They must first stabilize you as much as they are able. They must contact the second hospital and send your medical records over to them. The second hospital must agree to accept the transfer and cannot turn you away.

A hospital cannot move you from one county to another for the purpose of getting any kind of health or social services without first getting permission from the agency that provides the services. They cannot just drop you off at an agency without telling you or getting authorization from the agency.

Hospitals must provide you the opportunity to identify a family caregiver who can help with your care after you leave the hospital, and record this information in your medical chart.

The hospital must provide your family caregiver information on the care you need after you are discharged from the hospital, including information about your medications and proper dosing.

When you are discharged the hospital needs to provide you a summary including your diagnosis, pain treatment, medication, allergies, and treatment plan.

If it is expected that you will need long term care, the hospital must provide you at least one referral to an agency that can help you locate a provider of long term care.

These rights are now guaranteed to you under SB 1152 which passed in September 2018:

- Before you are discharged the hospital must document that they have communicated with you about your

medical needs after you are discharged: offered you a meal (unless it is not advised medically); provided you adequate clothing for the weather if you do not have it: provide you with prescriptions if needed, and a supply of necessary medication if available from an onsite pharmacy: and offered you screenings for infectious diseases and any vaccinations that are appropriate for your condition

- The treating physician must offer you a medical screening examination and evaluation, and refer you to an appropriate provider if follow-up behavioral care is needed.
- The hospital must make a good faith effort to contact your health plan if you have one, your primary care provider if you have one, or another appropriate provider.
- The hospital must screen you for eligibility in affordable health insurance and help you enroll if any is found.
- The hospital must offer you transportation to the destination identified
- If you believe the hospital is going to discharge you without adequate preparation, you should complain to the hospitals "Patients Complaint Coordinator" or "Ombudsman "
- To submit a complaint against a health facility or provider: California Health Facility Consumer Information System; <http://hfcis.cdph.ca.gov/LongTermCare/ConsumerComplaint.aspx>

Clinics, Recovery Centers, and HIV/AIDS Programs

El Hogar Guest House Homeless Clinic/Program

1600 Bercut Dr Sacramento, CA 95811 (916) 440-1500 www.elhogarinc.org Walk In Orientations/Screenings: Tuesday and Wednesdays 10:00 and Thursdays 1:00. Serves adults with serious mental illness, persons with mental health and substance use disorders, persons with post-traumatic stress disorder, and those experiencing homelessness.

Wellness and Recovery Center: North- 9719 Lincoln Village Dr, Ste 300. Sacramento 95827 (916) 485-4175 www.consumersselfhelp.org **South-** 700 Franklin Blvd, Ste 200 Sacramento 95823 Laundry, Shower, Community resources, peer support, recreational and social activities, and Drop in Center

Clean and Sober (916) 498-0331 1321 North C St., Sacramento 95811. www.cleanandsobehrc.org. Alcoholism, drug treatment, and recovery center for homeless and disadvantaged individuals.

HIV/AIDS:

AIDS Housing Alliance 7271 Florin Mall Dr., Sacramento 95823 (916) 329-1093: transitional and permanent housing for homeless persons with AIDS

Harm Reduction Services: 2800 Stockton Blvd. Sacramento 95817 www.harmreductionservices.org. Needle exchange, case management for HIV (916) 456-4849

Alternative Test Site Free anonymous HIV testing on Wednesdays: call for location and appointment. (916) 875-6022.

Mental Health Counseling:

Genesis Mental Health Services Program 401 12th St., DeLaney Center (916) 669-1536. Mon., Wed., Thurs. and Fri 8 am-12:45 pm (closed 12-1 pm): Tuesday 8 am-1:30 pm.

www.sacloaves.org/programs/genesis

More listings are in chapters "Low Cost Health Care" pg. 35, "Free & Low Cost Mental Health and Developmental Services" pg. 38, and "Drug and Alcohol Treatment" pg. 41.

What If I'm Homeless and Attend (or Want to Attend) College?

Homeless students going to college in California (UC System, Cal State, or a California Community College) have several programs and resources available to help them succeed.

High School Equivalency Exam (GED) Fee Waiver: A homeless student who wants to take the exam can have their fee waived (at California Community Colleges only.)

Success for Homeless Youth in Higher Education Act (AB801) provides priority registration and designated student liaisons to help with financial aid, Community College Student Financial Aid Outreach Program, and Student Opportunity and Access Program, as well as a fee waiver for enrollment/units (at California Community Colleges only.)

College Cost Reduction and Access Act (H.R. 2669) allows a youth who is 23 or younger to be considered financially independent on the Free Application for Federal Student Aid (FAFSA) if the student was or is an orphan, an emancipated minor, in foster care, in legal guardianship, a ward of the court, or verified as an unaccompanied youth experiencing or at risk of homelessness.

This enables students to submit the FAFSA without their parents' financial information and potentially qualify for additional need-based aid.

Verification that an unaccompanied youth is experiencing homelessness or at risk of experiencing homelessness can be provided by a school district homeless liaison or by certain homeless service providers. If a student cannot obtain verification from those parties, the student should go to their college's financial aid administrator who is required by law to make this determination for the student.

College Student Hunger Relief Act (AB1747) – Campuses should have on-campus CalFresh information and enrollment (see CalFresh chapter pg. 16): on-campus restaurants that will soon begin to accept CalFresh benefits for senior, homeless, or students with disabilities (see CalFresh chapter pg. 16): and on-campus food pantry/kitchens

Student Affairs Case Management: Sacramento State University offers case management for its students facing housing displacement, hunger, financial emergencies and other issues. Call (916) 278-6060

There are homeless liaisons at all California Community Colleges. You can find a list at this website:

<http://cccstudentmentalhealth.org/docs/basic-needs/CCC-Basic-Needs-Survey-List-of-Homeless-Youth-Liaisons.xlsx>

Student Housing: A new law requires Cal State Universities, (and requests that Community Colleges and UC system schools) to give former foster youth and current or former homeless youth priority access to student housing, especially student housing that is available year-round (at no additional cost). The law also requests that each campus create a housing plan for these student groups to ensure they can access housing all year, even during academic breaks.

Shower Access: Community colleges provide homeless students daily access to shower facilities as long as they are enrolled, have paid enrollment fees (or had them waived), and are in good standing (GPA of 2.0 or higher)

Internships/Student Assistant Positions: State agencies must give hiring preference to homeless students and formerly incarcerated youth (up to age 26) for internships and student assistant positions. To receive this benefit you have to tell them you are homeless.

Financial Help

Single individuals : see General Assistance (GA, page 68).

Families: see CalWORKs (pg 52) and also see the information below.

Homeless Assistance for Families

Families experiencing homelessness can self-register for emergency shelter services at :

<https://dhaservices.sacounty.net/efs>

You can access the site through a personal device, or at one of the DHA resource centers, located around the county.

Families will be prioritized for shelter based on vulnerabilities, including the experience of homelessness, and shelter vacancy. No family will be denied shelter services due to household configuration, eligibility for aid, employment or criminal history (except registered sex offenders). Each family will be contacted within three (3) business days of completing the self-registration process and will be offered interim case management until shelter is available. Families who are housed and registered for emergency shelter will be contacted and referred for diversion assistance with the goal of keeping them safely housed in their current living arrangement so homelessness is avoided. Shelters will offer onsite kennels for families that include pets.

On-site computer services and resources to register for shelter services are available at the following DHA locations:

Central: 2700 Fulton Avenue Sacramento, CA 95821

North: 5747 Watt Avenue North Highlands, CA 95660
or 3960 Research Drive Sacramento, CA 95838

East: 10013 Folsom Blvd Rancho Cordova, CA 95827

South: 2450 Florin Road Sacramento, CA 95822
or 210 North Lincoln Way Galt, CA 95632

If your family is homeless, or has received a notice to pay or quit, the Department of Human Assistance (DHA) can give you money for temporary shelter and to help with move-in costs to a permanent home. See page 78 for office locations.

The money is in addition to your CalWORKs cash aid and does not have to be paid back. To apply you must be homeless or have received a notice to pay or quit: be eligible for CalWORKs and have less than \$100. You may be asked to prove that you are homeless, but money cannot be denied or delayed if you do not have proof.

It is against the law for any government agency to take children away from parents for being homeless unless there is evidence of abuse or neglect. Homelessness by itself is not child abuse or neglect.

1. Temporary Shelter Money

You can get money for up to 16 days to stay in a hotel or shelter if they charge rent. You cannot use this money to

pay to stay with a friend. You will get \$85 to \$145 per day to pay for shelter, depending on your family size. If you find some place for less money than they give you, you can keep the extra money.

Show receipts to prove that you have paid something for shelter. (If you cannot show receipts, you can still get homeless aid money but it will be paid directly to the hotel or shelter). You will also have to fill out a form showing that you have looked for a permanent place to live for each day that you received the shelter.

If eligible, DHA should help you the same day you apply, either by giving you a referral to a specific shelter with room for you or by giving you cash that day. If they refer you to a shelter, they must give you temporary shelter money by the next day.

Even if you decide not to go to the shelter ask for money for as many nights as needed during a single 16-day period. (For example, you cannot get a week now and another week two months from now.) If you needed but did not get all 16 days of temporary homeless assistance, ask for a hearing to collect it retroactively. After the 16 days are over, make sure to provide your worker with a mailing address (even if only temporary) within 10 days.

2. Money for Permanent Housing

You can also get money to cover the actual cost of security deposits, "last month's rent" deposit, and gas, electricity, and water deposits. The DHA will not pay for the first month's rent, or old overdue utility bills because you must pay that from your CalWORKs cash aid.

You must rent from a commercial landlord to get this money. DHA will not pay unless you find a place where your share of the monthly rent is less than 80% of the monthly family income.

If you plan to share your housing, the landlord must agree to the rent-share plan. DHA will question the housing unless your name is on the lease.

If you are a CalWORKs participant now you must get this permanent housing assistance within one working day of showing that you have found a place. If you are not yet receiving CalWORKs benefits, you must first bring in the documents you need to prove you are eligible for CalWORKs, and proof that you have found a place (like a note from the landlord or a proposed rental agreement).

When you pay your landlord, get a receipt to give to your worker within 30 days. If you later move, the landlord and/or the utility companies should return the security deposits to you, not to the County, to use at your next residence.

You can also get Permanent Housing Assistance to receive up to 2 months of back rent to prevent eviction. Each month of this back rent cannot be more than 80% of the family income. Call Legal Services for details (see pg 76) or call 211.

Sacramento County also has the Housing Support Program that can help homeless families. The rules for this program are different than the homeless assistance program. Ask the DHA about this program if you are homeless.

Emergency Shelters

Unfortunately if you are homeless in Sacramento, there is no guarantee of housing or shelter, and the existing shelters are often filled up. We list the resources below as a guide to trying to get help. Rapid rehousing should be your goal. When you go to a shelter, ask if there is anyone who can help you find permanent housing through a transitional housing program (see pg. 10). Though transitional housing programs have long wait lists, they can help you find a permanent place to live.

Emergency Shelters: Families

Children's Receiving Home of Sacramento

24 hours: (916) 482-2370 www.crhkids.org

Family Promise

(916) 443-3107 www.sacfamilypromise.org

A network of local congregations that provides overnight shelter for homeless families.

Francis House - Family Rescue Program

(916) 443-2646 www.francishousecenter.org

Serving parents with minor children, or a child who is 18 and currently enrolled in high school. Women who are pregnant in their last trimester may also apply. Francis House Center is one of the few options for single fathers with children. Application must be completed with a Personal Development Coach in person Mondays or Wednesdays from 1-3 p.m.

Maryhouse

(916) 446-4961 www.sacloaves.org

A daytime shelter for homeless women and children.

My Sister's House

(916) 428-3271 www.my-sisters-house.org

Next Move (family shelter)

(916) 455-2160 www.nextmovesacramento.org

Sacramento Self-Help Housing (916) 341-0593 www.sacsselfhelp.org. Several temporary and permanent housing programs for homeless families and singles

Salvation Army: Family Services Office 3217 Orange Grove Ave, North Highlands 95660 (916) 678-4010. See sacramento.salvationarmy.org for list of programs and more information about eligibility.

Volunteers of America Family Shelter (children under 18 must live with you)

(916) 443-4688 www.vo-a-sac.org/SAC-Family-Shelter

Families (including single men with children) must be on CalWORKs to be considered for up to a 120-day stay. Families must also visit Maryhouse at Loaves & Fishes on Thursday between 8-11:30 a.m. for an interview before accessing shelter.

Emergency Shelters: Crisis Shelters

A Community for Peace

24/7 Crisis Line: (916) 728-7210

www.ACommunityForPeace.org

My Sister's House

(916) 428-3271 www.my-sisters-house.org

WEAVE (Women Escaping A Violent Environment)

(916) 920-2952 www.weaveinc.org

(866) 920-2952 24-hour crisis line

Sacramento Crisis Nurseries

Provide an alternative place for parents in a time and need to leave their children in a homelike environment while they resolve their problems.

North location: 4533 Pasadena Ave.

Sacramento, CA. 95821 (916) 679-3600

South location: 6699 South Land Park Drive

Sacramento, CA. 95831 (916) 394-2000

www.kidshome.org/what-we-do/crisis-nursery

24 hour Emergency Shelter for children up to age 6. Pre-school and additional referral services for residents and their families. North location: Can house 15 children during the day and 12 at night. South location: Can house 12 children during the day and 8 at night.

Emergency Shelters: Singles

Loaves & Fishes Wash House – (men only) Showers, toiletry items, clothing, laundry every week day (916) 443-7378

Pilgrimage (916) 337-7733 For adults over 18 without a place to sleep. No drugs, alcohol, violence or threats of violence. Sleeping places and meals provided at one of six area churches 6 to 10 nights per month.

Salvation Army – Emergency Shelter (single men or women 18+) (916) 442-0331

12t00 North "B" St. Lodging and meals for homeless single men and women for 30 to 120 days www.tsatoday.org

Sacramento Self-Help Housing (916) 341-0593 www.sacsselfhelp.org. Several temporary and permanent housing programs for homeless families and singles

Sister Nora's Place Long-term overnight shelter serving chronically homeless, mentally ill women.

(916) 669-7000 www.sacloaves.org

Union Gospel Mission (men only)

(916) 447-3268 www.ugmsac.com

Volunteers of America (VOA) North A Street Shelter

for single men only. 400 North A St. (916) 448-5507 www.vo-a-sac.org

VOA Open Arms. Emergency shelter and permanent housing for individuals living with AIDS/HIV. (916) 443-3299

Emergency Shelters & Transitional Housing: Youth & Young Adults

Children's Receiving Home of Sacramento

(916) 482-2370 24-hours www.crhkids.org
3555 Auburn Blvd., Sacramento, CA. 95821
May provide emergency temporary shelter and care to children in crises between the ages of 1 and 17.

Wind Youth Services

(800) 339-7177 – 24-hour hotline; TTY
www.windyouth.org
(800) 339-7177 – Shelter Hotline for youth age 12-17, or age 18 and in high school
(916) 504-3313 – Administration
(916) 561-4900 Day Center and info about TAY shelter for young adults 18-24

Sacramento emergency services for youth 12 to 17 years old:

Drop-In Center: 3671 5th Ave Sacramento, CA 95820.
(916) 561-4900. M – F: 8:30 – 4p.m., Sat. 8:30 a.m. - 1 p.m., Sunday: closed. Drop-in center provides food, a shower, lessons and case management. Clinic provides immunizations and vaccinations Tuesdays and Thursdays.

Sacramento Children's Home

(916) 452-3981 www.kidshome.org

National Runaway Switchboard

(800) 786-2929 www.1800runaway.org

Lutheran Social Services Youth Programs

(916) 453-2900. To qualify for any of the three programs, all youth must be legally emancipated, have or be working towards a GED/high school equivalency, and have an income/employment within 60 days. The following are the programs:

-**"THPY (Transitional Housing Project for Youth) Program"**: up to 2 years of transitional housing for homeless youth between the ages of 16 and 24.

-**"Youth Moving On" Program**: THP plus state sponsored program that provides up to two years of transitional housing for homeless youth between the ages of 18 and 24.

-**"Connections" Program**: Connections provides up to two years of transitional housing for homeless youth between the ages of 16 and 24.

Laverne Adolfo Transitional Housing for Former Foster Youth—VOA

A two-year transitional living program (24 months maximum) for young adults 18 to 23 who have aged out of the foster-care system. Intake coordinator: (916) 879-1784

Waking the Village: Tubman House (916) 601-2979 or email admin@wakingthevillage.org, or Facebook message on Waking the Village Facebook page. Applicants encouraged to call to be added to wait list and learn about housing programs

which help homeless, parenting youth and their children.

Waking the Village: Audre's Emporium of New Tomorrows (916) 601-2979 or email admin@wakingthevillage.org. Offerst two shared housing sites for LGBTQ youth and young adults 18 to 24 who are overcoming homelessness. One site is for families and the other non-parenting individuals.

Waking the Village: The Doorway is a rapid rehousing program funded by HUD and run in partnership with Wind Youth Services for youth age 18 to 24. Residents can stay up to 24

Winter Sanctuary

Winter Sanctuary is a program operated by a group of congregations who open their doors to the homeless. Guests are bused to and from Sacramento's Loaves and Fishes nightly to shelter sites. Meals and sleeping bags are also provided. Information: Call 2-1-1 or visit www.sacramentostensforward.org

Transitional Housing

The following Sacramento shelters facilitate the movement of homeless individuals and families to permanent housing within a reasonable amount of time (usually 24 months).

Bannon Street Shelter for sleeping—men only; 9 month recovery house 400 Bannon St. (916) 443-4688

Friendship Housing

1322 North C Street, Sacramento 95814
(916) 341-0593 www.sacselfhelp.org

Havens Transitional Housing Program (for homeless families) 333 Third Avenue, Sacramento 95817
(916) 456-1980

Independent Living Readiness Program—VOA For homeless singles, men and women. 3434 Marconi Ave. Sacramento, CA 95821 (916) 265-3400 www.voa-sac.org

Lutheran Social Services & Next Move - Transitional Housing Program for Families (THPF)
(916) 453-2900 www.nextmovesacramento.org

Next Move Several transitional and permanent housing programs for homeless families. 2925 34th St., Sacramento 95817 (916) 455-2160 www.nextmovesacramento.org

Next Move, VOA and Crossroads Diversified Services Mather Community Campus (MCC)

(916) 228-3100 www.nextmovesacramento.org is a shelter for homeless adults with psychiatric disabilities.

Volunteers of America-Transitional Housing for Families serving families referred by CalWORKs (916) 922-9335. For couples with children and single parents, designed to keep families together during substance abuse recovery.

Volunteers of America - Transitional Housing for Women with Children For women with children only. Must be referred by County Alcohol and Drug Services. (916) 929-1951

Resources for Independent Living promotes the independence of persons with disabilities. 420 I St., Level B, Suite 3, Sacramento 95814 (916) 446-3074. Housing resources: www.ril-sacramento.org

Salvation Army Transitional Housing (916) 678-4010 3217 Orange Grove Ave. North Highlands, 95660 sacramento.salvationarmy.org for list of services, eligibility and qualifications

Sacramento Veterans Resource Center (SVRC) Drug & Alcohol Program

Men's Supportive Housing Program

Women's Supportive Housing Program

7270 East Southgate Drive Sacramento 95823 (916) 393-8387 www.vietvets.org/svrc.htm

Housing Support Services for Veterans (does not provide actual housing) Volunteers of America To be assessed for this program, call (916) 393-8387.

Permanent Supportive Housing

Permanent Supportive Housing provides housing for homeless and disabled individuals. Many of these programs require a referral from a shelter.

Lutheran Social Services' Saybrook

Saybrook Permanent Supportive Housing Program provides a compassionate, integrative and comprehensive support system for families experiencing alcohol and other drug (AOD) addictions as well as mental health disabilities. 2980 35th Street, Sacramento 95817 (916) 453-2900

Bishop Francis A. Quinn Cottages

1500 North A. Street, Sacramento 95814 (916) 492 9065 www.cottagehousing.org/communities

Cottage Housing's & Mercy Housing's Serna Village

(916) 339-2746 www.cottagehousing.org/serna-village Serna Village has 83 apartments for homeless families with children. Six month sobriety is required before entering the program, and at least one adult has a disability. You must be referred by another community agency.

Next Move

Several transitional and permanent housing programs for homeless families. 2925 34th St., Sacramento 95817 (916) 455-2160 www.nextmovesacramento.org

TLCS Inc. 650 Howe Ave, Bldg 400 A Sacramento 95825 (916) 441-0123 Supportive Housing for people with mental illness. To see eligibility requirements for several housing programs, see tlcssac.org/housing-programs

Rental Assistance and Motel Vouchers

Next Move

(916) 443-2646

Motel vouchers, Utility Assistance, Transportation Assistance, and Rental assistance.

Pets

Loaves & Fishes Animal Emergency Services

(916) 456-0874 sacloaves.org

A kennel available to house and feed pets while their guardians participate in other services.

New Rules for Family Shelters (October 2017): Families will now be able to accept emergency shelter without having to give-up their cherished pets; shelters will now offer onsite kennels for families that include pets. Partnerships with the City and County of Sacramento Animal Care and Control Centers will assure onsite pets are healthy and safe while their human counterparts receive the intensive rehousing services necessary to exit homelessness.

Education and Training Services

St. John's Program for Real Change

(916) 453-1482 www.saintjohnsprogram.org

Comprehensive mental health services, GED attainment, and career education for mothers, as well as a program providing developmental and emotional support for their children.

Mustard Seed School: Loaves & Fishes' free, private school for children 3 to 15 years old provides survival resources, immunization updates, counseling and assistance entering and reentering private schools.

Loaves & Fishes Library: The Loaves & Fishes Library is a full-service library with books, daily newspapers and periodicals. It provides a place for quiet time and space for studying and writing.

Women's Empowerment education and empowerment of homeless women to secure jobs, create a healthy lifestyle and regain housing. 1590 North A St., Sacramento 95811 (916) 669-2307

Hospice

Joshua's House

1400 North C Street
Sacramento, CA 95811

Low Cost Housing



Where Can I Get Low Cost Housing?

A number of housing resources are available for people who need a safe, decent place to live with rent they can afford to pay.

The Sacramento Housing and Redevelopment Agency (SHRA) administers the federal government's (Department of Housing and Urban Development/HUD) public housing and subsidized housing programs on behalf of the County and City of Sacramento. Eligibility for affordable housing or rental assistance through SHRA may be based on a number of preferences such as Veteran status, disability, residing or working in Sacramento County, or displacement by Federal government action due to such instances as natural disaster or program funding reduction.

As the Housing Authority, SHRA operates the Conventional Public Housing Program. SHRA owns and manages more than 2,700 public housing units in the County and City for low income families including seniors and disabled residents. Under this program, families living in public housing pay 30 percent of their income toward rent based on their income. Credit, criminal background and landlord reference checks are required prior to admission into the program.

What Are Housing Choice Vouchers?

SHRA also operates the Housing Authority's Housing Choice Voucher Program (HCV/formerly Section 8) which provides rental assistance to low-income families, including the elderly and the disabled to afford safe, decent housing in the private market. The family chooses their housing where the landlord agrees to accept the voucher. The family pays 30 percent of their income toward rent and the Housing Authority pays the remainder to the landlord. The prospective rental unit must pass inspection before any payment is approved. Additionally, both the landlord and the participating family must comply with program rules in order to continue.

The Housing Authority uses wait lists to manage the application process. Notification of open wait lists is given in a variety of ways, including the media, websites, social media, and social service resource providers. Since the demand for housing assistance often exceeds the supply of available housing, long waiting periods for affordable housing are common. The Housing Authority may close wait lists when there are more families on the list than can be assisted within a certain period of time. Applicants may wait two years or more to be contacted

for housing. Applicants must notify the Housing Authority of any changes to the family information within 30 days of the change, such as address, email address, family composition, etc., to ensure timely receipt of notification when they are selected from the wait list.

How to Apply for Affordable Housing

Sacramento Housing and Redevelopment Agency
Housing Choice Voucher and Conventional Public Housing
www.sacwaitlist.com

Applicants can find out which wait lists are open and apply for multiple open wait lists with SHRA online using any device with Internet access at www.sacwaitlist.com

SHRA Assisted Multifamily Housing

Applicants may use the SHRA website to find a list of rental housing that receives funding assistance from SHRA, including the owner and/or property manager requirements and considerations for the application process for rental housing. Go to www.shra.org > Housing > Multifamily Rental Resources > Renters.

Search Online for Housing

Applicants can search the Internet for affordable rental housing that may accommodate their needs. Log on to www.sacramento.gosection8.com/.

Sacramento Self-Help Housing

(916) 341-0593

www.sacselfhelp.org

Website enables families to look for housing throughout Sacramento with a range of rent options.

2-1-1

Applicants may call 2-1-1 to receive free, confidential information about a variety of resources including where to find affordable housing.

Your Rights

Tenants and landlords, including the Housing Authority, have certain rights and responsibilities that must be followed under the lease agreement with all parties. Tenants should read their lease agreement carefully to understand their rights including, for example, how much notice must be given before relocating and what steps a tenant may take if they receive a notice that the lease will not be renewed.

Renters' and Homeowners' Rights



Can I Get Help To Stop Foreclosure?

If you are in danger of losing your home due to foreclosure call Neighborworks at (916) 452-5356 (press 6), Home Loan Counseling Center at (916) 646-2005 or if you are over 60, Senior Legal Hotline at (916) 551-2140. These numbers are groups that are approved by the government to offer advice. Be careful about signing any papers from groups you are not sure about.

What Are Renters' Rights?

1. Help With Landlord/Tenant Problems

Legal Services of Northern California

(916) 551-2150 lsnc.net Website has answers to many basic landlord/tenant questions

Renters Helpline (916) 389-7877 www.rentershelpline.org

Tenants Together (415) 495-8100

2. Bad Conditions

If you have bad conditions in your unit, you should tell your landlord, in writing, to fix the problems. If your landlord does not fix the problems and you live in the County of Sacramento, call Code Enforcement at (916) 874-6444. In the City of Sacramento call (916) 264-5011 or 3-1-1.

Under the City of Sacramento Rental Housing Inspection program, all rental units in the City of Sacramento must be inspected at least once every five years. You have the right to live in a place that has no holes in the wall, has working toilets, sinks, electricity, heat, no rats, roaches or other pests, and is clean. The landlord has to fix things that don't work that you did not break.

If you live in the City of Sacramento and you are told you must move by Code Enforcement (your unit is "red tagged") you may be eligible for relocation assistance from the City which will be two times your monthly rent plus the amount of your prior security deposit. (Sacramento City Code 8.100.920 et. seq.)

If your landlord will not fix problems, you should give written notice of the problem (remember to keep copies of everything relating to the problem), wait 30 days, and have proof of the problem.

If you want to repair the problem yourself and deduct the cost from your rent, it must be a problem affecting your health or safety, not just something you want to change in the apartment. Generally, the best approach is to pay full rent under protest and sue the landlord separately in small claims court.

3. Rent Control

Rent control regulates the percentage by which a landlord can raise a tenants rent. It also requires that a tenant can only be evicted for good cause. The City and County of Sacramento do not have rent control.

If you have a month-to-month agreement, you can be evicted for no reason, but you must be given a 30-day written notice, or if you have lived in the unit for a year or more, you must be given a 60-day written notice. Your rent may be increased by any amount, with a 30-day written notice if you are a month-to-month tenant, but if it is raised more than 10% in a year you must be given a 60-day written notice.

Contact the County Board of Supervisors at (916) 874-5411 to advocate for rent control as a protection for renters.

4. Eviction Process

a. Written Notice - you must receive a notice in writing. Usually a 3-day notice to pay rent or quit, or a 30/60 day notice to vacate. You can also get a 3-day notice to perform or quit for you to fix a violation of your lease or a 3-day notice to quit for waste, nuisance, illegal activity in the unit, or a lease violation you can't fix. If you live in public or subsidized housing, you cannot be evicted without good cause.

b. Summons and Complaint- This is the lawsuit. You have 5 days to answer it. If you are low income and a U.S. citizen or permanent resident you can call Legal Services of Northern California at (916) 551-2150 for a free answer or referral to other resources. You can also go to the Unlawful Detainer clinic at the Carol Miller Justice Center for help.

c. Sheriff's 5-day Notice to Vacate - If you don't answer a summons and complaint or lose in court, you will get a 5-day notice to vacate. If you do not move out, you will be locked out by the sheriff sometime on or after the 5th day.

If you are being evicted, you can get help with your defense from Legal Services of Northern California. Call (916) 551-2150. They are located at 515 12th Street, Sacramento, CA 95814. They can help you prepare a written response for you for free or at low cost, depending on your income. The service is also available in Spanish. You can also get help answering an Unlawful Detainer Summons from the Unlawful Detainer clinic at the Carol Miller Justice Center.

5. Illegal Lockout

If your landlord locks you out without using the eviction process, immediately call the City of Sacramento Police or the Sacramento County Sheriff. When the police respond show them some proof that you are a tenant (receipts, ID, etc) and ask them to tell your landlord to let you back in. If the police officer does not respond, call the non-emergency phone number for Sherriff's Department at (916) 874-5115 or the Police Department at (916) 264-5471 and ask to speak to the watch commander. If they won't help, call Legal Service of Northern California at (916) 551-2150 for assistance.

6. Housing Discrimination

If you are discriminated against in trying to buy property, rent, or use services provided to other tenants because of your race, color, religion, sex (including sexual harassment), nationality, handicap, marital status, familial status (whether you have children), lawful source of income (for example that you get welfare) or sexual orientation, call:

Legal Services of Northern California
(916) 551-2150

Department of Fair Employment and Housing (DFEH)

(916) 478-7230 | Toll-free: (800) 884-1684
FAX: (916) 478-7338 | TTY: (800) 700-2320

Project Sentinel

Assists individuals with housing problems such as discrimination, mortgage foreclosure & delinquency, rental

issues including repairs, deposits, privacy, dispute resolution, home buyer education, post purchase education and reverse mortgage

<http://housing.org/about-us/>

Renters Helpline (916) 389-7877

Sacramento Regional Human Rights/Fair Housing Commission (916) 444-0178

Domestic Violence: A tenant in public or subsidized housing cannot be evicted because the tenant is a victim of domestic violence. Domestic violence victims in private housing should also be protected because evicting a domestic violence victim is sex discrimination. Contact Legal Services of Northern California for assistance or DFEH or HUD to file a complaint.

Utility and Phone Assistance



Help with Gas and Electric Bills

If you are applying for CalWORKs, you may be able to get "immediate need" money to pay for your delinquent utility bills. (See CalWORKs "Immediate Need" pg. 53)

The **Sacramento Municipal Utility District (SMUD)** offers the Energy Assistance Program Rate (EAPR) which gives qualified low-income customers a discount of up to 48% discount on all electricity usage.

To enroll in the EAPR program, complete and download an application on SMUD.org/FinancialAssistance or call us at (888) 742-SMUD (7683.)

You may also be eligible for special bill assistance programs (based on the availability of funds) through the following agencies:

Home Energy Assistance Program (HEAP) may assist you with your utility payment through the **Community Resource Project** <http://www.cresource.org/heap.html> (916) 567-5200

The Salvation Army offers a variety of assistance to local people in need. (916) 678-4910

Other SMUD Programs

Sacramento Municipal Utility District also offers the following services for those who qualify:

My Account

Sign up and review your online bill, energy usage and tools to help you monitor and lower your energy costs. smud.org/MyAccount

Medical Equipment Discount

If you use a qualified medical device, you may qualify to save every month with the Medical Equipment Discount (MED) Rate. Visit smud.org/MED

Free Energy-Efficient Refrigerator

If you qualify for SMUD's low-income discount, you may also qualify to trade in your old refrigerator for a new energy-efficient model. Call (916) 732-5659

Free Home Weatherization

Qualified low-income SMUD customers can have their homes weatherized to save energy and money. Call (916) 732-5659 or email weatherization@smud.org

Additional Tips & Tools:

Education Classes

SMUD offers a variety of workshops to help you reduce energy usage and lower costs.

smud.org/Workshops

Senior Identification

We'll make an extra effort to contact you prior to disconnection due to non-payment.

Third Party Notification

This program allows you to identify someone for us to contact before we disconnect your service for non-payment.

Phone Assistance

California Lifeline telephone service offers phone services at a low cost depending on your income. To apply for the California LifeLine program, you should call your phone company and tell you that you are eligible for the program according to method 1 based on the program, or according to method 2, based on income. To view the qualifying programs and income limits, visit www.californialifeline.com or call 1-877-777-1914 for more information.

The California Telephone Assistance Program provides special equipment to those who are hard of hearing or have another disability that makes it difficult for to use a telephone.

Call English TTY line: (800) 806-4474 or

Voice: (800) 806-1191

You can also email info@ccaf.us or visit www.californiaphones.org

freegovernmentcellphones.net can also help you obtain a free phone. If you are homeless, ask a local agency to help you if you need to use the internet or a phone to obtain a free phone.

Low Cost Internet

AT&T is offering low-cost wireline home Internet service at \$10 or less to qualifying households:

- With at least one resident who participates in the Supplemental Nutrition Assistance Program (SNAP, known as CalFresh in California) and
- With an address in AT&T's 21-state service area, at which they offer wireline home Internet service, and
- Without outstanding debt for AT&T fixed Internet service within the last six months or outstanding debt incurred under this program.
- If you are a California resident and at least one member of your household receives Supplemental Security Income (SSI) benefits you also may qualify based on the same requirements that apply to SNAP participants.
- Other eligibility requirements apply. On the internet, visit att.com/access for complete information and to apply. Or call 1-855-220-5211.
- You must access the application on the website <https://att.com/access> and submit the form online or via email. You may also print the form and send via fax or mail. If you experience difficulties with the online form, you can contact an AT&T representative by phone at 855.220.5211. (For help in Spanish, call 855.220.5225.)
- Please send your application and supporting documentation to:

Access from AT&T

PO Box 5030
Charleston, IL 61920-5030

Qualifying households will pay as little as \$5 to \$10 per month for internet.



CalFresh (formerly called Food Stamps) is a government program that provides benefits so that you and your family will not go hungry. If you are eligible, you get an Electronic Benefit Transfer (EBT) card that you can use to buy food at most stores. CalFresh is free but you must apply to receive it.

Many people don't know they qualify or do not know how to apply. If you need food, you should apply. Everyone has the right to apply and deserves to have enough to eat.

You can use your CalFresh card at (to find a retailer near you that welcomes SNAP EBT customers, visit <http://www.snapretailerlocator.com>):

- Almost every food store
- Many Farmer's Markets
- Some meals-on-wheels programs
- Some shelters are authorized to take CalFresh as payment from clients

You can use it to purchase:

- Any food item except hot foods that are meant to be eaten immediately
- Seeds to grow your own food.
- CalFresh cannot be used for non-food products such as soap or diapers.

What Are The Benefits?

Each month you get a dollar amount deposited into your EBT card to help you buy food. The amount your household will receive depends on your income and other factors. Currently the maximum you can get ranges from \$192 monthly for a single person to \$640 monthly for a family of 4 (see page 19.) Few people get the maximum amount.

Can I Get CalFresh Benefits?

1. General Eligibility

In order to see if you qualify, visit www.mybenefitscalwin.org. You must meet the program's income limits. You don't have to have a home, or a place to cook, or a permanent address to get CalFresh. You can also own a home and/or car and still be eligible for CalFresh.

Some persons do not qualify, or will not qualify until June 2019:

- Beginning June 1, 2019, or no later than August 1, 2019, SSI/SSP recipients in California will be able to get CalFresh. In some families that have both SSI recipients and people who don't get SSI, people may already be getting CalFresh. These benefits may be reduced or lost. The state of California will

create new programs to make up for the loss of some of the benefits. These benefits will still be on the same EBT card in the same account as regular CalFresh benefits. For updated information on the change which will help hundreds of thousands of SSI recipients, please see <http://www.cdss.ca.gov/inforesources/CalFresh/Supplemental-Security-Income>

- Some non-citizens legally in the United States can get CalFresh (see page 73 Guide for Non-Citizens"). Even if you are not eligible for this reason, other adults or children living in your home may be eligible and should apply. Your immigration status will not be affected if other family members use nutrition programs like CalFresh.
- You can be permanently disqualified from the program if you are caught selling CalFresh benefits worth over \$500.
- Strikers and their families are usually kept out of the program, unless they meet the income limits before the strike.

2. Special Rules for Students

Students between the ages of 18 and 49 who are enrolled at least half-time in a program of higher education can get CalFresh if they meet ANY of the following:

- Enrolled in CalWORKs
- Working and getting paid at least 20 hours per week, or an average of 80 hours per month
- Receiving a federal or state work-study grant
- A full-time student with a child under 12
- A part-time student with a child under 6 or between the ages of 6 and 12 with no adequate childcare available
- In a government approved job training program
- Not planning to register for the next normal school term
- Participating in any a program which allow students to be exempt from the CalFresh work requirement. Those programs include: Educational Opportunity Program (EOP), College Disabled Students, Cooperative Agencies Resources for Education (CARE) Program, UC McNair, Puente Project; Mathematics, Engineering, Science Achievement (MESA) Program; Guardian Scholars Program; Foster Youth Success Initiative (FYSI); Cooperating Agencies Foster Youth Educational Support (CAFYES); Chafee Education and Training Voucher (ETV) Program; and Extended Foster Care.
- Campuses in Sacramento County are required to have places where students can use EBT. Homeless, disabled and senior students will be eligible to use EBT for prepared meals on campus.

If the student doesn't meet any one of these requirements, the other people in the home may still get CalFresh even though the student can't. More information is at the student CalFresh portal: <http://mycalfresh.org/students/>

3. "Households"

The term "household" has special meaning in the CalFresh Program. It does not mean you have a house. A household can be one person who lives alone, or it can be a group of persons, related or unrelated, who live in the same place. There is no limit to the number of "households" that can be in the same home. A "household" includes those who buy and prepare their own food together.

Some relatives who live together must be included in the same household, even if they do NOT buy and prepare their meals together. These are:

- Your immediate family—you, your spouse, your children age 21 and under
- Your parents and you (unless you are over 21)
- Those who are acting as parents for a child under 18, unless the child is in foster care.

Relatives who CAN be considered separate households even if they live in the same place include:

- Parents living with their adult children (over 21)
- Adult brothers and sisters.

4. Income Limits

Gross income limit: You can have an income and get CalFresh if the household's "gross income" or total income before taxes is below certain limits (see table below).

Seniors and people with disabilities: If anyone in your household is disabled or over 60 years old, this limit does not apply to you and you should consider applying if you are having trouble purchasing food and are not receiving SSI/SSP. **Seniors should ask workers about the SNAP Medical Deduction, which will give them higher benefits based on medical expenses.**

Net income limit: If you qualify for CalFresh under the "gross income" limit, the DHA will then make deductions from your income to see if you qualify under the "net" income limit. The "net" income is what your income is, on paper, after they make these deductions.

CalFresh Income Eligibility Limits

# in Household	GROSS Monthly Income Limit	NET Monthly Income Limit
1	\$2024	\$1012
2	\$2744	\$1372
3	\$3464	\$1732
4	\$4184	\$2092
5	\$4904	\$2452
6	\$5624	\$2812
7	\$6344	\$3172
8	\$7064	\$3532

For each additional person, add \$ 722 to GROSS Income or \$360 to NET income. Accurate until Sept. 30, 2019

Updated information at <http://www.cdss.ca.gov/food-stamps/res/pdf/PUB464Eng.pdf>

Income that doesn't count includes:

- Money earned by children under age 18 if they are in school at least half-time
- Money paid for you to a third party by someone who is not legally obligated to pay you, (for example if your grandparent pays your rent directly to the landlord)
- Most loans
- Federal payments to help you with utilities
- "Earned Income Tax Credit" for one full year after you get it
- CalWORKs homeless assistance
- Foster care payments (when the foster children are not part of the household)
- Agent Orange Settlement payments.
- Money you pay in court-ordered child support

How Do I Apply for CalFresh?

The Department of Human Assistance processes all CalFresh applications in Sacramento County. To apply, you can visit your nearest Department of Human Assistance office or other locations approved by the county.

CalFresh applications can be taken by phone at (916) 874-3100, by fax (916) 874-2729 or online at www.mybenefitscalwin.org.

Persons living in Sacramento County should call one of the numbers listed below to find out the nearest location to apply.

Sacramento: (916) 874-2072

Sacramento Covered: (866) 850-4321

Galt: (916) 745-3484

If you cannot get to an office, someone who knows your circumstances, and is authorized by you, can apply and be interviewed for you.

If you are disabled and cannot get someone to apply for you, you may submit an application by mail. For more information, call: (916) 874-2072

For hearing and speech impaired, dial (916) 874-2599 or 7-1-1 (California Relay Service), then one of the above numbers.

1. Emergency CalFresh Benefits

You may be eligible to get CalFresh the same day or at most within 3 days if one of the following applies:

- The cost of your rent/mortgage payment or utilities is more than your monthly income and cash-on-hand.
- Your liquid resources are less than the gross income requirements.

To apply for emergency CalFresh, you need to do the application and check the box that says you want expedited CalFresh. The worker will ask for your proof of identity, residence, income,

and resources, but you cannot be denied for not having these documents with you.

There are many ways to prove your identity, including your driver's license, a sworn statement, a phone call to someone who knows you, a library card, or a letter addressed to you.

If your case is approved, an EBT card and PIN number will be issued no later than the third calendar day after you apply so you can access your food stamp benefits. If the third day falls on a weekend or holiday, you have the right to receive your CalFresh on that Friday. If you apply after the 15th you will get the CalFresh for that month and your next month's CalFresh.

2. Non Emergency

Where to apply: There are several options for places where you can apply for CalFresh. You can apply at the nearest Department of Human Assistance office (see pg.78).

You can also apply online at www.mybenefitscalwin.org.

Or, you can apply at several organizations who are set up to help people apply for benefits. If it is an emergency though, you must apply at the Department of Human Assistance.

These organizations can help you apply for CalFresh:

- **Sacramento Food Bank & Family Services**

Food Bank Services campus: 1951 Bell Avenue
Sacramento, CA 95838

(916) 925-3240 phone

Family Services campus: 3333 Third Avenue
Sacramento, CA 95817

(916) 456-1980 phone

- **Elk Grove Food Bank Services**

9820 Dino Drive, Ste.140

Elk Grove, CA 95624

(916)685-8453

- **Twin Lakes Food Bank**

327 Montrose Dr, Folsom, CA 95630

(916) 985-6232

- **New Hope Community Church**

1821 Meadowview Rd

Sacramento, CA 95832

(916)422-3370

- **River City Food Bank**

1800 28th Street

Sacramento, CA 95816

Drop-in: Monday-Friday between 11:30 a.m. and 3:00 p.m.
or Appointments available 7:00 a.m. to 6:00 p.m.

(916)233-4075

- **South Sacramento Interfaith Partnership (SSIP)
Food Closet**

5625 24th St, Sacramento, CA 95822

(916)428-5290

- **Asian Resources INC.**

5709 Stockton Blvd, Sacramento, CA 95824

(916)454-1892

- **211 Sacramento**

8001 Folsom Blvd, Sacramento, CA 95826

Application: You have the right to apply in your own language and to turn in a written application on the day you go in. If someone tells you to come back to submit the application, you may insist on filing an application that same day.

It is best to fill out the application form as completely as you can, but you only need to fill out your name, address and signature to file an application. Once you turn in your application, you will be given an interview with an eligibility worker.

You can call (916) 874-2072 to have an application mailed to you; fill it out and send it in by mail, or have someone else turn it in for you. You will still have to be interviewed either by phone or in the office depending on your situation. Phone interviews can be scheduled to make it easier for you to finish the application.

You can also apply online at www.mybenefitscalwin.org.

Interview: You may bring someone along to help you. You may be asked to sign a form making them your "authorized representative," but you do not have to. You will go over the application you filled out and will be asked for additional information.

You should be given a list of documents that you will need to complete the application process. You may be given ten days to turn in the documents. If you do not have all the necessary documents, you or someone you know may sign a statement explaining why not.

You may be able to receive benefits while you continue to gather the required information. The eligibility worker should help you get some of your missing papers.

If everyone in your household is disabled or over 60 years of age you may request either that an eligibility worker be sent to your home at a time you agree to or that you be interviewed by phone. A worker may also visit or phone you if no adult in your household can go to the office for good reasons such as illness or disability.

Next steps: If you are asked to mail additional papers to the County office, ask the worker for a stamped envelope addressed to him or her. If you take in papers, get a receipt.

Keep your own copy of all the paperwork. If you need help and your worker is not available, the worker of the day or a supervisor should help you.

Within 30 days of applying, the County office must either mail you an EBT card and PIN number and a notice of approval or inform you in writing that you do not qualify and the reason why not.

If you are denied CalFresh, and believe you are eligible, request a hearing or call a legal aid organization right away. (see page 76 "Legal Advice")

How Much Do I Get?

Each month you get help to buy nutritious food. The highest (maximum) amount your household can get is listed on the chart below. The amount you get depends on your income and expenses. You may qualify to receive up to the following amount of CalFresh/Food Stamps benefits:

# in Household	Maximum Amount
1	\$192
2	\$353
3	\$505
4	\$642
5	\$762
6	\$914
7	\$1011
8	\$1155

For each additional person, add \$144. Accurate until Sept. 30, 2019. For updated information see <http://www.cdss.ca.gov/foodstamps/res/pdf/PUB464Eng.pdf>

What Are The Requirements?

1. Semi-Annual Reports

You must fill out and return a form called SAR-7 every six months. THIS IS EXTREMELY IMPORTANT! You will be asked to report your income, property and household composition, and any changes in your income, property or household composition that you anticipate in the next three months. You will need to fill it out in order to continue to be eligible. Under certain circumstances, you must report changes before your required reporting month.

If your SAR-7 gets lost, or you do not turn it in, your case will be suspended at the end of the month. If you had a good reason, such as being sick or not receiving the form in the mail, your worker may grant you "good cause" and your benefits may be restored. You have up to 30 days after your report due date to turn in your report to have your benefits reinstated regardless of whether or not you had a "good cause" for not turning in your report on time.

2. Recertification

You must be reviewed for benefits each year before the end of your certification period or your CalFresh will be cut off. You will receive a letter that tells you the application for this review is due. Be sure to complete this on time so you can continue to receive CalFresh without a break.

New rules beginning in October 2017 will only require re-certification once every three years for households where all the persons receiving CalFresh are seniors or people with disabilities.

3. Work Registration

All CalFresh household members age 16 through age 59 who do not have children in the home must be screened for work registration. This may or may not be required, and is contingent upon state unemployment levels.

If you are not found to be exempt, you must agree to:

- Respond to a request of additional information regarding employment status or availability for employment
 - Report to a suitable job if referred
 - Accept a suitable job offer
 - Not voluntarily reduce work hours to less than 30 hours per week
 - Cooperate with the requirements of any welfare-to-work program you are assigned to, including CalFresh "workfare"
- In CalFresh workfare, the number of hours you do is based on the amount of your CalFresh benefits divided by minimum wage. Sometimes when unemployment is high the County may not require workfare.

Fair Hearing

Everyone has the right to a "fair hearing" if you feel you were unfairly denied or to correct any mistakes (see pg 75.) If you appeal within 10 days or up to the day the action takes effect (whichever period of time is longer), your usual benefits will continue until the matter is resolved.

Lost, Stolen or Damaged EBT Card

You must report a lost, stolen or demagnetized EBT card immediately. Call customer service right away at (877) 328-9677. Wait through two card number prompts without entering your EBT card number and you will hear a prompt to report your card as lost or stolen. Once reported, your EBT card is disabled and you are told how to get a new card. Call customer service as soon as possible! If someone uses your card and PIN number to get benefits, before you report it lost or stolen, these benefits will not be replaced. A new card will be issued right away so you will receive it in three business days.

You can also manage your EBT Account at the client EBT website: www.ebt.ca.gov

Free and Low Cost Food



Where Can I Get Free Food?

1. Food Pantries and Free Meals

Food pantries are places that give food to people in need. Most food pantries are volunteer private organizations that can make their own rules about who can be served. Most of them are limited to serving people in certain areas and for one to four times a month. They may require some kind of identification and proof that you are low income. Generally, food pantries never have as much as is needed. Foods distributed most often include canned foods, rice, beans, bread, cereal, and occasionally produce items.

Free hot meals are offered at many private volunteer agencies and churches. The frequency of the meals varies from daily in some places to once a month.

Here are some food or referral agencies:

211 (County phone referral line)

<http://www.healthycity.org/region/sac>

*Sacramento Food Bank & Family Services-Food Program

Distributions: Please note for all sites marked with * the following information is required: Proof of address: piece of mail dated in the last 30 days with your name, date, and address AND some form of ID: Drivers License/ID: Medical Card, Social Security Card, Bus Pass, Credit Card, School ID.

The following resources offer food bank and food locker services to those who need emergency food. Certain restrictions may apply.

Countywide

Loaves & Fishes Dining Room 1321 N. C. Street, Sacramento, 95811; (916) 446-0874. Mon-Fri, 11:30 a.m.-1 p.m. & Sat-Sun, 11 a.m.-12:30 p.m. Separate dining room for women and children (through Maryhouse) with meals available at the same times as above.

Capital Christian Center 9470 Micron Ave. Sacramento, 95827; (916) 856-5683. Mon-Fri, 8 a.m.-5 p.m. Serving Sacramento County.

River City Food Bank 1800 27th Street, Sacramento, 95816; (916) 446-2627. Must have ID, and children's ID must have a birth date. Serves residents of Sacramento County, but not Yolo.

Salvation Army 1200 N. B Street, Sacramento, 95814; (916) 442-0303. Tues, Wed and Thurs, 9:00-11:30 a.m. & 1:00-3:00 p.m. Closed for lunch. Need proof of residency and some form of I.D.

Antelope

Antelope Hills 7th Day Adventist 4219 Antelope Road, Antelope, 95843; (916) 721-3121. 2nd, 3rd and 4th Mon, 10-11:30 a.m. Serves zips 95626, 95660, 95842 and 95843.

Antelope Christian Center 4533 Antelope Rd, Antelope, CA 95843 (916) 722-6108 2nd & 4th Fri 12:30PM - 2:00PM

Victory Life Bible Church 5697 Hillsdale Blvd, Sacramento 95843 (916) 331-8306 Mon 10:00 AM

Arden-Arcade

Arcade Church 3927 Marconi Ave, Sacramento, CA 95821 (916) 925-3240 2nd Thursday 10:00AM - 11:00AM 95821

Arden Church of the Nazarene 3337 Arden Way, Sacramento, 95825; (916) 482-6064. 2nd and 4th Fri, Noon-1:30 p.m.

Encina High School 1400 Bell St, Sacramento 95825 (916) 925-3240 3rd Wednesday 3:30PM - 4:30PM
Produce for All Distribution

Howe Park 2201 Cottage Way, Sacramento, CA 95825 (916) 925-3240 2nd Tuesday 8:30AM - 9:30AM Produce for All Distribution

Sierra Arden Food Closet 890 Morse Ave, Sacramento, 95864; (916) 483-1942. Tues-Fri, 10-11:45 a.m. Serves zips 95825 and 95864

Northminster Presbyterian 3235 Pope Ave Sacramento, CA 95821 (916) 487-5192 2nd Wed 10:00AM - 12:00PM

Powerhouse Christian Ministries 2515 Cottage Way Sacramento, CA 95825 (916) 482-6774 Tue 10AM-11AM, Wed 7:45PM-8:15PM, Thur 11:00AM - 12:00PM, Sun 1:00PM - 1:30PM

Romanian Apostolic Faith in Jesus 1824 Tribute Rd. Suite F, Sacramento 95815 Mon 6:00PM - 9:00PM, Thur 6:00PM - 10:00PM

Town & Country Lutheran Church 4049 Marconi Ave, Sacramento 95821 (916) 481-2542 4th Sat 4:00PM - 6:30PM

Woodside SDA Church 3300 Eastern Ave., Sacramento, CA 95821 (916) 482-6444 1st & 3rd Wed 9:00AM - 12:00PM

El Camino Baptist Church 2805 El Camino Ave, Sacramento, 95821 (916) 488-1522 2nd, 3rd, & 4th Fri, 12:30PM - 2:30PM

Hope Lutheran Church Food Closet 6026 Verner Ave, Sacramento, CA 95841 Every Wed 10:00AM - 6:00PM

S.V.D.P. Presentation 4123 Robertson Ave, Sacramento, CA 95821 (916) 481-7441 Tues, Fri & Sat 10:00AM - 10:30AM

S.V.D.P. St. Philomene 2428 Bell St. Sacramento, CA 95825 (916) 481-7113 Mon, Tues, Thurs, Fri 9-11am * Serves portions of 95821, 95825, 95815. Call for appt. once per month

***St. Paul's Church of God in Christ** - 2771 Grove Ave., Sacramento, 95815. Third Tues, 11 a.m.-1 p.m. Serves zips 95815, 95817, 95818, 95820, 95833, 95834, 95835, 95836, 95837, 95838.

Carmichael

Carmichael Adventist Community Services 4600 Winding Way, Sacramento, 95841-4540; (916) 487-8684. Proof of residency and ID needed. Wednesdays 9 a.m.-12:00 p.m. Can get food once monthly. Serves zips 95608, 95609, 95610, 95621, 95821, 95840 and 95841.

Carmichael Community Building 5750 Grant Ave. Sacramento, 95608; (916) 485-5322. First Tues. Serves zips 95608, 95609, 95841 and 95842

Carmichael Presbyterian Church 5645 Marconi Ave., Carmichael, 95608. Food closet: (916) 483-9232. Office: (916) 486-9081. Must call during Food basket request hours: M-F 10 a.m.-12 p.m. Pick up hours: 2-3:30 p.m.. Serves zips 95608, 95610, 95621, 95660, 95821, 95825, 95841, 95842 and 95843

Our Lady of Assumption 5057 Cottage Way, Carmichael, 95608; (916) 481-6352. Tues & Thurs, 9-10:50 a.m. Serves zips 95608 and 95864.

St. Vincent de Paul Food Locker @ St. John the Evangelist, 5751 Locust Avenue, Carmichael, 95608; (916) 483-2161. Weekly food Wednesday 9 a.m.-11 a.m. Proof of address needed. Serves zip code area 95608.

Citrus Heights

Sunrise Christian Food Ministry 5901 San Juan Ave., Citrus Heights, 95610; (916) 965-5431. Mon-Fri, 11:30-3 p.m. Proof of residency and I.D. required. Serves zips 95610, 95621 and 95628.

Catholic Ladies Relief Society 7817 Old Auburn Rd, Citrus Heights 95610 (916) 723-2494 Mon - Fri 9:00AM - 11:00AM

Feeding the Sheep 7405 Mariposa Ave Citrus Heights, CA 95610 (916) 725-4673 Every Sun 7:30PM

Twin Oaks Avenue Baptist Church 7690 Twin Oaks Ave. Citrus Heights, CA 95610 (916)726-2609 3rd Thursday 6:00 - 7:00PM

WellSpace Health at San Juan 5959 Greenback Ln Ste 500, Sacramento 95621 (916) 925-3240 4th Thursday 2:00PM - 3:00PM Citrus Heights Produce for All Distribution

Del Paso Heights

Alano North, Inc. 940 Eleanor Ave, Sacramento, CA 95815 N/A 2nd & 4th Mon 9:00AM - 11:30AM

Christian Fellowship Ministry 3410 Rio Linda Blvd, Sacramento, CA 95838 (916) 567-1264 Every Wed 4:00 PM

***Del Paso Church of God** - 4039 Balsam St., Sacramento, 95838. First Tues, 4-6 p.m. Serves zips 95815, 95817, 95818, 95820, 95833, 95834, 95835, 95836, 95837, 95838.

***Del Paso Union Baptist Church** 1335 Los Robles Blvd., Sacramento, 95838. Fourth Thurs, 5-7 p.m. Serves 95838.

Helping Hands of Sacramento 3271 Marysville Blvd. Sacramento, CA 95815 Wed 12PM - 1PM, Sun 1PM - 2PM

Higher Heights Apostolic Church 604 Lindsay Ave,

Sacramento, CA 95838 (916) 922-4775 1st & 3rd Wed 12:00PM - 3:00PM

Manna Food Bank 4840 Marysville Blvd. Sacramento, CA 95838 (916) 922-6442 Fridays 9:30AM - 12PM 95838

New Bethel Apostolic Ministries 2570 Boweles St. Sacramento, CA 95838 (916) 929-1903 Every Tues 10:30 AM - 11:30 AM

***North Metro Church of Christ** - 4191 Norwood Avenue., Sacramento, 95838. First Tues, 11 a.m.-1 p.m. Serves zips 95815, 95817, 95818, 95820, 95833, 95834, 95835, 95836, 95837, 95838.

***Peace Lutheran Church** - 924 San Juan Rd., Sacramento, 95834. Second Thurs, 5-7 p.m. Serves zips 95815, 95817, 95818, 95820, 95833, 95834, 95835, 95836, 95837, 95838.

Peace Assembly-Redeemed Christian 2251 Florin Rd #102, Sacramento, CA 95821 2nd Sun 1:00 PM - 3:00 PM

Potters House 2994 Del Paso Blvd., Sacramento, CA 95838 Every Wed 8:30AM - 10:30 AM

Redeemed Christian Church of God, Redemption Parish 2740 Connie Dr, Sacramento 95815 3rd Sun 1:00PM - 2:00PM

St. Joseph's Catholic Church 1717 El Monte Ave., Sacramento, 95815. Tues and Thurs, 9-11:45 am. Serves zips 95815, 95817, 95818, 95820, 95833, 95834, 95835, 95836, 95837, 95838.

Sunshine Academy Preschool 3340 Marysville Blvd., Sacramento 95838 (916) 564-5606 Mon-Sat 12 Noon-4 pm

Downtown/Midtown Sacramento

Central Downtown Food Basket 1701 L Street, Sacramento, 95811; (916) 761-5624. Each Thursday morning 9 a.m. -noon.

Food Not Bombs Cesar Chavez Plaza, 9th and J Street, Sacramento, 95814. Hot meal served Sun at 1:30 p.m.

Repairing the Breach Neighborhood Project 2130 4th St, Sacramento, CA 95818 Every Fri 10AM - 2PM

Union Gospel Mission 400 Bannon Street, Sacramento 95811 (916) 447-3268 Tues & Thurs 1:00 PM - 2:00 PM (Must apply for pickup ahead) Downtown

El Camino

S.V.D.P. St. Philomene Church 2428 Bell Ave Sacramento 95821(916) 481-6757 Mon, Tues, Thur, Fri:9:00AM - 12:00PM (Tues also 6:00PM - 7:00PM)

Elk Grove

All Nations SDA of Elk Grove 8280 Elk Grove Florin Rd, Sacramento 95829 2nd & 3rd Wed 10:00AM - 12:00PM

Elk Grove Food Bank 9820 Dino Dr., Ste 140, Elk Grove, 95624; (916) 685-8453. Food distribution Mon-Fri, 10 am-3 p.m. Saturday 9 am to 3 pm. Serves zips 95624, 95757, 95758, 95683, 95693, 95759, and homeless. If not homeless, need ID and proof of residence.

Emanuel United Methodist Church 8469 Marvista Court Elk Grove, CA 95624 (916) 421-9712 Every Tues 11:30AM - 1:00PM

S.V.D.P. Good Shepard Conference 9539 Racquet Court, Elk Grove 95750 (916) 684-5722 Every Mon 10 am (summer 9-10 am)

Elmhurst

Sacramento Central SDA Church 6045 Camellia Ave, Sacramento, CA 95819 2nd & 4th Wed 11:00AM - 2:00PM

Elverta

Seniors for Seniors Foundation 116 Elwin Ave, Elverta, CA 95626 (916) 991-8529 2nd Tues 9:00AM -12:00PM

Folsom

Powerhouse Ministries 311 Market Street, Folsom, 95636; (916) 983-0658. Thurs, 10 a.m.-noon. Serving zips 95630 and 95662.

Twin Lakes Food Bank 327 Montrose Drive, Folsom, CA 95630; (916) 985-6232. Tues, 9 a.m.-12:30 p.m. and 4:30-7 p.m. Wed and Thurs, 9 a.m.-12:30 p.m. Serves zips 95630, 95662 and 95746.

Foothill Farms

Life Matters 5325 Elkhorn Blvd #107, Sacramento, CA 95842 Every Wed 10:00AM - 2:00PM

Purpose and Legacy 5314 Walnut Ave., Sacramento 95841 Thur 7:00-9:00PM and Fri 1:00-3:00PM

Fruitridge Heights

Zion Temple Church of Christ 4640 Del Norte Blvd, Sacramento 95820 Every other Tues 12:00PM - 2:00PM

Galt

First Baptist Church of Galt 653 A Street, Galt, CA 95632 (209) 745-4665 4th Fri 9AM - 11:00AM

Real Life Church Project Love 550 Industrial Dr. Galt, CA 95632 (209) 263-0626 1st and 3rd Mondays 5:00PM

South County Services 539 N. Lincoln Way, Galt, 95632; (209) 745-9174. Mon-Thurs, 8 a.m.-5 p.m.; Fri 10 a.m.-5 p.m. Call for service area.

Sunshine Food Pantry 571 C Street, Galt, CA 95632 2nd Thursday 8:00 - 10:00AM, 4th Thursday 8:00 - 9:00 AM

WellSpace Health at Galt 216 N. Lincoln Way, Galt, CA 95632 (916) 925-3240 2nd Wed 2:00PM - 3:00PM Produce for All Distribution

Land Park

City Church of Sacramento 451 McClatchy Way, Sacramento, CA 95818 (916) 468-4545 4th Tuesday 4:00PM - 7:00PM

Health Professions High School / City Church 451 McClatchy Way, Sacramento 95818 (916) 468-4545 4th Tues 4:00PM - 7:00PM

Meadowview

Antioch Progressive Church 7650 Amherst St, Sacramento, CA 95832 (916) 665-2600 Every Tues 11:00AM - 12:30PM

Cathedral of Praise 2875 Meadowview Rd., Sacramento, CA 95832 916-429-1861 Every Tuesday 11:00AM

Genesis Missionary Baptist Church 2801 Meadowview Rd, Sacramento, CA 95823 (916) 422-8772 1st, 3rd, 5th Mon 9:00AM - 10:30AM

Moments of Blessing 7480 24th St, Sacramento, CA 95822 (916) 421-5303 Every Thurs 9:30AM - 10:30AM

Progressive Church of God in Christ 2251 Meadowview Rd, Sacramento 95832 (916) 391-8297 Every Tues 10:30AM - 12:00PM

S.V.D.P. St. Anne's 7724 24th Street, Sacramento, CA 95832 (916) 422-8380 3rd Thur 8:00AM - 10:00AM

Sacramento Bread of Life Ministries 1821 Meadowview Road Sacramento, CA 95832 Every Thurs 2:00PM - 4:30PM

Midtown

CARES Community Health 1500 21st St, Sacramento, CA 95811 (916) 925-3240 3rd Wednesday 11:00AM - 12:00PM 95811 Midtown Produce for All Distribution

Central Downtown Food Basket 1701 L Street Sacramento, CA 95811 (916) 761-5624 2nd, 3rd, 4th Thur 10:00AM - 12:00PM

Dream Center 1516 C St, Sacramento, CA 95814 (916) 448-3733 4th Friday 9:00AM

Hart Center 915 27th Street Sacramento, CA 95816 (916) 808-5462 3rd Wed 12:00 PM

Loaves & Fishes Dining Room 1351 North C Street Sacramento, CA 95818 (916) 446-0874 Mon - Fri 11:00AM - 1:00PM

River City Food Bank 1800 28th Street Sacramento, CA 95816 (916) 446-2627 Mon - Fri 11:30AM - 3:00PM

Sacramento Area Emergency Housing 4516 Parker Ave. Sacramento, CA 95820 (916) 454-2120 Daily 6:00AM - 7:00PM

Victory Restoration Center 969 Burnett Way Sacramento, CA 95818 (916) 736-0777 Every Wed 6:00PM - 8:00PM 95818 Midtown

The Salvation Army 1200 North B St, Sacramento, CA 95814 & 3213 Orange Grove Ave, North Highlands CA 95660 Midtown (916) 443-1088, North Highlands N/A Daily (Midtown), Mon - Fri (North Highlands) 7:00AM - 6:00PM (Midtown shelter), 9:00AM - 4:30PM (North Highlands) 95814, 95838 Midtown & North Highlands

Natomas

Heart for the Hungry 1931 Arena Blvd. Sacramento, CA 95834 Last Sat of the month 9:00AM - 11:00AM

Joey's Food Locker 3301 Fong Ranch Rd., Sacramento, CA 95834 3rd Friday 4:00PM - 5:30 PM

Peach Tree North Sacramento 3810 Rosin Ct, Sacramento, CA 95834 (916) 925-3240 1st Wednesday 2:00PM - 3:00PM Produce for All Distribution

The Mexican Consulate 2093 Arena Blvd, Sacramento, CA 95834 (916) 925-3240 1st Monday 10:00AM - 11:30AM Produce for All Distribution

North Highlands

North Highlands Christian Food Ministry 6125 Watt Avenue, North Highlands, 95660; (916) 331-1510. Wednesday 9 am-12 noon. Need ID and proof of residence. May be closed during the months of July and August. Serves zip codes 95660, 95842 and 95843.

Feeding God's Children Fellowship 5808 Watt Ave, North Highlands, CA 95660 Every Wed 10:30 AM

Murph Emanuel AME Church 4151 Don Julio Blvd. North Highlands 5660 (916) 322-7749 2nd & 4th Sat 11:00AM - 2:00PM

New Testament Baptist Church 6746 34th St, North Highlands, CA 95660 (916) 344-0440 m2nd & 4th Wed 12:00PM - 2:00PM

The Salvation Army - Family Service Office 3213 Orange Grove Ave, North Highlands CA 95660 (916) 678-4010 Monday - Thursday. Food boxes available Tue & Thur 9:00AM - 3:00PM by appointment only. Food bags available Tue - Thur 9:00AM - 3:00PM, no appointment necessary 95660 North Highlands Please call to confirm before attending distribution, program hours can change regularly

WellSpace Health at North Highlands 6015 Watt Ave, Sacramento, CA 95660 (916) 925-3240 4th Friday 1:00PM - 2:00PM Produce for All Distribution

North Sacramento

El Camino Baptist Church 2805 El Camino Avenue, 95821 (Fulton & El Comino); (916) 488-1522. Mon and Tues, 8 a.m.-5 p.m. for families with ID and proof of address. Serves zips 95821, 95825 and 95815.

Northminster Presbyterian 3235 Pope Ave., Sacramento, 95821; (916) 487-5192. 2nd Wed, by appointment. Serves zip 95821.

Our Lady of Lourdes 1951 North Ave., Sacramento, CA. 95838; (916) 925-5313. Register Tuesday at 10:30 a.m. for food pick up between 12 pm and 2 pm. Disabled individuals may enter through the back door to avoid waiting in line. Need proof of address and/or ID. Serves zips 95673, 95626 and 95838.

Stanford Settlement 450 West El Camino Ave., Sacramento, 95833 (916) 927-1303. Serves zips 95815, 95833, 95834 and 95835

St. Mathews 2300 Edison Ave., Sacramento, 95821; (916) 927-0115 x3. Tuesday and Thursday 10-11:30 a.m. Once per month. Need ID and proof of address. Serves zip 95821.

Back to the Bible Church 3251 Norwood, Sacramento, CA 95838 (916) 925-6730 Every Mon 10:00 AM

Oak Park

All Nations COGIC 3939 Broadway, Sacramento, CA 95817 (916) 925-3240 2nd Wednesday 11:30AM - 12:30PM Produce for All Distribution

Blessed Faith Ministries 3400 Y Street, Sacramento, CA 95817 (916) 455-6270 Every Thur 10:00AM - 12:00PM

City of Refuge 3472 38th Street, Sacramento, CA 95817 (916) 440-6604 Every day Varies

El-Shaddai World Ministries 3307 Broadway Sacramento, CA 95817 (916) 736-6200 Wed, Thur, Sat Varies

Kyles Temple AME Zion Church 2940 42nd St, Sacramento, CA 95817 (916) 457-8015 Every Fri & Sun Fri 12:00PM - 3:00PM, Sun 7:00AM - 9:00AM

New St. Bethel Baptist Church 4201 8th Ave, Sacramento, CA 95817 (916) 456-3077 Every Tues 8:00AM - 12:00PM

***Oak Park Community Center City of Sacramento** 3425 Martin Luther King Jr Sacramento, 95817 (916) 808-6151 4th Tues/4th Thur 11:00AM - 12:00PM

***Oak Park United Methodist** 3600 Broadway Sacramento, CA 95817 (916) 456-0487 2nd Tues 3:00PM - 5:00PM

***Shiloh Baptist Church** 3565 9th Ave, Sacramento, CA 95817 (916) 452-5052 2nd Wed, 4th Fri 10:00AM - 1:00PM, 11:00AM - 1:00PM . Serves zips 95815, 95817, 95818, 95820, 95833, 95834, 95835, 95836, 95837, 95838.

Temple of Prayer 3909 8th Ave, Sacramento, CA 95817 (916) 452-1539 Wed & Fri 10:00 AM

WellSpace Health at Oak Park 3415 MLK Jr. Blvd, , 95817 (916) 925-3240 4th Tue 10:30AM - 11:30AM Produce Distribution

Wellspring Women's Center 3414 4th Ave Sacramento, CA 95817 (916) 454-9688 Mon - Fri 7:30 AM-11:30 AM

Youth Xplosion 3415 Martin Luther King Jr Blvd, Sacramento, CA 95817 - Community Center (916) 234-3270 1st, 2nd and 3rd Sat 10:30AM to 12:30PM

Orangevale

Orangevale 7th Day Adventist Church 5810 Pecan Ave., Orangevale, 95662; (916) 967-2838. Tuesday 9 to 12 p.m. Once per month food basket. Proof of address and written referral required. Serves zips 95630 and 95662.

Orangevale Food Bank 6483 Main Ave, Orangevale, CA 95662 (916) 304-3663 Wed and Thur Wed: 4:40 - 6:30 PM Thur 9AM - 12:30PM

Rancho Cordova

Cordova Community Food Locker 10497 Coloma Rd Rancho Cordova, 95670; (916) 364-8973. Mon, Wed and Fri., 9:30 a.m. - 1:30 p.m. Picture I.D., SS or Medical cards may be used.

Highway & Hedges Army of God Ministry 11082 Coloma Road #6 Rancho Cordova, CA 95760 (916) 799-4626 Every Tues 3:00PM -7:00PM

Oasis Christian Ministry 10255 Old Placerville Rd Ste 1, Sacramento, CA 95827 (916) 364-0168 Every Sun 1:30PM - 3:30PM

Rio Linda

Fisher's of Men Worldwide 743 M Street Rio Linda, CA 95673 (916) 912-1316 Thur, Sat, Sun Thur 6PM-8PM/Sat 1PM-3PM/Sun 3PM-6PM 95673 Rio Linda

REACH 6720 Rio Linda Blvd, Rio Linda, CA 95673 Every Thur 10:00AM - 12:00PM

River Park

Central Downtown Food Basket 5770 Carlson Drive, Sacramento CA 95819 (916) 761-5624 3rd Thur 5:00PM - 6:30PM

Rosemont

Atonement Lutheran 9242 Kiefer Blvd, Sacramento, CA 95826 (916) 363-8642 3rd Tues 10:00AM - 12:00PM

Elevation of the Holy Cross 9000 Jackson Rd, Sacramento, CA 95826 (916) 364-8068 Every Tues 10:00AM - 11:00AM

Sacramento Samoa New Covenant Church 8460 Belvedere Ave., Sacramento, CA 95826 Tues & Thurs 4:00PM - 5:00PM

Slavic Missionary Church 9800 Jackson Rd, Sacramento, CA 95827 (916) 369-5505 Every Tues 6:00PM - 8:00PM

South Sacramento

All Nations Church of God 3939 Broadway Sacramento, 95817; (916) 456-3963. Sat, 2-5 p.m.

Antioch Progressive Baptist Church 7650 Amherst St. Sacramento, 95632; (916) 665-2600. Tues, 11 a.m.-noon Serves zip 95632.

***Capital City Adventist Community Services** 6701 Lemon Hill Ave., Sacramento, 95824; (916) 381-5353. Every Mon 10 am-1 pm. Serves zips 95820, 95822, 95823, 95824, 95828 and 95829.

Cathedral of Praise 2875 Meadowview Rd., Sacramento, 95832; (916) 568-7606. Walk in. Tues, 11 a.m.-1:00 p.m. Picture ID required.

Centro Cristiano De Adoracion 6555 44th Street Sacramento 95823 (916) 627-0575 Every Tues 7:00PM - 9:00PM

Century Chapel 2801 29th Ave, Sacramento 95820 (916) 452-1913 First Thur 4:00PM - 7:00PM

Christ Chapel Ministries 4340 Stockton Blvd, Sacramento 95820 Saturday 8:00 - 12:00

D & J Outreach 6841 Cunningham Way, Sacramento CA 95823 N/A 2nd & 4th Sat 9:00 AM

Daughters of Zion 6489 47th Street, Sacramento, 95823; (916) 422-3875. Thursday 1-3 pm Need ID.

The Dr. Ephraim Williams Family Life Center Healthy meals \$5, Accepts EBT; 4036 14th Ave., 95820; Wed, Fri 5-7 pm; (916) 295-1884

Ebenezer Christian Church 6428 MLK Jr Blvd, Sacramento, CA 95823 (916) 424-2562 4th Fri 9:00AM - 10:00AM

Emanuel United Methodist Church 5954 44th St, Sacramento, CA 95823 (916) 421-9712 Every Tues 11:30AM - 1:00PM

Focus on the Family Foundation 5700 Mack Road, Sacramento, CA 95823 3rd Friday 10:00AM - 12Noon Providence Place Apartments

G.A.S.B.O.L. 4809 Roosevelt Ave., Sacramento, CA 95820 2nd and 4th Thursdays 8:00AM -11:00AM, 3rd Thur 3:00PM - 6:00PM

Genesis Baptist Church 2801 Meadowview Road, Sacramento, 95832; (916) 422-8772

God's Next Level Ministry 7298 Franklin Blvd Ste I, Sacramento, CA 95823 (916) 427-2333 2nd and 4th Saturdays 10AM, Every Wednesday 8:30PM, Every Sunday 12AM and 8:30PM

Greater Grace Family Support 5550 Sky Parkway, Sacramento, CA 95823 2nd & 4th Thur 10:00- 12:00PM

Hiram Johnson High School 6879 14th Ave, Sacramento 95820 (916) 925-3240 2nd Thursday 4:00PM - 5:00PM

Lord's Gym Inc. 25 Massie Ct., Sacramento, CA 95823 916-689-1158 Every Sun 12:30PM - 2:00PM

Lutheran Social Services 4390 47th Ave, Sacramento, CA 95824 (916) 393-1627 Every Fri 9:00AM -12:00PM (Tues also 6- 7PM)

Molina Medical Group at Florin-7215 55th St, Sacramento 95823 (916) 925-3240 4th Thursday 10:00AM - 11:00AM Produce for All Distribution

New Covenant Church of the Nazarene 7128 Florin Perkins Rd., Sacramento, 95828; (916) 912-9182. Wed, Fri and Sat, 8:30-10:30 a.m. Serves Sacramento County.

New Hope Food Closet - New Hope Community Church of Sacramento 1821 Meadowview Road, Sacramento, 95832; (916) 422-3370. Every Thursday at 2 p.m. Sign-ups start at 12 p.m.

Pacific Elementary 6201 41st St, Sacramento, CA 95824
(916)424-2562 3rd Friday 9:00 AM

***St. Matthew Christian Church-** 4809 Roosevelt Ave. Sacramento, 95820. Third Thurs, 5-7 p.m. Serves zips 95815, 95817, 95818, 95820, 95833, 95834, 95835, 95836, 95837, 95838.

South Sacramento Christian Center 7710 Stockton Blvd. Sacramento, CA 95823; (916) 504-3370. 2nd and 3rd Sat, 9 a.m.-noon. Serves Sacramento County.

***South Sacramento Interfaith Partnership** 5625 24th Street, Sacramento, 95822; (916) 428-5290. Mon and Fri, 9-11:30 a.m. Includes vegetables and other packaged products. Serves zips 95822, 95823, 95824, 95826, 95828, 95831, and 95832. ID required for number of children.

Southpointe Christian Center 7520 Stockton Blvd. Sacramento, 95823; (916) 383-3028. Last four Mon of month 7:30AM - 10:00AM Serves zips 95820, 95828 and 95829.

Starting with a Penny 2251 Florin Road #11 Sacramento CA 95822 Every Tues, Wed, and Thurs 10:00AM - 2:30PM

S.V.D.P. St. Charles Borromeo 7584 Center Pkwy, Sacramento, CA 95823 (916) 421-6189 Every Mon 8:45AM - 10:30AM

S.V.D.P. St. Paul's 8720 Florin Road Sacramento, CA 95829 (916) 381-5200 1st Thur 8:00AM - 10:00AM

Valley Hi Covenant Church 8355 Arroyo Vista Dr, Sacramento, CA 95823 (916) 689-3010 Sat 9:30AM - 11:00 AM

Vietnam Veterans of California 7270 E. Southgate, Sacramento, CA 95823 (916) 393-8387 Daily 6:00AM - 7:00AM, 11:30AM- 12:00PM, 5:00PM - 5:30PM

Visions Unlimited 6833 Stockton Blvd #485, Sacramento, CA 95823 2nd Thur & Fri 10:00 AM

WellSpace Health at South Valley 8233 E. Stockton Blvd, Sacramento, CA 95828 (916) 925-3240 1st Tuesday 10:00AM - 11:00AM Produce for All Distribution

Williams Memorial COGIC 4495 Martin Luther King Blvd, Sacramento, CA 95820 (916) 455-9201 1st & 3rd Fri 11:00AM - 12:00PM

Wonderful Unlimited Production 4620 Stockton Blvd, Sacramento, CA 95820 Every Sat 10:00AM - 1:00PM

Youth Xplosion 3525 Norwood Ave. Sacramento Ca. Robinson Center (916) 234-3270 4th Sat 11:30AM to 12:30PM

Traveler's Aid 2251 Florin Road, Suite 130. Sacramento, 95822; (916) 399-9646. By appointment.

California Indian Manpower Consortium 738 North Market Blvd., Sacramento, 95834; (916) 920-0285 or (916) 564-4053. Provides an emergency free food voucher. You need proof of heritage, residency, and income.

Southgate

Hosana Somoan Church 3601 52nd Ave, Sacramento, CA 95823 1st Mon 8:15 AM

My Father's House 6428 Martin Luther King Blvd, Sacramento, CA 95823 Every Mon 9:00AM - 7:00PM

Southgate SDA Church 2299 Meadowview Rd, Sacramento, CA 95823 (916) 428-3027 Every Wed 9:30AM - 11:00AM, 8:00PM - 8:30PM

Tahoe Park

Promise Land Ministries 5540 Martin Luther King Jr. Blvd., Sacramento, CA 95820 (916) 670-4520 2nd & 4th Thursdays 4:00PM - 6:00 PM

G-7 Thy Presence's School of Faith Ministry 4009 23rd Ave Sacramento, CA 95820 (916) 642-8181 Friday 12PM

G-7 Thy Presence's School of Faith Ministry 3041 65th St, Sacramento, CA 95820 (916) 642-8181 Tues 7PM and Sun 10AM

Walnut Grove

S.V.D.P. St. Anthony's 14012 Walnut Ave. Walnut Grove, CA 95690 (916) 776-1330 2nd Thur 8:00AM - 10:00AM

Grow Your Own Food

You can save money and have nutritious food by growing some of your own vegetables. You can garden in your yard, in containers, in school-yard projects and in community gardens. To find out where community garden space is available, or to get materials, seeds, and advice on gardening contact:

The Sacramento Area Community Garden Coalition
3611 Del Paso Blvd. Sacramento, CA 95838
(916) 508-6025; sacgc@ulink.net

Davis Community Gardens: (530)757-5626;
davisgarden@aol.com

City of Sacramento Community Garden Program (916)
808-4943; www.cityofsacramento.org/parksandrecreation

Sacramento Food Bank & Family Services
3333 3rd Ave., Sacramento, 95817; (916) 456-1980;
www.sacramentofoodbank.org

Farmers' Markets

At farmers' markets, you can save up to 30% buying fresh vegetables and fruit directly from family-owned farms. The following markets listed below accept EBT (Food Stamps). Markets listed with an [*] provide Market Match or other incentive program, which provides bonus funds to spend on fresh produce when a minimum amount of EBT is used (maximum offered per person per market day varies by location, between \$5-\$20). Go to FMfinder.org for an interactive map of farmers' markets which accept EBT and offer Market Match incentives.

MARKETS THAT TAKE EBT

YEAR ROUND:

***Sacramento Central** 8th and W streets, underneath Highway 80. Sunday, 8 a.m. to noon

Land Park Farmers' Market 1944 Sutterville Rd., Sunday, 9 a.m. to 1 p.m.

Carmichael Park 5750 Grant Ave., Carmichael, 95608; Sunday, 9 a.m.-2 p.m.

VA Mather Farmers' Market 10535 Hospital Way, Mather, Wednesday, 9 a.m. to 1 p.m.

***Florin Mall** 65th and Florin Road (Sears parking lot). Thursday, 8 a.m. to noon

***Country Club Plaza** Watt and Ell Camino (Butano Dr. Parking Lot), Saturday, 8 a.m. to noon

***Laguna Gateway Farmers' Market:** Laguna & Big Horn Blvd. (Parking lot), Elk Grove. Saturday, 8 a.m.-noon.

***Midtown Farmers' Market** 20th St between J and L Street, Saturday, 8 a.m. to 1 p.m.

***Sunrise Station** Sunrise & Folsom Blvd, Rancho Cordova (Light Rail parking lot), Saturday, 8 a.m. to noon

Sunrise Mall: 6041 Sunrise Mall, at the corner of Sunrise Blvd. and Greenback Lane in Citrus Heights (located behind the Sears auto department). Saturday, 8 a.m.-noon

SEASONAL MARKETS:

***Point West Kaiser Permanente** 1650 Response Road, Monday, 9:30 a.m. to 2 p.m., February through December

***Fremont Park** 16th and P Streets. Tuesday, 10 a.m.-2 p.m., May through October

***Cesar Chavez Plaza**, 10th and J streets, in front of City Hall. Wednesday, 10 a.m.-2 p.m., May through October

***Mack Road-Valley Hi** 6100 Mack Road, Friday, 8:30 a.m. to 1:30 p.m., May through September

***Morse Ave. Farmers' Market Kaiser Permanente** 2025 Morse Ave, Friday, 9:30 a.m. to 2 p.m., February through December

***Soil Born American River Ranch Stand:** 2140 Chase Dr., Rancho Cordova, Saturday, 8 a.m.-1 p.m.; May to November

***Oak Park Farmers' Market:** McClatchy Park, 35th St. & 5th Ave., Sacramento. Saturday, 9 a.m.-1 p.m., May through October

***The Promenade Farmers' Market:** 3637 N. Freeway Blvd, (off of Gateway Blvd.) N. Natomas. Saturday, 8 a.m.- noon, May to October

***Woodland First St** (Between Court & North St), Saturday, 9 a.m. to noon, May through September

OTHER MARKETS THAT DO NOT ACCEPT EBT

Roosevelt Park Between 9th and 10th and P Street. Tuesday, 10 a.m.-2 p.m., May through September

Elk Grove Regional Park 9950 Elk Grove-Florin Rd, Elk Grove Pavilion Parking Lot. Wednesdays, 4 p.m.-8 p.m., May through August

Capitol Mall 6th and Capitol Mall (Between 5th and 6th St)., Thursday, 10 a.m. to 1:30 p.m., May through September

Natomas Regional Park 2501 New Market Drive behind Inderkum High School. Thursday, 4 p.m. to 7 p.m., June through August

Fresh Produce for CalFresh

Sacramento Food Bank & Family Services CalFresh Produce Box

Purchase a \$25-valued farm fresh produce box with \$15 of your EBT benefits. Boxes come with 7-10 different kinds of organic produce. You can customize supplemental ingredients to meet your family's needs. Cooking classes are provided to inspire you in the kitchen!

1st & 3rd Thursdays: Food Bank Services campus

1951 Bell Avenue, Sacramento, CA 95817

Class at 4 p.m.- Check-in with reception

2nd & 4th Thursdays: Family Services campus

3308 Third Avenue, Sacramento, CA 95817

Class at 11:30 a.m. - Check-in at the garden

Pick-Up 10 a.m. - 5 p.m.

To sign-up, contact Kelsey Maher at kmaher@sacramentofoodbank.org or at (916) 779-3402

Senior Food Resources

Senior Citizens Services 8175 Signal Court, Suite M, Sacramento, 95824 (Near Power Inn & Elder Creek); (916) 381-7794

Food distribution Monday - Friday, 9:00 - 11:30 a.m.; Saturday, 9:00 - 11:00 a.m. Provides emergency food assistance for non-members who must have a referral from a church or social service organization.

*Membership is only \$20.00 a month. You will receive a food box each week on the day that is convenient for you.

*MEMBERS CAN BE ANYONE 18 AND OVER. YOU MAY HAVE SOMEONE ELSE PICK UP YOUR WEEKLY BOX FOR YOU.

Congregate Meal Programs for Seniors (Small donation requested, but not required)

All Seasons Cafe-Senior Dining (916) 444-9533. Provides nutritional lunches to seniors at 27 locations throughout Sacramento. Call the office to find the nearest location.

Comstock Building 1725 K Street, Sacramento, 95814; (916) 442-1257. Lunch at 11:45 a.m. Hours: 9:30 a.m. - 1:30 p.m.

Cordova Senior Center 3480 Routier Road, Sacramento 95827; (916) 361-1262. Lunch at 11:45 a.m., Hours: 9:45 a.m. - 1:45 p.m.

Creekside Village 6465 Village Center Drive, Sacramento 95823; (916) 391-2854. Lunch at 12 p.m. Hours: 10 a.m. - 2 p.m.

Delta Cove 6800 Woodbine Avenue, Sacramento, 95822; (916) 422-1980. Lunch at 11:30 a.m. Hours: 9:30 a.m.-1:30 p.m.

Elk Grove : Senior Center 8830 Sharkey Ave. Elk Grove 95624: call (916) 685-4804 to register for lunch

Eskaton Jefferson Manor 5959 66th Ave Sacramento (916) 428-6325: call to register for lunch

Folsom City Senior Center 48 Natoma St. Folsom 95630 (916) 351-3386 call to register for lunch

Galt: Chabolla Community Center 600 Chabolla Ave. Galt 95632 (209) 745-7332 call ahead for lunch

Greenfair Tower II 702 Fairgrounds Drive Sacramento 95817; (916) 455-3668. Lunch at 12 p.m. Hours: 10 a.m.-2 p.m.

Hart Senior Center 915 27th St. Sacramento 95816 (916) 264-5462 Lunch at 11:30am, Hours 9:30am-1:30pm

Mission Oaks 4701 Gibbons Drive Carmichael 95608; (916) 972-0336, x226. Lunch at 12 p.m. Hours: 10 a.m.-2 p.m.

Rio Linda 810 Oak Lane, Rio Linda, 95673; (916) 991-3405. Lunch at 11:45 a.m., Hours 9 a.m.-1 p.m.

Riverview Plaza 600 I Street, 15th Floor, Sacramento, 95814; (916) 448-3191. Lunch at 12 p.m., Hours: 10 a.m.- 2 p.m.

Rizal Community Center 7320 Florin Mall Drive, Sacramento, 95823; (916) 395-0601. Lunch at 12 p.m. Hours: 10 a.m.- 2 p.m.

Sierra Arden 890 Morse Avenue, Sacramento, 95825; (916) 444-9533

Stanford Settlement 450 West El Camino Ave., Sacramento, 95825; (916) 927-1818. Lunch at 11:30 a.m. Hours: 9:30 a.m.-1:30 p.m.

Fruitridge Community Center 4000 Fruitridge Road, Sacramento, 95820; (916) 422-7610. Lunch at 11:30 a.m., Hours 9:30 a.m.-1:30 p.m.

Hagginwood Community Center 3271 Marysville Blvd., Sacramento, 95815; (916) 922-4770. Lunch at 11:45 a.m. Hours: 9:30 a.m.-1:30 p.m.

Pannell Community Center 2450 Meadowview Road, Sacramento, 95832; (916) 433-6680 Lunch at 12 p.m., Hours: 9:30 a.m.-1:30 p.m.

Japanese Methodist Church 6929 Franklin Blvd., Sacramento, 95823; (916) 421-1017. Lunch on Wednesdays at 12 p.m., Hours: 10 a.m.-2 p.m.

Sacramento Buddhist Church 2401 Riverside Blvd., Sacramento, 95818; (916) 446-0121. Lunch on Fridays at 12 p.m., Hours: 10 a.m.-2 p.m.

Johnston Park Community Center 231 Eleanor Avenue, Sacramento, 95815; (916) 566-6442. Lunch on Thursdays at 12 p.m. Hours: 10 a.m.-1 p.m.

North Highlands Community Center 6040 Watt Avenue North Highlands, 95660; (916) 334-6249. Lunch at 11:30 a.m., Hours: 9:30 a.m.-1:30 p.m.

Orangevale Community Center 6745 Hazel Avenue, Orangevale, 95662; (916) 988-2452. Lunch at 12 p.m., Hours: 9:30 a.m.-1:30 p.m.

Rusch Park Community Center 7801 Auburn Blvd. Citrus Heights, 95610; (916) 725-1585. Lunch at 11:45 a.m., Hours: 9:30 a.m.-1 p.m.

Women's Civic Imp. Center 3555 Third Avenue, Sacramento, 95817; (916) 452-9167. Lunch at 12 p.m., Hours 9:30 a.m.-1:30 p.m.

Home Delivered Meals for Seniors and Disabled

"Meals on Wheels" Asian Community Center (916) 444-9533 or (877) 434-8075.

Meals a la Car (916) 391-3837. Delivers hot, nutritious meals to homebound elderly and disabled.

Senior Nutrition Services (916) 444-9533. Serving many Sacramento zip codes, also Elverta.



If you are pregnant, bring verification when you apply. Also, you or your child must be medically identified as in need of better nutrition. It is helpful, but not required, to bring current medical information when you apply.

If you are treated unfairly in any way, you can complain to the supervisor at the WIC site or hand in a short note or letter requesting a hearing. Include the date, your name and address and an explanation of your complaint. Keep a copy of your letter.

What is the WIC Program?

The Women, Infants and Children program, called WIC, provides vouchers for certain foods and nutrition education for pregnant women, women who just had a baby, breastfeeding women, and children up to age 5 (including foster children and children raised by their father as well as other children).

You qualify for WIC if your household receives CalFresh, CalWORKs or full Medi-Cal. Or you qualify if your "gross income" (your income before taxes and deductions) is below a certain level. See "How Do I Apply for WIC?" on this page for more information.

- Women who are pregnant, breastfeeding or just had a baby
- Women who have lost a pregnancy, or suffered the loss of a newborn, or stillbirth
- Children under 5 years old (including foster children and children raised by others)
- Low to moderate income – meaning that your "gross income" (your income before taxes and deductions) is below the following:

Household Size	Annual Income	Monthly Income
1	\$ 22,459	\$ 1,872
2	\$ 30,451	\$ 2,538
3	\$ 38,443	\$ 3,204
4	\$ 46,435	\$ 3,870
5	\$ 54,427	\$ 4,536
6	\$ 62,419	\$ 5,202
7	\$ 70,411	\$ 5,868
8	\$ 78,403	\$ 6,534

For each additional household member, add:

+7,992 +645

This chart is accurate until June 30, 2019. For updated information see <https://www.fns.usda.gov/wic/wic-income-eligibility-guidelines>

If you are pregnant, add 1 to the number of people in your household.

What Are The Benefits?

- **Special checks** to buy healthy foods such as milk, juice, eggs, cheese, cereal, dry beans and peas, and peanut butter.
- Cash vouchers to purchase fruits and vegetables.
- WIC also provides a limited number of vouchers that can be used at **Farmer's Markets** for fruits and vegetables.
- Information about nutrition and health to help you and your family eat well and be healthy
- Support and information about breastfeeding your baby
- Vouchers for formula (if you are not breastfeeding exclusively) and cereals for infants are available.
- Help in finding health care and other community services
- **Extra vouchers:** Women who breastfeed exclusively receive an extra set of vouchers providing them with additional foods including tuna and fresh carrots.
- **Counseling:** WIC participants are regularly scheduled to attend meetings and individual counseling. Some of the topics discussed include car seat safety, tooth decay, food and nutrition, and breastfeeding.

You can share your concerns about breastfeeding and children's eating habits with a counselor and other mothers involved in the program. In some WIC programs, breastfeeding women can come into the WIC clinic any time they have a question, a problem, or need support.

How Do I Apply for WIC?

For information on how to apply for WIC in Sacramento call (916) 876-5000. The main office is located:

Sacramento County WIC Program

Main Office
 2251 Florin Road, Suite 100
 Sacramento, CA 95822
 (916) 876-5000

Child Nutrition



Can My Child Get Free School Breakfast and Lunch?

All low-income children qualify for free or reduced price school meals, regardless of immigration status. Children who eat regular meals learn better and are usually sick less than other children. All public schools and some private and parochial schools offer breakfast and lunch programs.

Your child qualifies for free or reduced-price meals if your gross family income per month (income before taxes or deductions) is below a certain level.

You should be given an application for the meal program in your own language at the beginning of the school year or whenever your child transfers. You can also ask for one at any time from the school office, because if your income goes down during the year, your child may become eligible.

If you receive CalWORKs, food stamps, or the Food Distribution Program on Indian Reservations, the only information you have to give is your case number, and your child automatically qualifies for free meals.

If you do not receive CalWORKs or food stamps, you will have to list the total income of your household, the names of household members, and the Social Security number of the adult signing the application. If you do not have a number, just write "none". You are not required to apply for a number or give a reason for not having one.

In some cases, you must give the school some proof of your income (by showing your pay stubs to the school secretary, for example). All information gathered is confidential and cannot be given to other government agencies.

If the information you give on the application shows that you qualify, your child can begin receiving free or reduced-price meals immediately.

Foster children are often eligible for free meals, regardless of the foster parents' income.

Extra Food for Pregnant Students

At many schools, pregnant and breastfeeding students can get extra food at breakfast or lunch, or an extra snack. To be eligible, the student must provide some written verification that she is pregnant or breastfeeding from a doctor, nurse, midwife, clinic, WIC or Cal-Learn program.

Your child qualifies for free or reduced-price meals if your gross family income per month (income before taxes or deductions) is below these levels:

Family Size	Free Meals	Reduced Price Meals
1	\$1,316	\$ 1,872
2	\$1,784	\$ 2,538
3	\$2,252	\$ 3,204
4	\$2,720	\$ 3,870
5	\$3,188	\$ 4,536
6	\$3,656	\$ 5,202
7	\$4,124	\$ 5,868
8	\$4,592	\$ 6,534

(Accurate until June 30, 2019)

For updated information see

<http://www.cde.ca.gov/ls/nu/rs/scales1617.asp>

Summer Meals

All children age 18 and under regardless of income can eat free, nutritious meals during the summer or any time when school is out for more than 15 days through the Summer Meals Program. If the child is physically disabled, the age limit is 21. No application or other kind of paperwork is required. Meals and snacks are served at schools, parks, community centers and recreation centers.

To find out where your children can eat free when they are not in school, call the City of Sacramento at (916) 498-1000 or the CA Department of Education for summer meal sites: 800-952-5609. If you want to learn how to start free Summer Lunch in your area, call the California Food Policy Advocates at (213) 482-8200. For more information, visit <http://www.cde.ca.gov/ls/nu/sf/>.

What Are My Child's Rights?

- The law says that children who get free or reduced-price meals cannot be treated differently than those who get full-price meals. No separate lines, different meals or meal tickets, required work, or other types of discrimination are allowed.
- Ask the school, child-care sponsor, or summer recreation program sponsor for a "fair hearing" if you apply and are unfairly denied. Also request the hearing if you receive notice that your benefits will be cut. By doing so within 10 days, your child's benefits will continue until the hearing takes place.



Your Health Care Rights

In March 2010, the Patient Protection and Affordable Care Act (ACA) was signed into law. The goal of health reform is to make sure that more Americans have insurance, either public or private. In 2018, the Trump administration and Congress are talking about taking away these important rights. You can contact Health Access www.health-access.org to learn how to get involved in protecting them.

If you do not qualify for Medi-Cal or another public health care program, you will be required to have another means of health insurance. Even if you do not qualify for Medi-Cal, you may be eligible for Advance Premium Tax Credits (APTCs) to help pay for the cost of insurance through Covered California.

This can help to reduce the monthly cost of your health insurance premium, which is the amount of money you pay to buy health insurance coverage. Depending on your income, Cost Sharing Assistance can reduce the amount of health care expenses an individual has to pay when getting care. These expenses include copayments and other health care bills.

Covered California's Health Benefit Exchange marketplace can help you find affordable health plans and answer any questions you may have. Visit www.coveredca.com or call (888) 975-1142. To calculate an estimated cost of health-care, visit <https://www.coveredca.com/lw-shopandcompare>.

You may also contact Sacramento Covered at 1-866-850-4321 for assistance in finding a health plan. You cannot be denied coverage because of a pre-existing condition (this has already begun for children under age 19). If you are a young adult under age 26, you can remain on your parents' private health coverage. For more information on changes to private health insurance, visit www.coveredca.com.

Can I Get Medi-Cal ?

Medi-Cal is a health insurance program to help pay the medical expenses of low income families, individuals, seniors, and people with disabilities. The state and federal government fund Medi-Cal. There are many Medi-Cal programs with different rules. Depending on which program you qualify for and how much money you make, Medi-Cal may pay for all your medical expenses or you might have to pay a share of the cost when you access health care services in a particular month.

If you are ineligible for Medi-Cal and cannot afford to purchase health insurance through Covered California, you might be eligible for the Sacramento County Medically Indigent Services Program (CMISP). For more information about CMISP, visit <http://www.dhhs.saccounty.net/PRI/Pages/CMISP/GI-CMISP-Eligibility.aspx>.

If you are ineligible for Medi-Cal and CMISP due to your immigration status, you might be eligible for the Healthy Partners Program (HPP). HPP is a program for Sacramento County residents who cannot prove their lawful status in

the United States. The HPP offers primary care services, medications, and specialty care appointments. For more information about HPP, please visit <http://www.dhhs.saccounty.net/PRI/Pages/Healthy%20Partners/GI-PRI-Healthy-Partners.aspx>

1. Groups of Eligibility

You can get Medi-Cal if you:

- Meet income and resource tests and
- Are a California resident and intend to stay in California and
- Fit within one of the eligible groups.

The major groups who can get Medi-Cal are:

- Low income individuals with limited assets
- People getting SSI, CalWORKs, foster care, adoption assistance, or certain immigrants receiving Entrant or Refugee Cash Assistance benefits.
- Low to moderate income Pregnant women
 - Low income families with Children under age 21
- Low income seniors (over age 65)
- Low income people with disabilities
- Low income families in which at least one parent is absent, deceased, disabled or unable to work, unemployed, or under-employed.
- Certain caregivers taking care of a related child under 21
- Refugees
- People living in a long term care facility
 - People with certain medical conditions, like those receiving dialysis for kidney failure, diagnosed with tuberculosis, or breast or cervical cancer.

2. Immigration Status

Undocumented immigrants over 65 or age 26 and under may get full Medi-Cal benefits. If you are a California resident and meet other Medi-Cal requirements, you can apply for a restricted Medi-Cal card, even if you're undocumented. This will pay for emergency services, pregnancy-related care and long term care services. Most low income legal immigrants can get regular (also called full-scope) Medi-Cal to cover most of their medically necessary health needs. Many immigrants can get full health coverage, even if they do not have a green card, for example those in the process of adjusting their legal status (i.e., they are applying for Legal Permanent Residency)

How Do I Apply for Medi-Cal?

1. Submit an Application You can submit an application online, in-person or through the telephone. If you are visiting a hospital or clinic, they can also supply you with an application and often assist with the submission.

2. Children Under Age 19 You may apply for Medi-Cal for your children. Children who receive a CHDP visit are screened for temporary eligibility for Medi-Cal. If a child is eligible, he/she is pre-enrolled in temporary, full-scope Medi-Cal at no cost for up to 60 days (for the month of the visit and the month after). Infants who were born to a woman receiving Medi-Cal at the time of birth should receive Medi-Cal ongoing until the age of one.

3. Filling Out the Application You can get help filling out the application by calling (916) 874-3100. A Medi-Cal worker will go over the application you filled out. If you are asked for more information, you will be given a list of what is needed and a specific date by which the information must be mailed to the Medi-Cal office. A "return appointment" is not necessary. You can also receive application assistance in the community from trusted providers like Sacramento Covered.

4. Provide Needed Papers

- Identification with your name and current address on it. For example, a birth certificate, driver's license, or California ID card. If you lack ID, you can fill out a form called "PA 853" and swear that you are who you say you are, or documents to verify income or disability status may also serve as proof of identity.
- Social Security Number or Card (or proof of application for the card) only for those requesting "full-scope" benefits.
- Proof of income (like check stubs, a copy of your tax return, a self-affidavit or statement of income if you are paid in cash or do not have any other way to prove income)
- Proof that you live in Sacramento County (a document that has your name and an address on it, such as an ID, a bill mailed to your house, school attendance records, pay stubs, etc.) for each adult on the application.
- Proof of U.S. citizenship and identity or acceptable immigration status for each person on the application who has declared acceptable immigration status. If you are a parent applying for children only, you do not need to submit proof of your immigration status.
- Verification of child or dependent care, educational expenses and/or health insurance premiums or court ordered child support payments can be used as deductions, but are not needed to determine eligibility.

5. Cooperate With Child Support Services If one parent is absent, most people will have to cooperate with DHA and a county agency called the Department of Child Support Services (DCSS.) You must provide information you have about the other parent such as an address or social security number, to establish who your child's absent father or mother

is and whether that parent can provide the child with medical insurance. You do not have to supply this information if you are a survivor of domestic violence and the release of this information would put you or your family in danger.

6. Wait for Approval Normally, the Medi-Cal office will approve or deny your application within 45 days of receiving it, except for the faster ways for children, described above. If the state must evaluate a disability, the approval or denial can be delayed up to 90 days. If Medi-Cal denies your benefits, you can appeal. See pg.75 for the "Hearings and Complaints" section.

7. The Medi-Cal Card Once you have been "approved," you may ask your worker for a written verification of your eligibility status from the Medi-Cal Eligibility Data Systems (MEDS) or your medical provider may be able to use your Social Security Number to verify your eligibility status through their Point of Service system. Your permanent white plastic Medi-Cal card, called a "Benefit Identification Card" or BIC, is mailed to your address. Each person listed on your application will get one, even if they aren't eligible for Medi-Cal, because if the family must pay a monthly Share of Cost, the medical expenses of every person listed on the application can be used to meet the Share of Cost. If you don't get your plastic card by the end of the month, or lose it, contact your worker. Keep the BIC even if your Medi-Cal stops. If you need Medi-Cal again, you can use the same BIC.

8. Managed Care. Most Medi-Cal recipients will need to select a health plan. When your Medi-Cal is approved, you will receive information about how to select a health plan. If you do not select a plan, the state will select one for you. If you later want to change your health plan, you must call Health Care Options at 1-800-430-4263.

9. If You Are Pregnant If you are pregnant, you may be eligible for a program called AIM (Access for Infants and Mothers). Call AIM at (800) 433-2611. You can also get AIM even if you have medical insurance, if your insurance does not cover pregnancy or if you have a \$500 "deductible". Many pregnant women can get a temporary Medi-Cal card called "Presumptive Eligibility" immediately, without showing proof of pregnancy or providing information on property, car, or resources. This will help you get early prenatal care, lab tests and medication. You still have to turn in a regular Medi-Cal application and provide proof of income by the end of the next month if you still need Medi-Cal. As soon as the baby is born call your worker to report the name and date to add the new baby to your family case record. The baby needs his or her own card by the end of the new Medi-Cal application for your baby. If you have trouble reaching your worker to tell the worker about the birth of your baby, some WIC offices and clinics have "Newborn Referral Forms" you can mail to DHA. Or you can get one yourself on the internet at <http://www.dhcs.ca.gov/formsandpubs/forms/Forms/mc330.pdf>.

10. Retroactive Benefits If you had medical or pharmacy services from a Medi-Cal provider in the 3 months before you applied for Medi-Cal, ask your worker for a form to apply for "retroactive benefits." The mail-in application also asks if you want this. If you were eligible for Medi-Cal during those

3 months, Medi-Cal may pay those bills. If you've already paid the bills and Medi-Cal covers the services, your clinic, doctor, dentist, or pharmacist should provide the refund to you. If you have trouble getting a refund, call Legal Services at (916) 551-2150.

What Are The Income Limits?

There are many ways to qualify for Medi-Cal. Each program has its own income limits. It is best to apply through the Covered California portal to receive a full screening for all available programs.

Special Low-Cost Medi-Cal for Working Disabled Persons: If you are a disabled working person or are married and both of you are working and disabled, you can get lower cost Medi-Cal if you meet certain employment and income requirements. If you qualify, you can eliminate your share of cost for a low monthly premium payment. Income deductions and exemptions apply, so apply even if you think your income may be too high; you can contact Legal Services of Northern California at (916) 551-2150 if you are denied.

What Are The Requirements?

1. Once a Year Eligibility Form Individuals receiving Medi-Cal must have their eligibility rechecked (or "redetermined") every 12 months. You get a "redetermination packet" in the mail which you must fill out and send back. You do not have to send in copies of documents with your redetermination form.

2. Reporting Changes for Adults Adults must report to DHA any significant changes that may affect your eligibility within 10 days after the change. You must quickly report to your worker if you move, begin making more money (or less money), someone moves in or out of your house or you are pregnant. Even if you report a change that hurts your eligibility, you have important rights before the DHA cuts your Medi-Cal.

3. Losing Welfare Does Not Mean That You Lose Medi-Cal Leaving the CalWORKs program (for example because of a sanction, time-limit, or failure to comply with WTW rules) does not mean that you lose free Medi-Cal. If you lose your Medi-Cal after you leave welfare, contact Legal Services of Northern California at (916) 551-2150 for help and advice

4. Transitional Medi-Cal You might be eligible for up to 1 year of free (no Share of Cost) Medi-Cal (called transitional Medi-Cal or TMC) if you received CalWORKs or what is called "Section 1931(b) Medi-Cal" during at least 3 of the last 6 months, and you lost CalWORKs or Section 1931(b) Medi-Cal because you started making too much money. During the first six months of TMC, you and your family qualify for free Medi-Cal no matter how much income you have. After

that, you remain eligible for TMC if you received TMC for the entire six months; you are still living in California; you remain employed; you have a child under 18 in the home; and you meet the income qualifications. Eligible families can receive TMC for up to one year. There is no lifetime limit on TMC. If your income goes down you can qualify again for regular Medi-Cal. If it then goes up again you can return to TMC with new time limits. There are no "resource" or property limits for TMC. TMC requires quarterly reports like a QR-7 for cash aid, but on a different form.

5. Four Month Continuing Medi-Cal If you lose CalWORKs or Section 1931(b) because you start getting more child or spousal support, a family can get free Continuing Medi-Cal, regardless of your income, but just for 4 months. It is important that you turn in an SAR-7 or any other change reporting form explaining why you are leaving CalWORKs or Section 1931(b), to help make sure you get Transitional or Continuing Medi-Cal. The children's free Medi-Cal continues until their next scheduled annual redetermination.

6. Former Foster Children If you were in Foster Care on or after your 18th birthday and you were "emancipated," you are automatically eligible for free Medi-Cal until you turn 21 even if your income goes up. Children leaving foster care before their 18th birthday are not eligible for this program.

7. If You Get A Notice That Medi-Cal Will Be Cut Off DHA must send you a written notice of action at least 10 days before it cuts off, denies, delays or reduces your Medi-Cal benefits. The notice explains the reason for their action and your right to ask for a fair hearing. (See pg. 75 Hearings and Complaints). When a change occurs affecting your Medi-Cal eligibility, DHA must determine whether you are eligible for any other type of Medi-Cal, before sending you a notice of action cutting off your benefits. They have to look in your available records, including CalWORKs, CalFresh and other records for any missing necessary information. DHA can send you a form that only asks for the information it needs; it cannot ask for information it already has or does not need to determine whether you are still eligible for Medi-Cal. DHA must give you at least 30 days to complete the form. If you do not send in a completed form, DHA will send you a written notice of action that you will lose your Medi-Cal benefits. If your form is incomplete, DHA must first try to contact you by telephone and writing to get missing information before it cuts your benefits. If you send in your form within 30 days of being cut from Medi-Cal, and that information shows you were still eligible, DHA must restore Medi-Cal benefits without making you reapply.

8. If You Move You must report a move to the Medi-Cal worker right away. You should have no break in service if you move within California. If you move to a new county, report to DHA and also to the welfare office in the new county, and the counties will manage the transferring of your case.

9. If You Were Billed Twice The doctor or health service provider cannot bill both you and Medi-Cal for the same care. If you think your doctor has billed you unfairly, you should contact the doctor's office and inform them that you are a Medi-Cal recipient. .

10. Lost or Stolen Cards Notify your Medi-Cal worker and a replacement card will be sent to you. If there is a medical emergency, you may receive a written notice of eligibility at your welfare office.

Sacramento County Medi-Cal Managed Care

Most California residents who qualify for Medi-Cal based on income and family size will be placed in Medi-Cal Managed Care. When you first qualify for Medi-Cal and receive a BIC (Beneficiary Identification Card) you will be covered under Fee for Service Medi-Cal. Within 45 days, you will be mailed information explaining health plan options.

Once you receive the information you are required to pick a health plan. If you do not pick a plan within 30 days, Medi-Cal will select a health plan for you. Health Care Options can assist you. You can call (1-800-430-4263) or use their webpage:

http://www.healthcareoptions.dhcs.ca.gov/HCOCSPE/Enrollment/Choice_Enrollment_Form.aspx

In Sacramento County there are six commercial health plans that provide Medi-Cal Managed Care: Aetna, Anthem Blue Cross, Health Net, Kaiser, Molina, and UnitedHealthcare.

Medi-Cal Managed Care Health Plans are under contract by the State Department of Health Care Services. See link for details on eligibility, how to apply, enrolling in a plan and using the benefits: <http://www.dhcs.ca.gov/individuals/Pages/Steps-to-Medi-Cal.aspx>

Mental Health: There are two paths for mental health benefits depending on the mental health need. Mental Health benefits are available within the Health Plan for individuals with mild to moderate mental health conditions. For individuals with serious and persistent mental health conditions, services are available through the County Mental Health Plan specialty services. Health Plan information including Member Services resource lists numbers (for physical healthcare and mental health services), RN advice lines, and urgent care clinics are posted on the Sacramento County Medi-Cal Managed Care Advisory Committee webpage under Resources: <http://www.dhhs.saccounty.net/PRI/Pages/Sacramento-Medi-Cal-Managed-Care-Stakeholder-Advisory-Committee/BC-MCMC.aspx>. Other resources such as Care Coordination Guides are

posted for providers and healthcare navigators who may be assisting new members. Dental Managed Care Medi-Cal

Dental Care: Sacramento County is the only county with mandatory Dental Managed Care. There are three dental managed care plans: Access Dental Plan, Inc., Health Net of California, Inc. Dental, and Liberty Dental Plan of California, Inc. New Medi-Cal members may also enroll in a plan through Health Care Options (1-800-430-4263). A dental managed care resource list is also posted on the webpage noted above. Or, beneficiaries may visit the State DHCS webpage at: <http://www.denti-cal.ca.gov/WSI/Bene.jsp?fname=BeneSrvcs>.

Services Restored in 2019: In 2019, Medi-Cal will once again be able to cover the following benefits: audiology; incontinence cream and washes; podiatry; and speech therapy

Medi-Cal for Teens

free and confidential medical treatment without parental consent related to:

- Drug or alcohol abuse treatment or counseling (except methadone treatment)
- Sexually transmitted diseases
- Pregnancy and abortion
- Family planning
- Outpatient mental health (not overnight in a hospital)
- Sexual abuse

Your parents won't be required to give information about their income or resources or pay toward the medical services, unless you want Medi-Cal for services other than those listed above. DHA won't tell your parents or send Medi-Cal mailings to your home without your permission.

These services can be used by minors even if they already have Medi-Cal or any other health program.

To apply, fill out the regular Medi-Cal application and another short form for Minor Consent Services at DHA or with a DHA Eligibility Worker at the site where you are receiving care.

You will have to fill out a new short form each month you need treatment, except for mental health services. For that, you need a letter from a mental health professional explaining that you meet certain conditions for getting mental health services and how long you will need treatment.

You will still have to complete the short form each month to update your eligibility.

If you already get Medi-Cal through your parents' case, you may already have a plastic Medi-Cal card. But don't use the plastic card for Minor Consent services. You will be sent a temporary card to use instead.



Targeted Low Income Children's Program

1. Am I Eligible?

Children aged birth to 19 who are not eligible for the family based Medi-Cal program will be enrolled in Medi-Cal's Targeted Low-Income Children's Program (TLICP). The program offers health, dental, mental health, and vision services. Families must meet certain income requirements, but the value of things you own ("resources") are not counted against you.

The child must be without employer-based or private health insurance for at least three months before the application, with some exceptions. The child can obtain three months of retroactive Medi-Cal prior to becoming eligible for TLICP, or can be on "Share of Cost" Medi-Cal. Eighteen-year-olds can apply on their own. The child stays eligible for 12 months continuously once it is decided that he or she is eligible, even if the income changes. The cost of the items you own ("resources") does not count against you.

2. Residency Requirements

You must sign a statement that each person who is applying for TLICP intends to stay in California with no plans to leave. Children who are U.S. citizens will be asked to provide a copy of their birth certificate.

3. What Does It Cost?

Depending on your income, you could pay monthly premiums ranging from \$0 to \$13 per child (no more than \$39 per month). If you fall in the higher income group, you will receive a report in the middle of the year to see if your income has dropped, which would mean you would pay less.

Any time your income drops or increases you should report it to the local county the within 10 days at to see if you can pay less. Also, if you pay three months of premiums in advance, you will get a fourth month of coverage for free. If you pay 9 months in advance, you get 12 months of coverage. Except for the first month, you can pay your premiums at some Western Union Convenience Pay locations.

4. How Do I Apply?

You may get an application form at any DHA Office, at many health clinics or call (916) 875-8600. If your child is found to be ineligible for TLICP at the annual redetermination (e.g. because your family income goes down) your child should be given temporary full-scope Medi-Cal while the information is sent to the county (with your permission) to determine if your child is eligible for regular no-cost Medi-Cal. This is called the "Presumptive Eligibility Program." You should not be required to apply separately for Medi-Cal or to provide any information

again, unless the county needs more information from you to determine eligibility.

Child Health & Disability Prevention Program

CHDP provides free early and regular health exams for many low-income children up to 19 years of age and Medi-Cal eligible children up to 21 years of age. There are no immigration requirements. Health exams are allowed based on a "periodicity schedule", with some exceptions, such as physical exams needed for school, for children in foster care and for problems that might occur between screenings. CHDP offers physical exams, immunizations, vision and hearing testing, lead poisoning testing, nutritional check developmental screenings, teeth and gum check, and some lab tests including sickle cell.

The CHDP Gateway Program allows children who go to a CHDP provider for a health exam or well child check-up to pre-enroll in full, no-cost temporary Medi-Cal if they agree to complete a simple confidential (electronic) application at the provider's office. If your child qualifies for no-cost Medi-Cal, your child will receive no-cost temporary Medi-Cal beginning on the first day of the month that the simple application is submitted.. You must apply for Medi-Cal for your child during the Medi-Cal pre-enrollment period. The no cost Medi-Cal coverage will continue until a final Medi-Cal determination is made. Infants under one year of age who are born to a mother who was receiving Medi-Cal at the time of birth are eligible for full-scope Medi-Cal until their first birthday. For more information, call the Sacramento County CHDP Program at (916) 875-7151 for assistance with finding a doctor or to see if a child qualifies for CHDP Gateway.

Children's Medical Services

Children's Medical Services (or California Children's Services) case manages and provides health services for children up to age 21 with eligible major medical conditions caused by accidents, diseases, and congenital disabilities, whether or not the children also have Medi-Cal. Undocumented children may qualify. For eligibility information, call (800)-288-4584. Service providers are all over the county.

Family income must meet income requirements, or may be greater than the requirements if their CCS-related medical expenses are expected to be more than 20% of the family's income. Children enrolled in Healthy Families are eligible regardless of income, but must be referred and screened for acceptance.

Low Cost Health Care

Can I Get Insurance If I'm Low Income But Can't Get Medi-Cal?

Medi-Cal is available to all adults meeting income eligibility requirements. Those with income above Medi-Cal may qualify for subsidized healthcare through the Healthcare Benefits Exchange known as Covered California at <http://www.coveredca.com/>. Eligibility for Medi-Cal is year round. Enrollment for health coverage through Covered California is available during open enrollment unless there is you experienced a qualifying life event. The webpage has easy to read fact sheets.

RESOURCES

Federally Qualified Health Centers (FQHCs) - Sacramento County maintains a list of FQHCs at <http://www.dhhs.saccounty.net/PRI/Pages/PRI-Home.aspx>.

Healthcare Services for the Uninsured – See same link for a resource list.

Healthy Partners – Sacramento County offers a limited healthcare benefit for undocumented county adult residents meeting criteria. Enrollment to new members is now closed. See link for more information: <http://www.dhhs.saccounty.net/PRI/Pages/Healthy%20Partners/GI-PRI-Healthy-Partners.aspx>

Clinic Services: All recipients of General Assistance (GA) are automatically eligible for CMISP Clinic Services for one year.

Other persons who need to apply for CMISP may do so at the time they request medical services at the following clinics:

Primary Care Center

4600 Broadway
Sacramento, CA (916) 874-9670

Dental Services: Emergency dental services are provided by the Dental Clinic. GA recipients are automatically eligible for CMISP dental services. All other applicants may apply for CMISP dental services at the time they request dental services at the following clinic or at (916) 874-8300:

For Triage & Walk-Ins: 4600 Broadway Suite 1400,
Sacramento

For Appointments Only: 4600 Broadway, Suite 2100,
Sacramento

Emergencies: Ask the hospital receptionist if the services you are seeking may be provided through a contract between the hospital and the Sacramento County Medically Indigent Services Program (CMISP).

If you are seen in an emergency room that contracts for out-patient services under the CMIS Program, you have the right to request an eligibility determination. The hospital will give you a referral form instructing you how to apply for CMISP. A CMISP medical consultant will review the reason for your emergency room visit. Only treatment of conditions, which would lead to disability or death if not immediately treated, will be approved for payment.

Information: The following 24 hour telephone information numbers are available:

Clinic Information Line:
(916) 874-8912

Dental Information Line:
(916) 874-8300

The following rules must be met to qualify for CMISP:

Residency: Must verify you have established residency in Sacramento County by physical presence and intent to remain.

Resources: All available resources must be utilized. A CMISP applicant must apply for all financial resources that may be available. There are resource limits.

Resources that count include cash, checking or savings accounts, bonds, certificates of deposit (CD) and other forms of negotiable securities. One vehicle used for transportation is exempt. Life Insurance may be exempt if it does not exceed a certain level.

These resources don't count: essential household equipment, furniture and personal and tools, supplies and equipment needed for rehabilitation maintenance and self-support. Property used as the home is exempt. Other real property is limited to a net value and must meet the income producing rule.

Maintenance Need Limits

When your income is more than the limit, you will be required to pay or agree to pay the amount over the limit toward your medical expenses before the CMISP will pay.

For assistance in determining your eligibility for CMISP, call the Department of Human Assistance at (916) 874-9238.

Sacramento County says you must have a medical need to apply for CMISP. If you have a problem applying and need services, say that you want a "medical override."

Low Cost Hospitals and Clinics

1. County Hospitals and Clinics

Primary Care Center

4600 Broadway
Sacramento, CA 95820
(916) 874-9670

2. Veterans

(877) 222-8387 for information on a full range of medical benefits available to veterans, regardless of your income

3. Sacramento Free/Low Cost Clinics

CARES Serves people with HIV/AIDS: medical care, mental health, case management. 1500 21st St. Sacramento, CA 95811
(916) 443-3299

Peace Tree Health - The Birthing Project

1900 T Street Sacramento, CA 95811
(916) 558-4800

C.O.R.E. (Comprehensive Opiate Recovery Experience) Medical Clinic

2100 Capitol Avenue, Sacramento, CA 95816
(916) 442-4985

Guest House Homeless Clinic

1600 Bercut Dr. Sacramento, CA 95811
(916) 440-1500 x100

Health for All:

V Street Clinic

923 V Street, Sacramento, CA 95818 (916) 448-6553

Franklin Boulevard Clinic

5385 Franklin Blvd. Sacramento, CA 95820, (916) 428-0656

Meadowview Clinic

2118 Meadowview Road, Sacramento, CA 95832
(916) 427-0368

North Avenue Clinic

1281 North Avenue, Sacramento, CA 95838

WellSpace:

Boulevard Court

5321 Stockton Blvd., Sacramento, CA 95820 (916) 325-5556

Folsom Community Health Center

105 Dean Way Folsom, CA 95630 (916) 737-5555

Health Care for Women Community Health Center

7601 Hospital Dr. Sacramento, CA 95823, (916) 737-5555

Hiram Johnson High School Community Health Center

3535 65th Street, Bldg. C
Sacramento, CA 95820. (916) 737-5555

J Street Community Health Center

1820 J Street, Sacramento, CA 95811 (916) 325-5556

MLK Jr. Village

3900 47th Ave. Sacramento, CA 95824 (916) 737-5555

Oak Park Community Health Center

3415 Martin Luther King Jr. Blvd. Sacramento, CA 95817
(916) 737-5555

North Highlands Multi Services Center & Birth and Beyond

6015 Watt Ave., Suite 2
North Highlands, CA 95660 (916) 737-5555

Rancho Cordova Community Health Center

10423 Old Placerville Road
Sacramento, CA 95827 (916) 737-5555

Roseville Community Health Center

5 Medical Plaza, Suite 170
Sacramento CA 95661 (916) 737-5555

San Juan Community Health Center

5959 Greenback Lane, Suite 500
Sacramento, CA 95621 (916) 737-5555

South Area Pediatrics

3811 Florin Road, Suite 16
Sacramento, CA 95823 (916) 325-5556

South Valley Community Health Center

8233 E. Stockton Blvd., Suite D
Sacramento, CA 95828 (916) 737-5555

Tom Gagen Community Health Center & Fishes Center

631 H Street
Sacramento, CA 95814 (916) 737-5555

Dignity Clinics:

Mercy Clinic Norwood

3911 Norwood Avenue Sacramento, CA 95838
(916) 929-8575

Mercy Clinic, Loaves & Fishes

1321 North C Street Sacramento, CA 95811 (916) 446-3345

Mercy Family Health Center

7500 Hospital Dr. Sacramento, CA 95823 (916) 681-1600

Mercy North Highlands

6060 Watt Avenue North Highlands, CA 95660 (916) 349-1568

White Rock Family Clinic

10495 White Rock Road Rancho Cordova, CA 95670
(916) 364-0724

Elica Health Centers:

Arden Arcade

1750 Wright Street Sacramento, CA 95825 (855) 354-2242

FOR EMERGENCY MENTAL HEALTH SERVICES, call Midtown Sacramento

3701 J Street #201 Sacramento, CA 95816 (916) 454-2345

West Sacramento

155 15th Street W. Sacramento, CA 95691 (916) 375-8981

**Planned Parenthood Mar Monte:
B Street Health Center**

201 29th Street, Suite B Sacramento, CA 95816
(916) 446-6921

Capitol Plaza Center

1125 10th Street Sacramento, CA 95814 (916) 444-7966

Fruitridge Center

5385 Franklin, Suite A-D Sacramento, CA 95814
(916) 452-7305

North Highlands Center

5700 Watt Ave. North Highlands, CA 95660 (916) 332-5715

Molina Health Care:

Florin:

7215 55th St. Sacramento, CA 95823 (877) 665-4623

South Sacramento:

6339 Mack Rd. Sacramento, CA 95823 (877) 665-4623
(FREE Shuttle for the Florin and South Sacramento clinics stops at Molina Medical Florin: Walmart: Southgate Library: Creekside Senior Village/DMV: Molina Medical Mack Rd.: Church of Christ on Mack Rd.: Valley Shopping Center: Pannel Community Center: Dept. of Human Assistance (Florin): Rite Aid: and 99 Ranch Market)

Citrus Heights:

7777 Sunrise Blvd., Suite-2500. Citrus Heights, CA 95610
(877) 665-4623

Marysville:

3234 Marysville Blvd. Sacramento, CA 95815 (877) 665-4623

Norwood:

3946 Norwood Ave Sacramento, CA 95838 (877) 665-4623
(FREE Shuttle for Marysville and Norwood clinics stops at Viva Supermarket: Robertson Community Center: T & Y Market: King's Supermarket: Rite Aid on Del Paso: Molina Medical Marysville: Hagginwood Community Center: Sacramento Urban League: Twin River Adult School: The Care: and Molina Medical Norwood.)

Health and Life Organizations (HALO)

HALO Sacramento Community Clinic - Assembly Court
5524 Assembly Court Sacramento, CA 95823 (916) 642-1867

HALO Sacramento Community Clinic - Del Paso
2200 Del Paso Blvd Sacramento, CA 95815 (916) 924-7988

HALO Sacramento Community Clinic - Explorer
3030 Explorer Dr. Rancho Cordova, CA 95827 (916) 642-1867

HALO Sacramento Community Clinic - Southgate
7275 E. Southgate Drive Sacramento, CA 95823
(916) 428-3788

Sacramento Native American Health Center
2020 J Street Sacramento, CA 95811
(916) 341-0575

Women's Health Specialists

1750 Wright Street
Sacramento, CA 95825 (916) 451-0621

Dental:

WellSpace Health Oak Park Dental Center

3415 Martin Luther King, Jr. Blvd
Sacramento, CA 95822 (916) 737-5555

WellSpace Health Rancho Cordova Dental Center

10423 Old Placerville Road
Rancho Cordova, CA 95827 (916) 569-8600

WellSpace Health North Highlands Dental Center

6015 Watt Ave., Suite 2
North Highlands, CA 95660 (916) 737-5555

WellSpace Health South Valley Dental Center

8233 E. Stockton Blvd., Suite D
Sacramento, CA 95823 (916) 737-5555

Primary Care Center Dental Clinic

4600 Broadway, Room 2100 Sacramento, CA 95820
(916) 874-9760

Sacramento City College Dental Hygiene Clinic

3835 Freeport Ave Roddah hall Sacramento CA 95822
(916) 558-2303 Mon-Fri 7:45 am-12 pm & 12:45-4 pm

HALO Sacramento Community Clinic - Assembly Court

5524 Assembly Court Sacramento, CA 95823 (916) 642-1867

HALO Sacramento Community Clinic - Southgate

7275 E. Southgate Drive, Suites 204 & 206
Sacramento, CA 95823 (916) 428-3788

HALO Sacramento Community Clinic - Del Paso

2138 Del Paso Blvd. Sacramento, CA 95815
(916) 624-1890

Sacramento Native American Health Center

2020 J Street Sacramento, CA 95811 (916) 341-0575

Western Career Collge Dental Hygiene Clinic

8909 Folsom Blvd. Sacramento CA 95826
(916) 351-5168
Tues: 8am-11 am We 1 pm-4 pm Thurs 8 am-4 pm

Eye Care and Hearing:

Sacramento Community Clinic - Del Paso

2200 Del Paso Blvd Sacramento, CA 95815
(916) 924-7988

Sacramento Community Clinic - Southgate

7275 E. Southgate Drive, Suite 206
Sacramento, CA 95823 (916) 428-3788

Sacramento Community Clinic - Assembly Court

5524 Assembly Court Sacramento, CA 95823
(916) 642-1867

Sacramento Native American Health Center

2020 J Street Sacramento, CA 95811 (916) 341-0575

Mental Health and Developmental Services



Mental Health Services

(916) 875-1000; CA Relay Service at 711; or go directly to the Sacramento County Mental Health Treatment Center at 2150 Stockton Blvd, Sacramento.

Sacramento County's Mental Health 24-hour Crisis Intervention: (916) 732-3637

Adult Access Team: (916) 875-1055
TTY/TDD: (916) 874-8070

Children's Access Team: (916) 875-9980
TTY/TDD: (916) 876-8892

WellSpace Health: (916) 737-5555
Suicide Crisis Line: (916) 368-3111 or (800) 273-8255

Sacramento County Behavioral Health
Sacramento County Division of Behavioral Health Services provides a full array of culturally competent and linguistically proficient specialty mental health services and substance use disorder services.

Mental Health Services
24-hour Crisis Line: (916) 732-3637

24-Hour Suicide Prevention Hotline: (916) 368-3111 or Toll Free (800) 273-8255

Consumer-Operated Warm Line: (916) 366-4668 Monday - Friday, 9 am - 5 pm
Individuals with lived experience offer supportive listening, referrals to mental health resources, and more.

Community Support Team: (916) 874-6015, Monday - Friday, 8:00 am - 5:00 pm.
Staff support individuals with navigating mental health services, provide field-based assessments, and can refer to other community resources as needed.

Mental Health Crisis Respite Centers
Some centers are drop-in; however, it is highly recommended to call prior to dropping in.

A Church for All - (916) 917-5896
Del Oro Caregiver Resource Center (916) 728-9333
Gender Health Center - (916) 455-2391
Sacramento LGBT Community Center (916) 442-0185
Sacramento LGBT Community Center Q-Spot (916) 442-0185
Saint John's Program For Real Change - (916) 383-1804
TLCS, Inc., Crisis Respite Program - Open 24/7. 23 hour stay. (916) 737-7483
Turning Point Community Programs, Abiding Hope - (916) 287-4860
WIND Youth Services - (916) 561-4900

Adult Crisis Residential Programs

Turning Point Crisis Residential - 4801 34th Street, Sacramento (916) 737-9202

Turning Point Crisis Residential - 505 M Street, Rio Linda (916) 737-9202

Psychiatric Acute Care Facilities

All non-crisis mental health services require an assessment and referral, call:

Mental Health Access Team
(916) 875-1055
TTY/TDD: (916) 874-8070
Toll Free at 1-888-881-4881

Sacramento County Mental Health Treatment Center - 2150 Stockton Boulevard, Sacramento (916) 875-1000
24-hour Crisis line: (916) 732-3637

Crestwood Psychiatric Health Facility - Engle - 4741 Engle Rd, Carmichael (916) 977-0949

Crestwood Psychiatric Health Facility - Stockton Boulevard - 2600 Stockton Blvd Suite B, Sacramento (916) 520-2785

Heritage Oaks Hospital - 4250 Auburn Blvd, Sacramento (916) 489-3336

Sierra Vista Hospital - 8001 Bruceville Rd, Sacramento (916) 423-2000

Sutter Center For Psychiatry - 7700 Folsom Blvd, Sacramento (916) 353-3369

Adult Service Providers

All non-crisis mental health services require an assessment and referral, call:

Mental Health Access Team
(916) 875-1055
TTY/TDD: (916) 874-8070
Toll Free at 1-888-881-4881

APCC Transcultural Wellness Center (TWC) 7273 14th Avenue, Suite 120-B, Sacramento (916) 383-6783

El Hogar Sierra Elder Wellness Program 3870 Rosin Court, Suite 130, Sacramento (916) 363-1553

TCORE -3737 Marconi Avenue, Sacramento (916) 480-1801

TLCS Inc. Open 24/7. 23 hour stay. (916) 737-7483

Wellness Recovery Center - North 9719 Lincoln Village Dr, Suite 300, Sacramento (916) 485-4175

Wellness Recovery Center - South 7000 Franklin Blvd, Suite 200, Sacramento (916) 394-9195

Regional Support Teams (RST)

El Hogar, RST - 630 Bercut Drive, Sacramento (916) 441-3819
Human Resources Consultants, RST - 3737 Marconi Avenue, Sacramento (916) 485-6500
Turning Point Community Programs, RST - 601 W. North Market Blvd. Suite 100, Sacramento (916) 567-4222
Visions Unlimited Inc., RST - 6833 Stockton Blvd., Sacramento (916) 393-2203
Visions Unlimited Inc., RST - 425 Pine Street, Suite 2, Galt (209) 745-3101

Homeless Mental Health Services

El Hogar Guest House - 1600 Bercut Dr. Sacramento (916) 440-1500
TLCS, Inc., New Directions - referrals through Guest House (above)
Turning Point Community Programs, Pathways - 601 W North Market Blvd, Suite 350, Sacramento (916) 283-8280

Children's Service Providers

Another Choice Another Chance - 7000 Franklin Blvd. Suite 625, Sacramento (916) 388-9418
Chamberlain's Children Center, Inc. - 1850 San Benito St., Hollister (831) 636-2121
Charis Youth Center - 714 West Main St., Grass Valley (530) 477-9800
Child & Family Institute - 3951 Performance Dr. Suite G, Sacramento (916) 921-0828
Child & Family Institute - 7880 Alta Valley Dr. Suite 210, Sacramento (916) 921 0828
Children's Receiving Home - 3555 Auburn Blvd., Sacramento (916) 482-2371
Cross Creek Counseling, Inc. - 8421 Auburn Blvd., Suite 3, Citrus Heights (916) 722-6100
Dignity Medical Foundation - 9837 Folsom Blvd., Suite F, Sacramento (916) 856-5700
Dignity Medical Foundation - 6615 Valley High Dr. Suite A, Sacramento (916) 681-6300
La Familia Counseling Center, Inc. - 3301 37th Avenue, Sacramento (916) 452-3601
Martins' Achievement Place, Inc. - 5240 Jackson St., North Highlands (916) 338-1001
Milhou's Children's Services - 6171 Bradshaw Road, Sacramento (916) 362-8292
Milhou's Children's Services - 9211 Gerber Road, Sacramento (916) 362-8292
Milhou's Children's Services - 24077 State Highway 49, Nevada City (530) 265-9057
Milhou's Children's Services - 7818 Bar Du Lane, Sacramento (916) 362-8292
Paradise Oaks Youth Services - 7697 Madison Ave., Citrus Heights (916) 967-6253
Paradise Oaks Youth Services - 5428 Mariposa Avenue, Citrus Heights (916) 967-6253
Paradise Oaks Youth Services - 8208 Olivine Avenue, Citrus Heights (916) 967-6253
Paradise Oaks Youth Services - 8529 Florin Road, Sacramento (916) 967-6253
Paradise Oaks Youth Services - 7730 Antelope Road,

Citrus Heights (916) 967-6253
Paradise Oaks Youth Services - 7806 Uplands Way Suite A, Citrus Heights (916) 967-6253
Paradise Oaks Youth Services - 441 Hickory Avenue, Orangevale (916) 967-6253
River Oak Center for Children, Inc. - 5445 Laurel Hill Drive, Sacramento (916) 609-5100
River Oak Center for Children, Inc. - 9412 Big Horn Blvd. Suite 6, Elk Grove (916) 609-5100
Sacramento Children's Home - 2750 Sutterville Road, Sacramento (916) 452-3981
Sacramento Children's Home - Transitional Age Program 2750 Sutterville Road, Sacramento (916) 452-3981
Sacramento County Mental Health – Children & Adolescent Psychiatric Support Services – 3331 Power Inn Rd Suite 140, Sacramento (916) 875-1000
San Juan USD –White House Counseling – 6147 Sutter Avenue, Carmichael (916) 971-7640
Sierra Forever Families - 8928 Volunteer Lane, Sacramento (916) 368-5114
Stanford Youth Solutions - 8912 Volunteer Lane, Sacramento (916) 344-0199
Terkensha Associates - 4320 Auburn Blvd Suite 1200, Sacramento (916) 418-0828
Terkensha Associates - 811 Grand Ave Suite D, Sacramento (916) 922-9868
Terra Nova Counseling - 5750 Sunrise Blvd, Citrus Heights (916) 344-0249
Turning Point Community Programs - Outpatient Program – 7275 E. Southgate Drive, Suite 105, Sacramento (916) 427-7141
UC Davis Medical Center- SacEDAPT – 2230 Stockton Blvd., Sacramento, (916) 734-7251
UC Davis Medical Center Child Protection – UCD – 3671 Business Drive, Sacramento (916) 734-8396
Uplift Family Services – 9343 Tech Center Dr., Suite 200, Sacramento (916) 388-6400
WellSpace Health – 6015 Watt Avenue #2, North Highlands (916) 679-3925
WellSpace Health – 8233 E. Stockton Blvd., Suite D, Sacramento (916) 368-3080
Youth for Change (The Community Services Bldg.) – 7204 Skyway, Paradise (530) 872-2103

Developmental Services

The California Department of Developmental Services is the agency through which the State of California provides services and supports to individuals with developmental disabilities. These disabilities include mental retardation, cerebral palsy, epilepsy, autism and related conditions. Services are provided through state-operated developmental centers and community facilities, and contracts with 21 nonprofit regional centers. The regional centers serve as a local resource to help find and access the services and supports available to individuals with developmental disabilities and their families.

Alta California Regional Center 135 Butano Drive
Sacramento, CA 95815 (916) 978-6400 TDD: (916) 489-4241
(916) 978-6286

In Home Care and Long Term Care



In Home Supportive Services

In-Home Supportive Services (IHSS) serves aged, blind, or disabled persons who are unable to perform activities of daily living and cannot remain safely in their own homes without help. Through IHSS, qualified recipients may receive assistance with daily tasks, such as:

- bathing
- dressing
- cooking
- cleaning
- grooming
- feeding

To be eligible for IHSS services, a person must receive Medi-Cal. In addition, the individual must be either:

- 65 years or older or
- blind or
- permanently disabled

Anyone who recognizes that a person is in need of in-home assistance may refer the individual to IHSS. The individual referred will be contacted to confirm they want to apply for IHSS. If the individual wants to apply they will need to complete a Medi-Cal eligibility determination and submit a Health Care Certification completed by a healthcare professional. Then, a social worker will conduct an assessment to determine the applicant's need for service. The determination will take into consideration the applicant's medical condition, living arrangement, and resources that may already be available. If the applicant is determined eligible for IHSS then they will identify the individual(s) they want to provide the care. The recipient may identify a friend or relative, or if the recipient needs assistance to find a provider a referral may be made to the IHSS Public Authority Registry. The Registry will provide a list of potential providers for the recipient to interview.

Once the recipient has selected a care provider the selected individual must complete the provider enrollment requirements including fingerprinting and a Department of Justice (DOJ) background check. If the selected individual is determined eligible to be a care provider they will be enrolled into the IHSS payroll system and issued timesheets. The recipient is the employer of the care provider for purposes of hiring/firing, training, supervising and signing time sheets. Timesheets are submitted to, processed and pay checks issued by the State. IHSS and the care provider strive to ensure that each recipient is able to remain in familiar surroundings – safely, comfortably and with as much independence as possible. Contact the Sacramento County Department of Health and Human Services, Senior and Adult Services at (916) 874-9471 for more information. Insist on filing an application if they say you are not eligible.

Long Term Care

If you are caring for someone that a doctor has recommended for 24-hour care by skilled nurses for a long period of time, you may contact the State Central Registry to obtain referrals to long term care facilities.

(800) 777-7575

<http://www.calregistry.com/>

There is a difference between board and care facilities and nursing facilities. Medi-Cal will pay for long term care in a nursing facility but not in a board and care home. Before you send someone to any kind of long term care facility, you should visit the places and inspect them thoroughly. If you are not happy with the referrals you can call again for more.

**For issues with Long Term Care:
(916) 486-1876**

Drug and Alcohol Treatment



Sacramento County Alcohol and Drug System of Care

Alcohol and Drug Services

Sacramento County provides prevention and early intervention; perinatal services; residential treatment; detoxification; sober living environments; intensive outpatient, medication assisted treatment, and recovery services for youth and adults.

Adult Treatment Services

Sacramento County offers treatment and recovery services for adults. These services are contracted through community service providers and include prevention services, outpatient treatment, intensive outpatient treatment, detoxification, residential treatment, medication assisted treatment and sober living environments.

Youth Treatment Services

Sacramento County offers treatment and recovery services for youth. These services are contracted through community service providers and include prevention services, outpatient treatment, intensive outpatient treatment. No detoxification, residential treatment or sober living environments currently offered.

Prevention Services

Sacramento County offers Prevention services for youth and families in multiple locations across the County with a focus on reducing underage drinking. Eligibility: Sacramento County residents; Individuals who have not begun to use substances; and Individuals who have begun to use substances but have not yet displayed indicators of a substance use disorder and may benefit from prevention education.

Perinatal Services

Sacramento County offers preference for perinatal alcohol and drug treatment services for women

Injecting pregnant women receive preference in the following order:

- Pregnant and injecting drug users;
- Pregnant substance abusers;
- Injecting drug users; and
- All others.

All residential treatment, detox services, and sober living environments first require an assessment and authorization by Sacramento County. Sacramento County offers assessment and referral services at multiple locations.

Main Site: System of Care

3321 Power Inn Rd. Suite 120 Sacramento CA 95826
(916) 874-9754 Monday thru Friday 7:30am - 4:00pm

Guest House Homeless Clinic

600 Bercut Dr. Sacramento 95811(916) 440-1500
Tuesday & Friday 8:30am - 5:00pm

Primary Care Center

4600 Broadway Sacramento, CA 95820
(916) 874-9670 Monday & Thursday 9:00am - 3:00pm

Sacramento County Probation

711 E Street Sacramento, CA 95814
(916) 874-1500 Monday thru Friday 8:00am - 4:00pm

Sacramento County Juvenile Court

9605 Kiefer Blvd. Sacramento, CA 95827
(916) 875-5157 Days and Hours: As Scheduled on
Monday, Wednesday & Thursday

For outpatient treatment, intensive outpatient treatment, and medication assisted treatment, call or go directly to one of the providers listed below:

Residential Service Providers/Transitional Living/Sober Living Environments

Associated Rehabilitation for Women (Alpha Oaks)
(916) 944-3920

Associated Rehabilitation for Women (Cornerstone) (916) 966-5102

Bridges (Promise House) (916) 450-0700

Bridges (Men's House) (916) 450-0700

Clean and Sober (916) 498-0331 Homeless recovery

River City Recovery Center (916) 442-3979

Sacramento Recovery House (916) 455-6528

Sacramento Recovery House (Gateway House)
(916) 457-9312

Volunteers of America (Options for Recovery)
(916) 929-1951

Wellspace Health (A-House North) 916-405-4600

Detoxification Service Providers

Associated Rehabilitation for Women (Alpha Oaks)
(916) 944-3920

Bridges (Promise House) (916) 450-0700

Bridges (Men's House) (916) 450-0700

Volunteers of America (Options for Recovery)
(916) 929-1951

Wellspace Health (A-House) 916-405-4600

Outpatient Service Providers

Another Choice, Another Chance (ACAC)

7000 Franklin Blvd Suite 625
Sacramento (916) 388-9418

Bridges Professional Treatment Services

3600 Power Inn Rd, Suite A Sacramento (916) 450-0700

National Council on Alcoholism and Drug

Dependence (NCADD) 2143 Hurley Way, Suite 250
Sacramento (916) 922-5121

Preparing People For Success

1513 Sports Dr, Suite 100, Sacramento (916) 910-5979

Ready for Change 3400 Watt Ave. #205

Sacramento (916) 821-9090

Rio Vista Care, Inc. 628 Montezuma St.

Rio Vista (707) 374-5243

Sobriety Brings About Change (SBAC)

4600 47th Ave, Ste 102 Sacramento (916) 454-4242

Specialized Treatment and Recovery Services

(STARS) 3600 Power Inn Rd, Suite C

Sacramento (916) 246-6593

Strategies for Change

4343 Williamsborough Dr Sacramento (916) 395-3552

Strategies for Change

4441 Auburn Blvd, Suite E Sacramento (916) 473-5764

Towns Health Services 750 Spaans Drive, Galt (209)

744-9909

Wellspace Health 1820 J St, Sacramento

(916) 737-5555

Intensive Outpatient Providers

Another Choice, Another Chance (ACAC) 7000

Franklin Blvd Suite 625 Sacramento (916) 388-9418

National Council on Alcoholism and Drug

Dependence (NCADD) 2143 Hurley Way, Suite 250
Sacramento (916) 922-5121

Strategies for Change

4441 Auburn Blvd, Suite E

Sacramento (916) 473-5764

Strategies for Change 4343 Williamsborough Drive

Sacramento, California

(916) 395-3552

Medication Assisted Treatment Providers (Methadone)

BAART/Bi-Valley (Methadone)

310 Harris Ave, Suite A Sacramento (916) 649-6793

BAART/Bi-Valley (Methadone)

6127 Fair Oaks Blvd Carmichael (916) 649-6793

C.O.R.E. (Methadone)

2100 Capitol Ave Sacramento (916) 953-5351

MedMark (Methadone)

7240 East Southgate Dr, Suite G Sacramento (916) 391-
4293

Treatment Associates (Methadone)

7225 East Southgate Dr, Suite D Sacramento
(916) 394-1000



Medicare is a federal health insurance program. There are three parts to the program: "Part A" (hospital insurance), "Part B" (medical insurance), and "Part D" (prescription drug insurance). The general information number is (800) 633 4227. The premiums in this section are for accurate for 2018 but will change during 2019.

1. Part A : Hospital Insurance

You are automatically eligible for Medicare Part A free of charge if you are one of the following:

- You are 65 or older and are eligible for Social Security retiree benefits based on your own or your spouse's employment
- You are a federal employee who retired after 1982 and have enough quarters of coverage
- You have been receiving Social Security Disability Income payments for 24 consecutive months
- You are age 50 or older and are a disabled widow or widower who has received Social Security through your spouse for at least 2 years
- You have end-stage kidney disease, or you have Lou Gehrig's disease (in either case, you still must have worked enough quarters, however, even though you don't need to be 65)

People who are not automatically eligible for Medicare Part A may enroll voluntarily if you meet all of the following three requirements:

- You are 65 or older and
 - You are a U.S. citizen, or a legal alien who has resided in the U.S. continuously for at least five years and
 - You purchase both Parts A and B of Medicare, or you purchase Part B only. You may not purchase Part A only.
- If you meet these three requirements for voluntary Part A, your monthly premium depends on your work history.

2. Part B : Medical Insurance

If you meet the eligibility guidelines for Part A, you will be eligible for Part B. The premium is higher for those with higher incomes. If you have a low income and low resources, the state may pay for your Medicare premiums under Medi-Cal or the Medicare Savings Program.

Medicare does not cover all types of health care needs, nor is it free of cost. It does NOT cover custodial care in a nursing home or at home, dental care, eyeglasses, and hearing aids. For the services that are covered by Medicare, you have to pay co-payments.

3. Part A Coverage

Medicare will pay for hospital care if a doctor has decided that you need inpatient care and the hospital participates in Medicare. You will pay a hospital deductible for the first 60 days in a hospital. If you remain in the hospital for

days 61 to 90, you pay \$335 per day and Medicare pays the balance. If you need hospital care after the 90th day you pay \$670 each day and Medicare pays the balance, for up to 60 extra days. These amounts may be subject to change.

4. Skilled Nursing and Hospice Services

After a three day prior hospitalization, Medicare pays for daily (five to seven days per week) skilled nursing and therapy services in a Medicare certified skilled nursing facility for persons who are terminally ill. Medicare pays for the first 20 days in full and days 21-100 on a copayment basis.

Medicare pays for skilled nursing and therapy services in the home if you are homebound and meet other requirements. There are no copayments for home health services.

5. Part B Coverage

Part B pays 80% of "allowable" charges for a variety of outpatient care, medical equipment, and ambulance services. You pay the remaining 20% plus an annual deductible, and a 20% excess charge if they do not take "Medicare assignment." Ask your provider if he or she will accept "Medicare assignment."

6. Part D Coverage

Part D pays for outpatient drug coverage. To obtain Part D coverage, you must enroll into a Medicare Part D drug plan. Not all Part D plans are the same. Each plan has its own drug formulary, cost sharing requirements and restrictions on coverage. If you have questions, call Legal Services at (916) 551-2150.

7. Medicare Advantage HMOs

A Medicare Advantage HMO is a health plan that enrolls people who have both Medicare Parts A and B. Generally, persons who have end stage renal disease (kidney failure) cannot enroll into a Medicare HMO. If you join a Medicare HMO, you must use the HMO for all of your medical care, except for urgent care when you are out of the HMO's service area.

8. Other Information

- Many people receive both Medicare and Medi-Cal. People who have both programs do not usually have to pay Medicare's monthly premiums, deductibles, or co-payments. If you have both, only see health care providers that take Medicare and Medi-Cal. Show your insurance cards before you receive services.
- Always carry your Medicare card with you
- Contact the Social Security office immediately if you lose your card or don't get one
- Appeal any incorrect or unfair decision about your Medicare benefits
- For help with Medicare: **HICAP Health Insurance Counseling and Advocacy** (800) 434-0222.

Jobs and Training

What is Job Talk?

If you receive CalWORKs or General Assistance, DHA Employment Services-Job Talk can help you increase your income (secure employment).

Workforce Coordinators will be available to provide referrals to current job openings, job search information, access to E.D.D. CalJOBS, access to employment resources and one-on-one job search assistance. Additionally, employers with current job openings are scheduled to present at Job Talk Sessions.

You should attend if you are job ready and can arrange childcare/ transportation to and from work

Bring your master application or resume (if available) to any of the following Job Talk sessions in Sacramento:

****Due to space limitations, children are not admitted****

Mondays

1:00 P.M. 4990 Stockton Blvd.
1:30 P.M. 2700 Fulton Avenue

Tuesdays

10:00 A.M. 10013 Folsom Blvd., #1
2:00 P.M. 4433 Florin Rd., #160

Wednesdays

9:30 P.M. 5747 Watt Avenue
10:00 A.M. 2450 Florin Rd.
1:00 P.M. 3960 Research Dr.

Thursdays

10:00 A.M. 5655 Hillsdale Blvd.

To learn more about DHA Employment Services-Job Talk, go to:

<http://dhaweb.saccounty.net/businessServices/jobTalkSessions.htm>

Where Can I Get Training?

Many organizations in Sacramento County offer help with employment services. Beware of private employment agencies that charge you fees for finding a job. Many give low quality training at high tuition, and encourage you to pay the tuition with expensive student loans that can ruin your credit. Use free or low cost services instead.

1. Women's Empowerment

provides education and empowerment of homeless women to secure jobs, create a healthy lifestyle and regain housing. 1590 North A St., Sacramento 95811 (916) 669-2307

2. Sacramento Works Job Centers

Sacramento Works Job Centers are located throughout the city and Sacramento County. These centers offer services free of charge and are your tax dollars at work. Each location provides available computers, faxes, copiers, and job listings to help you look for work. Additional services provide access to career counseling, support services, resume development, interviewing skills, record expungement, financial literacy, soft skills training and job search strategies. Job training services are made available for those deemed eligible and suitable and when funding is available. If you feel you are unfairly denied services, ask any staff person the "WIOA Complaint / Grievance Procedures."

The Sacramento Employment and Training Agency (SETA) administers a network of 12 Sacramento Works Job Centers in Sacramento County. To find the one nearest you please call the direct phone numbers listed below for each Job Center.

Additional information can be found:

- SETA: <http://www.seta.net>
- Customer Services/Sacramento Works: <http://www.sacramentoworks.org>

Sacramento Works Job Centers offer services in numerous languages and they provide help to homeless, veterans, ex-offenders and youth in need of services, (ID required). All Career Centers ask that that you attend an Orientation for individual services. Please try to call ahead to find out what day orientations are offered at the Job Center closest to your location.

Asian Resources 2411 Alhambra Blvd. Sacramento, CA 95817 (916) 324-6202

Crossroads 7011 Sylvan Rd, Suite A Citrus Heights, CA 95610 (916) 676-2540

Folsom Cordova Community Partnership 10826 Gadsten Way, Rancho Cordova, 95670 (916) 361-8684

Franklin 7000 Franklin Blvd, Suite 540, Sacramento, 95823 (916) 563-5151

Galt 1000 C Street, Suite 100 Galt, 95632 (209) 744-7702

Greater Sacramento Urban League 3725 Marysville Blvd. Sacramento 95838 (916) 286-8600

Hillsdale 5655 Hillsdale Blvd, Suite 8 Sacramento, 95842 (916) 263-4100

La Familia Counseling Center, 5523 34th Street Sacramento 95820 (916) 452-3601

Lemon Hill, 451 Lemon Hill Ave Sacramento 95824 (916) 433-2600

Mark Sanders Career Center 2901 50th Street Sacramento 95817 (916) 227-0301

Mather Community Campus 10638 Schirra Ave., Mather, CA 95655 (916) 876-4022

South County 8401-A Gerber Road, Sacramento 95828 (916) 525-4717

(See also pg. 74 Sacramento Employment and Training Agency Refugee program)

Other Resources:

Golden Sierra Workforce Investment Board (Alpine, El Dorado & Placer counties) www.goldensierra.com 1919 Grass Valley Hwy., Ste. 100 Auburn, 95603 (530) 823-4635

Galt Joint Union High School 12945 Marengo Rd. Galt 95632 (209) 745-2167 ext. 3 or 4003

Center for Employment Training 8376 Fruitridge Road Building 180 Sacramento 95828 (800) 533-2519

Goodwill Industries 6630 Franklin Blvd. Sacramento 95823 (916) 395-9000

Folsom Cordova Adult Education 10850 Gadsten Way, Rancho Cordova 95670 (916) 635-6810 adulthood@fcusd.org

Sacramento Food Bank and Family Services www.sacramentofoodbank.org has an Adult Education program providing one on one and group instruction in writing, math, computer skills, job search, resume building, and English. For more information, call (916) 456-1980.

Community Colleges and Adult Schools

Community Colleges and adult schools can help you with job and career training as well as basic education you need to help get a job. You can find information about community colleges in the Sacramento area at this website:

http://www.losrios.edu/lrc/lrc_addresses.php

Cosumnes River College Fresh Success Program

Eligible individuals or recipients of Sacramento County CalFresh who are enrolled in 6 or more units at Cosumnes River College in an AA degree or certificate program may receive education and job training from Fresh Success.

For more information, contact (916) 691-7128
www.crc.losrios.edu

You can get information about colleges all over California at:
<http://californiacommunitycolleges.cccco.edu/>

For information about adult schools:<http://www.scusd.edu/>

Below are some adult schools in the Sacramento area. Call each school for its registration information:

Charles A. Jones Career and Education Center 5451 Lemon Hill Avenue, Sacramento, 95824 (916) 433-2600 ext. 1000 www.caj.scusd.edu

A. Warren McClaskey Adult Center 5241 J Street, Sacramento 95819 (916) 277-6625

Sunrise Tech Center 7322 Sunrise Blvd., Citrus Heights 95610 (916) 971-7654

Twin Rivers Adult Schools: 5703 Skvarla Ave., McClellan Park CA 95652 (916) 566-2785

Elk Grove Adult and Community Education 8401-B Gerber Road, Sacramento 95828 (916) 686-7717
adulthoodinfo@egusd.net <http://www.egusd.net/adulthood/>

South County Career Center 8401-A Gerber Road, Sacramento 95828 (916) 525-471

Is There Help To Get a Job If I Have A Disability?

The Department of Rehabilitation offers many services free to help those with disabilities to get work and live independently, including vocational counseling and training; job placement; medical treatment; support for tuition and books; necessary tools; car modifications; money for transportation; reader and interpreter services: and services for family members (such as driving lessons or counseling).

Call the **Department of Rehabilitation** Sacramento office (916) 558-5300 and ask for office closest to you.

Persons in Re-Entry



If You Are Almost Ready to Be Released

Sacramento Sheriff's Department Property Warehouse 3750 Broadview Rd., Sacramento 95827 (916) 875-5650

SSI Custody Printout: Upon release you may request a PF11 printout from the Release Officer, which can be taken to Social Security for reinstatement of your benefits if you have been incarcerated for less than one year

Expungement Clinics Mondays 7 am, 915 Broadway, Sacramento 95818---line up for appointment

Continuing Psychiatric Medication Upon Release:

1. Call JPS at (916) 874-5222, leave your x-referece, date released, and request to have prescription called into Primary Care.
2. If you call early in the morning, you can pick up your prescription later that afternoon. If you call after 12 noon you'll have to pick it up the next day.
3. You will receive a 30 day supply at no cost to you. The Primary Care Facility is at 4600 Broadway, Sacramento 95820 (916) 874-9523.

General Resources

Sacramento County Sheriffs Dept, Reentry Services Bureau, Community Resource Guide: <https://www.sacsheriff.com/Pages/Organization/RCCC/documents/ReentryResourcePacket%208-12-16.pdf>
Lists numerous resources, including:

- Lists of Employers, both temporary and full time, who will hire persons with felony records
- Job Training and Education Resources
- Mental Health Resources
- Drug and Alcohol Treatment
- Legal and Law Enforcement Resources

Prison Reentry Network: <https://www.prisonreentrynetwork.org/resources/reentry-resources/>

CA Dept of Corrections & Rehabilitation:
http://www.cdcr.ca.gov/Community_Partnerships/resource_directory.aspx
<http://felonopportunities.com/jobs-for-felons-in-california/>

HelpForFelons.org
www.helpforfelons.org Jobs, programs, loans, grants

Housing

VOA: 40 beds of dormitory-style 90+ day transitional shelter to AB109 County Jail Prison Inmates on Home Detention or Probation. Beds are available by referral only. Referrals can be made by Sheriff Office or Sacramento Probation Office.

Calvary Christian Center Overcomers Program – provides transitional programmatic housing for a total of 25 male and female offenders for up to 9 months.
<http://overcomersprogram.org/>
Mens Home: (916) 920-3082
Womens Home: (916) 924-3113

Restoration House Transitional Housing for Parolees – Men only (916) 454-2068

Sex-Offenders ["290's"]Housing: Board & Care: Pete's Place (916) 455-7483

Counseling

Counseling- including sex offenders:
Life Practice Counseling Group
3336 Bradshaw Road, Suite 215 Sacramento, CA 95827 (916)300-6576
www.lifeppractice.org
Program hours: Counseling 7 days a week 8 am – 10 pm
Languages: English, Spanish, Japanese, Mandarin, Punjabi, Tagalog
Appointment process: appointment required
Payment: Sliding scale and Medi-Cal

Cross Creek Family Counseling
8421 Auburn Blvd., Bldg 3, Citrus Heights, CA 95610 (916)722-6100
Languages; English
Hours: Monday – Friday 9 am – 7pm
Payment: sliding scale, Medi-Cal

Support Groups:
Outside the Walls
4625 44th Street, Room #7, Sacramento, CA 95820 (916)281-9936
Office Hours: Monday-Friday 10 am – 3 pm
Adult & youth support groups: Tuesday & Thursday 6 pm – 8 pm. No fee

Friday Night Support Group
4799 Stockton Blvd, Sacramento, CA 95820 (916) 264-2700

The Johnstad Group/Parolee/Probationer Support for Success

3425 Martin Luther King, J. Blvd, Sacramento, CA 95817
(916) 808-6151

Project Save

First time offenders ages 10-17 (916)228-2202

Education and Employment

Where to Get Employment Services in Sacramento County*

Customer Services / Sacramento Works:

<http://www.sacramentoworks.org>

*See page 44 for a complete list of Sacramento Works America's Job Centers of California for the Sacramento region

Sacramento County Office of Education-Adult Re-Entry Programs

Program Sites

Sacramento Community Based Coalition (SCBC)

10170 Missile Way, Mather, 95655
P.O. Box 269003, Sacramento, CA 95826-9003
(916) 228-3377

West Sacramento Day Reporting Center (DRC)

3680 Industrial Blvd., Suite 100H, West Sacramento, CA 95691
P.O. Box 269003, Sacramento, CA 95826-9003
(916) 228-3378

Placer Re-Entry Program (PREP) — Auburn

1915 Grass Valley Highway, Suite 400, Auburn, CA 95603
P.O. Box 269003, Sacramento, CA 95826-9003
(916) 543-7453

Placer Re-Entry Program (PREP) — Roseville

11801 Go For Broke Road, Roseville, CA 95678
P.O. Box 269003, Sacramento, CA 95826-9003
(916) 543-7453

Yolo Day Reporting Center (DRC)

2780 E. Gibson Road, Woodland, CA 95776
P.O. Box 269003, Sacramento, CA 95826-9003
(530) 406-5125

Sacramento Sheriffs Dept, Power Program helps offenders reintegrate into the community by offering educational and pre-vocational employment training to offenders in a non-custodial setting. Provides college credit from Los Rios College district upon completion of each class
700 North 5th Street Sacramento, CA 95814
(916)874-1402

https://www.sacsheriff.com/pages/organization/work_release/PowerProgram.aspx

Public hours of operation: 7 :00am - 4:00pm

Monday - Friday

RMC Employment Services

Focus on assisting felons, dislocated workers, veterans, people with disabilities and people who are homeless
7710 Stockton Blvd, Sacramento 95828
(916)287-0762

www.rmcemploymentservices.com

Program hours: Tuesday-Thursday 10 am – 2 pm Friday by Appointment

Languages: English, American Sign Language, Spanish
No fee, Photo ID required

Citrus Heights Career Center - Asian Resources Citrus Heights Career Center

7640 Greenback Lane, Citrus Heights, CA 95610
(916)745-4313

www.asianresources.org

Languages: Assyrian, Farsi, Hmong, Laotian, Russian, Spanish, Thai, Tongan, Ukrainian, Vietnamese, English, Chinese

No Fee

Application process: referral, phone or walk-in for interview and written test

Crossroads Employment Services

9300 Tech Center Drive, Suite 100
Sacramento, CA 95826
(916)568-5230

www.crossroadsdiversified.com

Languages: English, Spanish, Chinese

No fee

Application process: Telephone

Photo ID required

Xamire www.xamire.com. Provides list of companies to apply online that will consider hiring someone with felony conviction

New Choice Program

7000 Franklin Blvd, Suite 540, Sacramento 95823
(916) 391-1603

Breaking Barriers to Employment

7000 Franklin Blvd, Suite 540, Sacramento 95823
(916) 391-1603

California New Start Program provides ex-offenders with job training, interview and resume preparation, linking to job placement. Ask at Sacramento Works agencies listed on page 44. Description of program:

www.cdcr.ca.gov/Community_Partnerships/California_New_Start.html

Highlands Community Charter School provides education for adult learners, 22 years of age and older, at no cost. Students can learn English, earn a High School diploma, receive technical job training, and take citizenship classes. 1333 Grand Avenue, Sacramento, 95838
(916) 844-2283 <http://www.hccts.org/>

Worker's Rights and Unemployment



Can I Get Unemployment Benefits?

1. Filing For Unemployment

When you are unemployed, or working less than full time, and are ready, willing, and able to work, you may be eligible to receive **unemployment insurance (UI) benefits**. You can apply on line at:

<https://eapply4ui.edd.ca.gov>

Or call: (800) 300-5616

Or visit: 2901 50th St. (at Broadway) Sacramento

Before you can get paid unemployment benefits, you must:

- Have received enough wages during the base period to establish a claim.
- Be totally or partially unemployed through no fault of your own (laid off, not fired for "misconduct" or having not quit without a good reason).
- Be physically able to work and actively looking for work.
- If you are attending an approved training course you are not required to look for work, be available for work or accept work while in training).

The minimum weekly benefit amount is \$50 and the maximum weekly benefit amount is \$450. The normal maximum benefit period is 26 weeks. You can request extensions of benefits up to a total of 99 weeks.

After you apply, you must complete a Continued Claim Certification form, DE 4581 and mail it to EDD every two weeks. If you qualify you begin receiving payments.

Attached to the check is a form for the next two weeks. If the state thinks you did not meet eligibility requirements, they will schedule a telephone interview. Then they can reduce or deny the check. If you disagree you may ask for a hearing. Also the past employer sometimes has a right to disagree with whether you are eligible and to ask for a hearing to oppose you getting a check.

At the hearing, an impartial administrative law judge will listen to the evidence and decide whether you should get a check. About half of the people who go to a hearing win in the hearing.

2. Appeal Your Denial

Just because you are fired, even for a good reason, does not mean that you should not get UI benefits. If EDD says that you are not eligible for UI benefits, you can appeal it. To show that your actions were not misconduct, you can argue that you made a mistake, simply could not do the job, or that the action was an isolated occurrence. Also if you can show you had a good reason to quit a job you can get benefits. Call Legal Services for help at (916) 551-2150.

If you appeal, keep filing your forms with EDD every week!

Besides unemployment benefits, the EDD (State Employment Development Department) offers the following:

California Training Benefits (CTB) allows qualified persons to receive unemployment benefits while in approved training.

Trade Adjustment Assistance Benefits if workers and their industry demonstrate damage because of imports and trade agreements.

Paid Family Leave for a worker to get up to six weeks of benefits for workers to take time off to be with a newborn or care for a seriously ill child, spouse, parent, or registered domestic partner. More detailed information can be found at https://www.edd.ca.gov/disability/paid_family_leave.

Where Can I Get Help For Problems on the Job?

If you have a problem at work and are a member of a union, contact your union representative. He or she can advise you about dealing with your employer or about contacting the correct government office.

Wage Claims: You can file a wage claim with the Labor Commissioner (916) 620-6330 for any amount (or in Small Claims Court for up to \$7,500) if your employer does any of the following:

- Pays less than the current minimum wage (\$10 per hour in California in 2017 for businesses with 25 or fewer employees: \$10.50 per hour for businesses with 25 or more employees.) There are exceptions, including minors.
- Does not pay overtime. Overtime means time-and-a-half if you work more than 40 hours in a week OR more than 8 hours a day OR on the 7th day in a row. Overtime means double-time if you work more than 12 hours in a day OR more than 8 hours, the 7th day of a work in a row.
- Takes improper deductions from your pay.
- Does not give you your last paycheck immediately upon discharge or within 72 hours if you quit and don't give 3 days notice.
- After you lose your job, does not pay vacation time you were promised and have earned.
- Does not pay wages owed or pays you with a check that bounces.
- Does not give you at least 10 minutes rest break for every 4 hours work and/or a meal break of at least a half hour, which can be unpaid, if you work at least a 5 hour shift. You can get penalty money if you don't get the breaks.

What If I Get Injured and Can't Work?

The law also gives you waiting time penalties. These penalties can be up to 30 days' pay for each day after termination you have to wait to receive all wages owed to you. Wages include regular pay, overtime, vacation pay, and penalties for not getting rest or meal breaks.

To reach the Labor Commissioner's office, contact the State Industrial Relations Department, Labor Standards Enforcement, 2031 Howe Ave, Suite 100, Sacramento, 95825 (916) 620-6330.

The Federal Department of Labor has an office that also helps people with similar problems. Its services are more limited. However, you can file an anonymous complaint with them to avoid retaliation by your employer.

Contact the Department of Labor Sacramento office at 800 Capitol Mall, Sacramento or (916) 654-8178. This number and address is for the Department of Veterans' Employment and Training within the Department of Labor.

It is illegal to discriminate against workers because of their race, sex, religion, national origin, citizenship, age, disability, political affiliation, or sexual orientation. It is also illegal to require sexual favors from an employee (sexual harassment).

If you believe you have been discriminated against, you can file a complaint at the Federal Equal Employment Opportunity Commission (EEOC) in person or by mail to the San Francisco office, 350 The Embarcadero Suite 500, San Francisco, 94105. You may also reach the EEOC at (800) 669-4000. Visit <http://www.eeoc.gov/employees/charge.cfm> for more information.

They will investigate your complaint and may be able to help solve your problem. If your case requires court action, you will be given a letter authorizing you to file a lawsuit.

You can also call the California Department of Fair Employment and Housing Department (DFEH) (800) 884-1684 for discrimination and sexual harassment claims. DFEH accepts complaints for the same reasons as the EEOC. DFEH also accepts discrimination complaints based on sexual orientation, whether you have children, marital status and your source of income (for example whether you get welfare).

Employers are required to provide safe, healthy work areas. If you are asked to work under unsafe or unhealthy conditions, a state agency will investigate your complaint, and your employer may be fined for violating the law. Contact the California Occupational Health and Safety Administration (Cal/OSHA) office nearest your work. The offices are listed in the State Government section in the front of the phone book white pages or at www.dir.ca.gov/dosh/DistrictOffices.htm.

1. State Disability Insurance

If you cannot work for a temporary period because of an illness or injury that is not work related, or pregnancy, you may be able to get state disability insurance benefits (SDI). These benefits can last up to one year (39 weeks for employers and self-employed people who elected SDI coverage).

You must be unable to do your regular or customary normal work for at least eight consecutive days. You must have lost wages because of your disability or, if unemployed, have been actively looking for work. You must be under the care and treatment of a doctor during the first eight days of your disability, and to continue receiving benefits.

You must complete and mail a "Claim Statement of Employee" within 49 days of the date you became disabled. If your disability prevents you from completing the claim form, or you are filing for benefits on behalf of a disabled or dead claimant, call (800) 480-3287 for required forms and help.

You must also ask if your doctor needs to complete and sign the "Doctor's Certificate". If your doctor will mail your completed claim to SDI, provide give him/her with an envelope addressed to the SDI office listed below. Mail your claim no earlier than 9 days, but no later than 49 days after the first day you became disabled. Mail the completed, signed "Claim Statement of Employee" together with the completed, signed "Doctor's Certificate" to:

State Disability Insurance, P.O. Box 201006, Stockton, CA 95201-9006. You can request a claim form online at

http://www.edd.ca.gov/disability/Disability_Request_a_Claim_Form.htm or call (800) 480-3287.

You may not be eligible for SDI benefits if you:

- Are claiming or receiving asking for or getting Unemployment Insurance.
- Are receiving workers' compensation benefits at a weekly rate equal to or greater than the amount of SDI you would get.
- Are in jail, prison, or recovery home because you were convicted of a crime.
- Don't have an independent medical examination when asked to do so.

You have the right to appeal any denial, disqualification, overpayment, or penalty. Specific instructions Information on how to appeal will be provided on the state forms you receive. If you file an appeal and you remain disabled, you must continue to complete and return continued claim certifications.

For residents in a state-approved alcoholic recovery home or drug-free residential facility, the maximum payable period is 90 days. However, you can get SDI if your disability is related to or caused by acute or chronic alcoholism or drug abuse which you are being medically treated for.

When your claim is received, the SDI office will notify you of your weekly benefit amount and ask for any additional information needed to determine your eligibility. If you meet all requirements, a check will be mailed to you from a central payment center. If you are eligible for further benefits, either additional payments will be sent automatically or a continued claim certification form for the next two weeks will be sent with the check. You must report income you receive, even though sometimes it does not reduce your SDI check.

Coordination with Workers' Compensation

If you also have a Workers' Compensation claim and the insurance carrier delays or refuses payments, SDI may pay you benefits while your case is pending. However, SDI will pay benefits only for the period you are disabled and will file a lien to recover benefits paid.

SDI and Workers' Compensation are two separate programs. You cannot legally be paid full benefits from both programs for the same period.

However, if your Workers' Compensation benefit rate is less than your SDI rate, SDI may pay you the difference between the two rates.

Long-term or Permanent Disability: If you expect your disability to be long-term or permanent, lasting for more than one year, apply for SSDI and/or SSI from Social Security well before your year of SDI is over (see page 63 for Social Security Programs).

2. Workers' Compensation

If you are disabled because of a work injury or as a result of unhealthy, unsafe, or stressful conditions at work, you should apply for Workers' Compensation. Workers' compensation is a no-fault system, meaning that injured employees need not prove the injury was someone else's fault. There are six basic types of workers' compensation benefits:

a. Medical Benefits: The employer pays for the medical care resulting from the work-related injury.

b. Temporary Disability Benefits: These are paid every two weeks if you are unable to return to work within three days or are hospitalized overnight. The benefits are intended to partially replace two-thirds of the wages lost as a result of the injury, up to a maximum of \$840 per week (this may be subject to change). For most injuries, payment will not last more than 104 weeks.

c. Permanent Total Disability: If you have a permanent total disability you receive disability benefits each week for life.

d. Permanent Partial Disability: The "percentage of disability" is based on a medical evaluation. You receive weekly benefits for a period that increases with the percentage

of disability, from 4 weeks for a 1% permanent disability up to 694 weeks for a 99% disability. Those with a permanent partial disability of 70% or more also receive a small life pension following the final payment of permanent partial disability benefits.

e. Vocational rehabilitation services: These services are for when you are unable to return to your former type of work after the job injury. You are entitled to these services if they can reasonably be expected to return you to suitable gainful employment. The amount you receive will be less than Temporary Disability Benefits.

f. Death benefits: If a worker is fatally injured, the employer pays burial expenses up to \$5,000 and support payments for dependents. This amount may be subject to change.

Filing a Workers' Compensation claim: If you need help filing a claim or if your employer does not have this insurance, contact:

(916) 928-3101 or (800) 736-7401.

For problems with worker comp claims:

160 Promenade Circle, Suite 300
Sacramento, 95834

Disability Evaluation Unit (916) 928-3150

Information & Assistance Unit (916) 928-3158

Retraining and Return to Work Unit (510) 286-6990

Injured worker workshop: Held the first Tuesday of every month at 10:30 a.m.

You may also want to hire a private attorney to help you with your claim. Many lawyers will handle this type of case even if you cannot afford to pay in advance because their fees for Workers' Compensation cases are set by law and are paid by the insurance company. If you are permanently disabled and do not expect to return to work, you may also qualify for Social Security or SSI.



Tax Credits

Tax credits are benefits you can get only by filling out state and federal income tax forms. They can be received in a check, or can be used to reduce the amount of tax you owe. You should file federal and state taxes even if your income is so low that you do not owe taxes, or if you get paid in cash, because that is the only way you can get these credits.

The federal tax credits require that you file the "long form." You can get help by calling (800) TAX-1040 or (800) 829-1040.

1. Earned Income Credit (EITC)

"The Earned Income Tax Credit" (EITC) is a check that low-income working people can get from the government by filing a federal income tax return or filling out a W-5 form during the year, even if your income is so low that you do not owe federal taxes. You need a valid social security number to get this money.

You qualify for earned income credit if your yearly income in 2018 is below the level in the chart below. For other years, please see www.irs.gov/credits-deductions/individuals/earned-income-tax-credit

Family Size	Income Limit	Maximum Benefit
Married with 3 +children	\$54,998	\$6,444
Unmarried with 3 + children	\$49,298	\$6,143
Married with 2 children	\$51,598	\$5,728
Unmarried with 2 children	\$45,898	\$5,460
Married with one child	\$46,102	\$3,468
Unmarried with 1 child	\$40,402	\$3,305
Married couple no children	\$21,000	\$520
Single workers (aged 25 - 64) with no children	\$15,310	\$506

If you are receiving CalWORKs, or CalFresh (Food Stamps), the DHA cannot count the EITC payment as part of your income if you spend the money in the month received or the month after. For the General Assistance program, this money is counted as income.

You can also file for "retroactive" payments from the past three years. If you do not owe taxes, there is no penalty for filing for the credit late (after April 15th).

You can claim EIC on the tax form (1040 or 1040A) or you can fill out just the first side of "Schedule EIC" instead and the IRS will figure it out for you. However, you may not use the 1040EZ form (the shortest form) to claim your EIC.

For help getting the credit you can call the EIC hotline at 1-800-601-5552.

To get a 1040 or 1040A form for this year and past years, and to receive free tax assistance call the IRS at (800) 829-3676

and ask for VITA-Volunteer Income Tax Assistance. Forms are also available in libraries, post offices and other public places.

If you choose, you can receive this payment spread out during the year in lower payroll tax deductions instead of getting it all at once at the end of the year. To do this, ask your employer to fill out a W-5 form.

2. California Earned Income Tax Credit

To qualify for the California Earned Income Tax Credit, you must complete a 540 or 540 EZ form, and have income that is reported on a W2. In tax year 2017, one person at least 18 years old in a family without children can have an income up to \$15,008 to qualify for a benefit of \$223. A family with one child can earn up to \$22,322 to qualify and receive up to \$1,495. A family with 2 or more children can earn up to \$22,309 to qualify, and can receive up to \$2,467 for 2 children, or up to \$2,775 for 3 or more children. These figures will all be higher for tax year 2018 so please check out caleitc4me.org for more details.

3. Child and Dependent Care Tax Credit

Families who pay for child or dependent care in order to work or look for work may be eligible for money or reduced taxes from both the federal and state governments. The benefits are up to \$1,050 from the state and \$2,100 from the federal government for families with two or more children or dependents. Families with one child or dependent may qualify for up to \$525 from the state and up to \$1,050 from the federal government. The amount you get is generally higher if your expenses are higher.

The state credit is limited to families with under \$100,000 income per year. There is no income limit for the federal credit.

4. Renter's Tax Credit

The Renter's Tax Credit is not a payment that you can receive, but a deduction that renters can make on their California state income tax forms. Renters who owe no tax will get no benefit. Single renters with incomes up to \$36,955 are eligible for \$60 renters' tax credit and families with incomes up to \$73,910 are eligible for \$120 renters' tax credit.

Other rules apply:

- You had to be a California resident for the entire year
- You had to pay rent for at least half the year on a California property that was your main residence
- The property you rented was not exempt from California property tax
- You didn't live with another person for more than half the year (such as a parent) who claimed you as a dependent
- You were not a minor living with and under the care of a parent, foster parent or guardian
- You or your spouse were not granted a homeowner's property tax exemption during the year



CalWORKs provides money for children under 19 years old and the relatives caring for them. Work and training are required of most adults. Most adults can only get CalWORKs cash aid for 48 months in a lifetime, unless you are exempt from Welfare-to-Work. If you qualify for cash aid, you are also entitled to Medi-Cal for healthcare and CalFresh (food stamps). In Sacramento County, the CalWORKs agency is called DHA, the Department of Human Assistance.

Both one parent and two-parent families can get cash aid. In two-parent families, one of the parents must be disabled, or the parent that has earned the most money in the last two years must have worked less than 100 hours in the last four weeks before applying for cash aid.

Children must live with a related adult and be 18 years old or under. Some 18 year olds can get cash aid until their 19th birthday if they will graduate by age 19 or have a disability that kept them from graduating.

If you are convicted of a drug-related felony after 1997, you cannot get any CalWORKs aid for yourself, but your children can still get cash aid.

For more information about CalWORKs, see the CalWORKs Fact Sheet on the DHA website: www.dha.saccounty.net.

To qualify to get CalWORKs, your monthly income must be under the amount shown on the table for your family size. Once you begin getting cash aid, you can make more money and may still get cash assistance from CalWORKs.

Monthly Income Limits

Effective 7/1/18 through 6/30/2019

# of people	Gross Income Limit
1	\$651
2	\$1,070
3	\$1,324
4	\$1,574
5	\$1,799
6	\$2,021
7	\$2,215
8	\$2,419
9	\$2,614
10	\$2,846

Over 10: Add \$27 for each extra person. For updated information see https://ca.db101.org/glossary_item.aspx?item-id=1372

Who Can Get CalWORKs?

1. Income Limits

You can get assistance if you meet certain income requirements. Once you begin to get assistance you can get more income, but there is still a limit. There is a special calculation if you have your own business or are self-employed. You should apply even if you are not sure that you qualify. For more information, please see the CalWORKs Fact Sheet on the DHA website: www.dha.saccounty.net.

The maximum grant is cut dollar for dollar by any "unearned" income you have, such as social security survivor's benefits, interest (like on a bank account), or unemployment money. Earned income, wages from work, or income based on a disability is not counted dollar for dollar. The first \$225 of disability or earned income will not count. Half of the remaining earned income after this amount will not count.

2. Limits on Property and Resources

There are property limits ("resource limits") for families, including specific limits for family members 60 years or older who are on aid. Visit <http://www.dha.saccounty.net/benefits/Documents/CalWORKsFactSheet.pdf> to access the current property limits.

- There is a limit on the value of a car you own if you apply for CalWORKs. There are certain exceptions for cars, such as a car you live in, a car you need for a business, or a car used to transport a disabled person.

3. Think About Time Limits Before You Take Cash Aid

You may not want to get cash aid if you have other income. Any month you get cash aid counts against the 48-month time limit, even if you are entitled only to a few dollars a month. You can get Medi-Cal, Food Stamps and child care money even when you do not get cash aid. Is the cash aid you will get worth "using up" a month of eligibility? Should you "save" the month in case you need it more at a later time in your life? Call Legal Services to discuss your options.

What Are The Benefits?

1. Monthly Cash Help

CalWORKs divides people who get cash aid into “exempt” and “non exempt” recipients. You are considered “exempt” if you are getting disability payments such as In-Home Supportive Services, SSI/SSP, State Disability Insurance, SSDI, Temporary Workers’Comp and Temporary Disability Indemnity.

The chart below shows the “Maximum Aid Payment” for these two groups. This maximum grant is cut dollar for dollar by any “unearned” income you have, such as social security survivor’s benefits, interest (like on a bank account), or unemployment money. Earned income, wages from work, or income based on a disability is not counted dollar for dollar. Make sure you are getting the correct earned income deductions.

Maximum Aid Payments (As of October 1, 2018)

# of people	“Nonexempt” Grant	“Exempt” Grant
1	\$ 336	\$ 374
2	\$ 549	\$ 616
3	\$ 680	\$ 762
4	\$ 810	\$ 904
5	\$ 922	\$ 1031
6	\$1035	\$ 1157
7	\$ 1136	\$ 1272
8	\$ 1239	\$ 1385
9	\$ 1340	\$ 1498
10 or more	\$ 1438	\$ 1610

For updated information, please see https://ca.db101.org/glossary_item.aspx?item-id=6521. Sacramento is in Region 2 on the table included on that site

1. Other Benefits

- **Medi-Cal** to pay for health care (pg. 30: Health Care/Medi-Cal)
- **CalFresh (Food Stamps)** in most cases (pg. 16: CalFresh)
- **Immediate Needs:** an advance of up to \$200 at the time you apply, or your whole check within 3 days if you have an eviction notice (Tell your worker when you first apply.)
- **Homeless and Housing Assistance** including eviction prevention, temporary shelter, move-in costs, rent subsidy, and help with cost of moving. See page 8.
- **Non-Recurring Special Needs:** You can get up to \$600 each time if you have to replace clothing or household items because of a fire, disaster, theft or other event beyond your control. You can also get this money for shelter if your home is so damaged or unlivable you can’t stay there. You must have less than \$100 to get this money.
- **Special Needs:** You can get extra money if you have special needs such as higher food costs because of a necessary special diet, or higher transportation or utility costs due to a medical condition. Breast-feeding mothers can add \$15 to their grant to help with their dietary needs. Tell your worker if you have these special needs.
- **Baby Wellness and Home Visitation:** You can volunteer to have a social worker or nurse visit your home to help you deal with being a new parent, find resources for baby supplies, screening for mental health and other assistance.
- **Welfare To Work** Services such as counseling, job training, help finding work educational assistance, money for tools, uniforms, childcare, and transportation.
- **Money For Pregnant Women:** Pregnant women may receive an additional \$47 monthly until the baby is born. Pregnant women may also receive CalWORKs even if they have no other children on CalWORKs (Special rules apply)
- **Child Support:** You can get \$50 extra each month if the other parent pays at least \$50 of child support to the County’s Department of Child Support Services on time. The Department of Child Support Services should give you a list that shows when the other parent paid (an “accounting”).

2. Diversion Payments

Instead of going on to cash aid you can apply for a large amount of money called a “diversion payment” to help you get or keep a job. Ask your worker for details. If they tell you Sacramento County does not offer diversion, call Legal Aid (see Legal Advice, pg. 76).

3. Foster Care (Someone Else’s Children)

If you are caring for someone else’s children, the children may qualify for Foster Care payments even if you are related to them. If a relative’s children live with you but do not get foster care, you should be able to get cash aid for them.

How Do I Apply for CalWORKs?

You can apply for CalWORKs at the nearest DHA office (see page 78- Department of Human Services Offices) or online at <https://www.mybenefitscalwin.org>.

Once your eligibility is determined and your case is approved, you can call the **CalWORKs Service Center** and receive assistance from a worker to resolve any problems with your case. **Call (916) 874-3100 or (209) 744-0499** between 8:00 am – 5:00 pm to reach staff dedicated to answering your questions and resolving issues. You still must come in to an office for most Welfare-to-Work appointments and homeless assistance.

When you apply, you have a right to be treated with courtesy and without discrimination for any reason. The DHA workers must try to get you all the benefits for which you are eligible.

Often, eligible people who urgently need the aid don't get correct information, or don't understand or get discouraged. If that is happening to you, be strong, insist on talking to a supervisor or the supervisor's manager, seek out the help of someone who will advocate for you, or call a Legal Aid office. (See page 75 - Hearings and Complaints.)

1. Domestic Violence

If you are a victim of domestic violence, or suffering effects of past domestic violence tell the worker right away, because there are specially trained workers available to help you. Also, you may not need to do WTW, or you can have other eligibility rules changed.

2. Special Help for the Disabled

If you have a physical or mental disability that makes it hard for you to go through the regular application process, DHA must give you special help. This might include: taking an application at your home, helping you fill out forms, reading all forms to you. Ask your worker for this help. If they won't give it to you, contact the Civil Rights Liaison in the office or call Legal Services for help.

3. Help for non-English Speakers

DHA must have an interpreter for any non-English speaker who wants one.

4. Documents To Bring When You Apply

When applying for CalWORKs, bring the following documents with you. If you do not have some of them, go ahead and apply, and get a list of documents to be brought in later. Ask the worker to help you get missing documents.

- Identification with your name and current address on it. This can be a birth certificate, driver's license, California ID card
- Social Security Numbers or Cards (or proof of application for the cards)
- Proof of income (like check stubs, a W2, or copy of your tax return)

- Proof that you live in the county (a document that has your name and an address on it) for each person on the application

- If you do not have ID, you can also fill out a form to swear that you are who you say you are. DHA will use this temporarily until you get proof of identification

- Proof of citizenship, alien or immigration status for each person on the application that has it

- Proof of your housing situation (rent receipts, lease agreement, etc.)

- Letters from a doctor if anyone in the household is pregnant, disabled, has a special medical need or needs a special diet

- Any papers having to do with marriage, divorce, child support, or other circumstances that apply to your family.

5. Fingerprint Requirement

All adults (age 18 and over) and teen parents must be fingerprinted in order to apply for and get CalWORKs. If you refuse to be fingerprinted, your cash aid will be denied, or stopped if you're already getting it. If you are scheduled for fingerprinting on a day that will not work for you, ask to reschedule.

6. Next Steps

Keep in touch with your DHA eligibility worker and write down his or her name, phone number, and phone hours. If you are asked to mail additional papers to the welfare office, ask the worker for a stamped envelope addressed to him or her.

If you take in papers, get a receipt. Keep your own copy of all the paperwork. If you need help and your worker is not available, the Worker of the Day should help you.

Within 45 days of when you turn in your application, you must either receive your first payment, or a notice that you have been denied aid. If the DHA denies your aid, they must send you a letter explaining the reason. Do not sign a "withdrawal" of your application unless you understand and agree with the written reason you are given.

If you are approved for cash aid for yourself, you will be required to participate in WTW unless you qualify to be excused (also called "exemption" or "good cause"). You will be getting an appointment letter to WTW shortly after you are approved for cash aid.

7. EBT Card

DHA will give you an EBT "electronic benefits card" (Golden State ADVANTAGE) to use at banks, ATM machines and stores. You access your cash aid and food stamps ("CalFresh") through the EBT card. Ask your worker for a list of banks and ATMs near you that will not charge you a fee. Call (877) 328-9677 right away if the card is stolen, lost, or destroyed. You can get back aid used after reporting the loss.

What Are The Requirements?

1. Report on a "SAR-7"

The Quarterly Report (QR-7) has been replaced with a Semi-Annual Report (SAR-7). Every six months, you must report changes in income, property or the number of people in your household. DHA will mail you a SAR-7 report form for you to do this. The SAR-7 will also ask you to report any changes, including changes you expect in the next six months.

2. Report All Your Income And Gifts

You should be careful to report all income you get or changes in your family, if it is more than the amount the county tells you (called the "Income Reporting Threshold.") The welfare department will check bank, employer, and tax records to check your income, and accepts tips of suspected "welfare fraud" from the public.

3. Cooperate with Child Support Collection

Unless it could put you or your children in danger to do so, parents on cash aid must help ("cooperate with") the Department of Child Support Services (DCSS) to collect child support from any absent parent. You must provide information you have about the other parent. You will get your CalWORKs grant plus an extra \$50 per month for every month the other parent pays child support. You may also receive another month of assistance for each month of CalWORKs reimbursed by child support.

If you do not cooperate and do not have a good reason (such as fear of the other parent), your grant will be reduced 25%.

4. Get Immunizations ("Shots") For Your Children

When you apply for CalWORKs or at your annual redetermination, you must show proof that your children under age 6 have had their shots unless you have a good reason, also known as Good Cause, for not having up-to-date immunizations for your children. You should also be given time to get the shots up-to-date even if you do not have Good Cause.

5. Keep School-Age Children in School

If your child is over 16 and not attending school, without good cause, only that child's aid will be cut. The cash grant will be restored when you prove to DHA that the child is in school or has good cause.

What Are The Work Rules?

1. Weekly Participation Hours

The following rules apply to most families. If you are a single parent with a child under 6, you have to work or participate in "welfare to work" activities 20 hours a week, unless you are excused.

If you are a single parent with no children under 6, the participation requirement is 30 hours a week unless someone is exempt. Two-parent families must work 35 hours, which may be shared by both parents.

DHA must give you an exemption from WTW, meaning you do not need to do WTW, if you are:

- Caring for a first child under 6 months old, or any later child under 12 weeks old
- Pregnant, and DHA agrees with medical verification that the participation or work will harm your pregnancy
- Under 16 years old
- A full time volunteer in the Volunteers in Services to America (VISTA) program.
- You are disabled for 30 days or more – can mean physically or mentally unable to participate for 20/30 hours per week for participation or work as verified by a doctor
- You are 60 years or age or older

Any months exempted for the following reasons do not count against your CalWORKs 48 month time clock;

If you do not qualify for an exemption, you may have good cause that excuses you from doing something WTW asks you to do. The 48-month time limit is not stopped by good cause (except see below on domestic violence).

Good cause includes:

- Not getting supportive services you need (such as child care and transportation) to work or go to a WTW activity
- Child sick at home from school
- No transportation (for example your car broke down)
- You are homeless

2. Domestic Violence Waiver:

DHA can waive some of the CalWORKs rules for victims of domestic violence, such as stop the 48 month time clock, not participate in WTW, or stop child support collections. The violence can be something that happened in the past or in the present.

3. Learning Disabilities

All WTW participants must be offered a learning disability (LD) screening. You can say you do not want the LD screening, but if you change your mind, you can ask for LD screening and evaluation anytime.

If the evaluation shows you have a learning disability, your welfare-to-work plan must have activities that help you deal with your learning disability, such as tutoring or extra study time. DHA must decide whether job search will be useful for you, or if your time limits should be extended.

Services for Working Parents

At present the services include:

Child care (see pg. 60, Child Care & Education)

Transportation Money: bus fare, parking costs, mileage payment if public transportation to and from welfare-to-work takes more than 2 hours, or funds to fix a car (if funding is available)

Money for tools, books, fees, and uniforms if needed for work or training. DHA does not pay for tuition.

Mental Health Services: You should receive a mental health screening during orientation. Also, a DHA worker can suggest to you that you go to a mental health evaluation if they think you have a mental health barrier to finding or keeping a job. You can also ask for mental health evaluation anytime by calling your eligibility worker or WTW worker.

Substance Abuse Services: You can ask for help with substance abuse treatment at anytime by calling your eligibility worker or WTW worker. If you find it hard to get or keep a job because of problems with alcohol or drugs, the DHA worker can refer you to a substance abuse clinical assessment. You may get help through a variety of rehabilitation services. You can continue getting these services as part of your WTW requirements while receiving cash aid.

You can go to a substance abuse treatment program as the WTW activity. You have the right to refuse any substance abuse treatment program as the WTW activity. However, if you do not go to a treatment program, you cannot use substance abuse as a reason to not work or not participate in WTW.

Welfare-to-Work Program

1. Orientation and Appraisal

Soon after you apply for cash aid, you will get an appointment letter to go to WTW orientation. During the orientation, you will be told about WTW rules, time limits, and work requirements.

After Orientation, you will meet with your WTW worker in a one-on-one meeting called Appraisal. You will talk to your worker about your work and educational history, what kind of services you need (such as substance abuse, mental health, or if you are a victim of domestic violence), and anything else that will help you get the services you need in welfare-to-work.

If you are already enrolled in an education or training that may qualify as a Self-Initiated Program, you need to tell your worker at Appraisal. This will let you do the education and training as your WTW activity instead of going through Job Club (see next column) and the rest of the WTW process.

2. Job Club

Unless you are already in school or working, Job Club will

probably be your first WTW activity. Job Club is a four week activity. The WTW worker can shorten the job search requirement if they think it will not help you find a job.

You don't have to do job search if:

- It would interfere with a full time job you already have
- You are enrolled in a Self-Initiated Program of college or vocational training
- You are in the Cal-Learn program
- Doing a job search would not help you (example: you need basic English or literacy training first)
- You need other help with domestic violence, mental health, or substance abuse.

3. Assessment and WTW plan

If you don't find a job in the first three weeks of job club, at the end of that week, you will have a "vocational assessment" to determine your next WTW activities.

The worker will then come up with a WTW Plan based on your individual goals and needs. Don't sign the WTW plan unless you understand and agree with it. Get a copy of it. The plan must be based on the assessment of your needs and skills. Ask for a hearing, a third party assessment, or call Legal Aid, if the plan is not what you want.

4. Self Initiated Programs

If on the date of your WTW appraisal you are already in school or training, or have enrolled to start school, your education or training can count as your WTW activity. This is called a "Self Initiated Program" (SIP) because you chose it yourself. It could be a college or vocational program. If you already have a 4-year college degree, you cannot do a SIP unless it is for a teaching credential.

DHA has a list of approved SIP programs. If your program is on the approved list, DHA must approve it. If the program you are in is not on the approved list, DHA should approve it if it leads to employment. You need either a letter from a college counselor or letters from three people in your field of study stating that your program will lead to employment for DHA to approve it.

To continue in a SIP you must be making satisfactory progress toward a degree or certificate that leads to employment.

5. Help To Keep The Job—Post Employment Services

Once you have found a job, the WTW program can help you with money for transportation, training, tools, and uniforms.

You may also continue to get Medi-Cal and CalFresh benefits after you leave CalWORKs, even if your income is too high. Families exiting CalWORKs due to an increase in income are eligible for Transitional Medi-Cal for 12 continuous months

What Are The Time Limits?

In general, adults are eligible for CalWORKs for 48 months in their lifetime. There are several reasons why a month in which you do not receive aid might not count toward the 48-month lifetime limit. Adults also do not need to participate in Welfare-to-Work for months they are exempt, but they can volunteer to participate.

Clock Stoppers or Exemptions

You can ask for an exemption to “stop the clock” for any months which should not have been counted in your time limit. Your “time on aid” clock does not tick and you do not need to participate in welfare-to-work if you are exempt.

Your request should be in writing, but can be verbal. DHA has to send you a written decision within 15 days of the request (unless something happens that is beyond the DHA’s control). If you disagree with the decision you may request a state fair hearing. DHA is required to look at your case records before asking you to provide information or documentation which you already turned in.

Months that do not count toward your time limit include:

- **Sanctioned or No Check**—Any month you do not get a CalWORKs aid payment for yourself even if you receive various services like child-care or job training or counseling. No payment is issued for you if you are sanctioned that month, the payment would have been less than \$10, or you are caring for an aided child but not aided yourself.
- **Disabled**—Any month you are sick, disabled, or injured for over 30 days and it interferes with going to work or WTW for the minimum number of hours (20, 30 or 35 hours.) You may be required to provide a doctor’s report. This includes mental and physical illness.
- **Caring For a Sick Family Member**—Any month you are caring for an ill or disabled person living in the home and that caretaking interfered with regular employment or participation in WTW activities.
- **Foster Child Placement or Risk of Placement**—Any month you are a non-parent relative taking care of a child who is a dependent ward of the court or “at risk of foster care placement” and that responsibility interfered with regular employment or participation in WTW activities. This can exempt, for example, a grandparent under age 60 who could not both be regularly employed and care for the child.
- **Domestic Violence**—Any month you cannot participate in CalWORKs as a result of domestic abuse. You do not have to be in a domestic abuse situation now. You also qualify if you are suffering from the effects of past abuse. You only need to tell your worker [“self-declare”] to qualify; no other proof, not even a police report, is required, unless the county questions the information you give. Months will not count and you will not need to do welfare-to-work for as long as you continue to have effects of the abuse or you are in danger of more violence.

- **Over 60**—Any month the parent or caretaker relative is 60 years or older.

- **Teen Parent**—Any month you are a teen parent or pregnant, under age 19, do not yet have a GED or high school diploma, and either participate in or are excused from Cal Learn or another teen parent program approved by the DHA. You can be excused from Cal Learn in any month in which you can show the DHA you do not have necessary childcare or transportation, you are sick, disabled, or expelled and an alternative school program is not available. You can’t use Cal Learn as a clock-stopper after you get the GED or diploma. When there is no funding the Cal Learn program is not offered.

- **Native American**—You are a Native American who lives in “Indian Country”, or on a reservation if 50% or more of the adults there are unemployed. In a family with two aided parents, both adults must meet one of the above clock stoppers for the month not to count.

In addition, child support paid to the County by an absent parent takes time off your clock. Ask the Department of Child Support Services to give you an accounting of the amount of child support they have collected on your behalf during your 48 months on aid. Then ask your WTW worker to make sure you get credit for paid child support.

After the 48-month lifetime limit has been used, the time limit can be extended if all adult parents or caretaker relatives in the home of the aided child meet any of these tests:

- 60 years or older
 - Disabled, receiving State Disability Insurance, Temporary Workers’ Compensation, In-Home Supportive Services or SSI, and unable to work or go to WTW
 - Not able to go to WTW or employment because of an “impairment”, for example a learning disability or chronic mental illness. You must have a history of “full cooperation” in WTW for a sustained period. Full cooperation means no sanctions and satisfactory attendance.
- However, even with a sanction this exemption can be granted if you were ever in WTW for 6 months straight, or if you were in WTW for two periods within a two year period that are equal to six or more months.
- There are no local jobs that accommodate your disabilities
 - A non-parent relative taking care of a child “at risk of foster care placement” and that limits your ability to go to WTW or employment. Example, if you are a grandparent under age 60 who cannot both be regularly employed and care for the child, DHA can continue your CalWORKs aid rather than having the child enter foster care.
 - A domestic abuse survivor who cannot do WTW because of the abuse. You do not have to be in a domestic abuse situation now. You will also qualify if you are suffering from the effects of past abuse and the effects limit your ability to go to WTW or work.

- Taking care of an ill or disabled household member if DHA agrees that this harms your ability to participate or work.

There is also a 24 month time on aid clock. During this 24 months, you can do any welfare-to-work activity you want but the 24 month clock ticks if you are not in a "core" activity for at least 20 hours per week. After 24 months is used, you must be in a "core" activity for at least 20 hours per week or you will be removed from the grant.

The core activities that do not count towards the 24 month clock are:

- Unsubsidized employment
- Subsidized private or public sector employment
- Work study
- Grant based on-the-job training
- Work experience
- Community Service
- Vocational education (for 12 months only)
- On the job training
- Job search and job readiness (if that is 50% of the hours)
- Providing child care to CalWORKs recipients

Certain months do not count against the 24 months of activities. They may count against the 48 month limit though.

These are:

- if you are in welfare-to-work appraisal or assessment or you are developing your work plan;
- if you have good cause for not participating at least half of the work days of the month. If the activity does not occur for 4 weeks (such as summer vacation from school) then you must participate in another way:
- you are on sanction;

- you are eligible for Cal-Learn
- you have a welfare-to-work exemption
- you are a domestic abuse survivor who cannot do WTW because of the abuse
- you are in a core activity for at least 20 hours.

The 24 month clock can be extended if:

- You are likely to obtain employment within 6 months
- There are unique labor market barriers temporarily preventing employment
- You are making satisfactory progress in an education or treatment program, including adult basic education, vocational education, or a SIP, that has a known graduation, transfer, or completion date that will help you to get a job
- You need more time for a WTW activity due to a diagnosed learning or other disability
- You submitted an SSI application and you have hearing date set
- You have a diagnosed learning disability

What Are The Penalties?

If you don't follow the rules, your assistance can stop. Your children's assistance should continue.

In some cases both parents can have their cash aid cut.

DHA can cut your part of the grant if they can show that you have:

- Failed or refused to participate in your assigned activity
- Failed to make good progress in your assigned activity
- Failed or refused to accept a job
- Failed or refused to keep a job
- Failed to keep the same amount of earnings

DHA must try to contact you and give you a chance to comply. If you fail to comply, DHA will send you a "Notice of Action" no sooner than 30 days before the cut in aid will take place. They will give you an appointment within 20 days to discuss the problem with your worker.

It is very important for you to go to this meeting or call your worker to explain. You also have the right to ask for a fair hearing if you can't work it out with your worker.

Your part of the grant will be cut until DHA agrees that you are complying with the rules.

Your cash aid cannot be cut if you have good cause for refusing to comply.

"Good cause" includes:

- You are a victim of domestic violence
- You were ill, or caring for a sick member of the family
- Your mental illness prevented you from doing what was asked of you
- You need child care for a child 12 years or younger and none is available
- Transportation is not available to your job or WTW activity
- There was discrimination at the job or training offered in terms of age, sex, race, religion, national origin, or physical or mental disability
- The job or job offer exceeded the daily or weekly hours of work customary for that job
- The round trip travel time to the job or activity is over two hours using public transportation, not counting time you need to take your children to school or child care

- You can only get to the activity by walking and you have to walk more than two miles round trip, not counting the distance needed to take children to school or child care

- The job or activity violates health and safety standards or does not provide worker's compensation

- Accepting the job or work activity would interrupt an approved job or training program that you have in progress

- The job or community service would result in regular employees being fired, laid off, or having their hours or pay cut.

- Any other good reason that DHA agrees will temporarily prevent or significantly impair your ability to work or participate in WTW regularly.

During a sanction you continue to get childcare for the hours that you work. Your Medi-Cal must also continue.

Can Teen Parents Get Help?

If you are a teenager under 18 who is pregnant or who already has a child, has never been married, and you apply for CalWORKs, you must live with your own parent or parents, a guardian, another adult relative, or in an adult supervised arrangement in order to qualify.

If you are a teen parent, or pregnant, and don't have a high school diploma, GED or equivalent, and you receive CalWORKs cash aid, you have to be in a program called Cal-Learn. Cal-Learn provides you with supportive services in child care, transportation, and school supplies while you go to school.



Children between the ages of 6 and 18 are required by California law to attend school.

The Sacramento County Office of Education and the respective school districts within Sacramento County offers numerous programs for all family members, including:

- Workforce development and employability skills training
- Youth development programs
- Infant development programs for infants and toddlers up to 36 months of age with developmental delays
- Child welfare and attendance supports

Early Head Start

- Literacy programs to help students and parents learn to read, and to train parents to help their children learn
- Computer training and job readiness for parents
- **Early Advantage** programs for children under age 3
- Head Start and **State Preschool** programs for children
- First 5 funded Preschools and Playgroups

Call your local school district or **(916)228-2500** county-wide to find out about these and other programs preschool programs and family literacy programs.

Sacramento Food Bank and Family Services

www.sacramentofoodbank.org Parent Education Hotline (916) 313-7622. SFBFS' Parent Education program guides parents in raising children in a healthy supportive manner. After participating in workshops, families can earn baby supplies.

1. After School Enrichment

Especially if you are in CalWORKs, call your local elementary school to see if it has an after-school enrichment program. This program provides supervised after-school fun, growth, snacks, and learning for children from first through sixth grade. Children must be attending the school where the program is offered.

If your children attend school in the **Sacramento City Unified School District**, call **(916) 643-9430** for information on enrollment in afterschool programs. If your children attend school in a different school district, call the local district.

2. Homeless Children's Rights

Homeless children do not need a permanent address to enroll in school. They also:

- May remain at the same school they attended before becoming homeless, or enroll at the school serving the place they are living temporarily.
- Cannot be denied enrollment just because any documents are not immediately available.
- Have the right to participate in school meals, and any other federal, state or local programs for which they are eligible.
- Must be provided transportation if other children get transportation.

- Cannot be isolated or separated from the main school environment just because they are homeless.

These special rights under federal McKinney-Vento law apply to all children and teens without a fixed, regular adequate residence including if you are staying with friends or relatives because you lost your housing, you are waiting for foster placement, or you are living in any kind of shelter, car, motel, campground, abandoned building, garage, or similar place.

Can I Get Money for Child Care?

CalWORKs will pay for child care for children up to age 12, and up to age 21 if the child is disabled and needs special care. You may be eligible for child care even if you are under a CalWORKs sanction, and after you leave CalWORKs for up to two years. If you are low income, working, but did not ever get CalWORKs cash aid, you may still qualify for subsidized child care. For information call (916)369-0191.

1. How Do I Get Child Care?

If you are receiving cash aid and participating in Welfare to Work activity with the Department of Human Assistance (DHA), ask your worker to send a Stage 1 Referral for child care, DHA will handle your child care at first. After DHA approves your case and says you are stable on aid, DHA will send your case to Child Action for Stage 2 Child Care.

If you were on cash aid within the last 24 months and are no longer aided, you could be eligible for CAI's Stage 2 program. If you think you are eligible, **call (916) 361-0511 to apply.**

2. Choosing Quality Child Care

It is your right as a parent to choose the child care you think is best for your child. The agency will give you referrals and information on what to look for when choosing a provider. If you decide the referrals are not good choices, ask for more referrals. Choose the child care that's best for you:

- Child care centers, preschools, or family child care are licensed.
- License-exempt child care can be provided by friends, relatives, or neighbors. If you use license-exempt care, you will need to file a statement that your provider meets minimal health and safety requirements. Your provider may also need to be Trustline registered (criminal background check and fingerprinting.) The child care agency will not pay for child care provided to you by someone on your CalWORKs case.
- If the provider is caring for children from more than one family (besides their own) they may need a license.

Most providers will have to be Trustline registered, meaning they are fingerprinted and go through a criminal background check, before they can be paid. If the provider is the child's aunt, uncle, grandmother, or grandfather, they are exempt from the Trustline registration process.

3. What is Subsidized Child Care?

Subsidized child care is assistance to low-income families to cover all or part of their child care costs. If you are working, enrolled in school, or participating in an approved welfare-to-work training plan, you may be eligible for financial assistance with your child care costs. There are a wide variety of programs that provide subsidized child care services for eligible families.

Subsidized child care programs offer care for children, birth through twelve years of age. Some are full-day child care and development programs, some are part-day educational enrichment programs, and some pay for care provided by family, friends or neighbors.

If you receive CalWORKs, you can get subsidized child care. Even if you do not get CalWORKs, you are eligible for subsidized child care if:

- You have children under age 13
- You are working
- You are in a training program
- You are going to school
- You have a reason why you cannot care for your own children
- Your family income meets eligibility requirements
- You want your 3-5 year-old child to attend a state preschool

You may qualify if your income is below the levels in the following chart:

Family Size	Monthly Income Limit
1 or 2	\$4,318
3	\$4,402
4	\$4,877
5	\$5,657
6	\$6,438
7	\$6,584
8	\$6,730

Accurate beginning July 1, 2018: for updated information call Child Action, Inc. (CAI) at (916) 369-0191.

4. How Do I Get On the Waiting List for Child Care?

Child Action, Inc. maintains a list of families who are eligible for subsidized child care programs in Sacramento County. This list is called the "Centralized Eligibility List" (or CEL). By signing up on the CEL, child care programs that meet your specified needs can access your information when they have openings in their programs.

There are two ways to apply to get on the Centralized Eligibility List (CEL):

Online: If you have access to a computer, you can submit an application through the website, <http://sacramento.thecel.net>.

Follow the instructions to begin the application process. If you fill out the application on-line, you will be able to update your own information using your log-in and password.

Phone: Call (916) 369-0191 and speak with a Child

Action, Inc. Information Specialist, who will assist you with determining your eligibility and filling out the CEL application. They can mail or fax a CEL application to you, or help you fill it out over the phone.

5. How Long Will I Have to Wait Before I Get Help?

There are thousands of eligible families that are on the Centralized Eligibility List, so there is no guarantee that you will receive financial assistance. However, the first step in receiving help paying for child care is to submit an application.

After you submit your application it is important to keep your information up-to-date. If your address, phone number, income, or family size changes it may affect your eligibility. You can update your information via the website <http://sacramento.thecel.net>, mail in an updated CEL application form (available on the website), or call a **Child Action, Inc. Information Specialist** at **(916) 369-0191** to update your information over the phone.

6. Speaking Up for Child Care

The most effective way to make sure that there is adequate child care assistance for families is to communicate your needs to your elected officials. Parent Voices, a parent-led group, helps parents advocate and speak out on child care issues.

For information about Parent Voices or to receive a copy of a publication on advocacy, call **Child Action, Inc.** at **(916) 369-0191** and ask for Handout #9: Speaking Up For Children. You can also ask for a grievance if you disagree with what Child Action has done in your case. If you disagree with the result of the grievance you can appeal to the State Department of Education.

7. Child Care and Development Programs

Full or part-day child care programs are available in Sacramento County for children from low-income families who need child care in order to work, attend school or participate in job training programs.

• **Child Development Programs** offer full-day child care for children whose families are working or enrolled in school or training programs.

• **State Preschool Programs** offer part-day preschool and parenting education to low-income children and families.

• **Head Start Programs** offer full and part-day preschool and parenting education to low-income children and families.

• **Alternative Payment Programs** provide child care payments for children from low income families who are working, enrolled in school or training programs or in need of protective services.

• **Campus Child Care** is provided at the Los Rios Community College District campuses for children of enrolled students.

8. Becoming a Child Care Provider

Call **Child Action, Inc.** (CAI) at **(916) 369-0191** for licensing, training and other information on being a child care provider.

Foster Care



Sacramento County Child Protective Services (CPS) may file a petition with the Dependency Court to have the child removed from the parent(s)' custody and placed with a relative or in a licensed foster home. Licensed foster homes receive monthly payments for each foster child placed in the home. If you are interested in becoming licensed by Sacramento County as a foster care provider, call Sacramento County Foster Home Licensing at (916) 875-5543.

Questions about foster care payments in Sacramento should be directed to the Department of Human Assistance, Foster Care Bureau at (916) 875-5770.

If you would like to become a legal guardian for a child placed in your home by Sacramento County Child Protective Services, contact the child's social worker. Probate guardianship is available to caregivers with informal placement of their relatives' children (though there are no cash payments tied to this type of guardianship).

If you are caring for a relative that is a dependent of the Juvenile Court, you may be eligible for foster care payments. The County refers to this as "Kinship Care". In order to qualify for Kinship Care, relative caregivers must meet foster care licensing standards, including a criminal background check of all adults in the home. The child may be eligible only if:

- The child was placed with the caregiver by an order of the Dependency Court.
- CPS is responsible for the child's placement and care.
- CPS inspected and approved your home.
- The child's parent(s) met the poverty requirements in the month that CPS first went to court or within the six months prior to that.

If the caregiver does not qualify for foster care benefits as the child's relative, the caregiver will likely qualify for CalWORKs benefits. Regardless of income, caregivers can receive non-need-based CalWORKs benefits for the child. If caregivers are low-income, they can apply for CalWORKs benefits for themselves and the child, or add the child to a caregiver's existing CalWORKs case.

Foster care benefits are monthly cash aid paid by Sacramento County CPS for the child (not for the adults). The child also gets a one-time clothing allowance when the child is placed with you and another clothing allowance each year for back-to-school.

In most counties in California, there is a higher "specialized rate" for children with severe medical and/or psychological needs. If you think your foster child qualifies for this, request an assessment from the social worker. If the child is also a Regional Center client, s/he may qualify for a Dual Agency rate.

All children in foster care get Medi-Cal.

What Are My Rights?

If you think you should be getting any of these benefits and are not, you can ask for a state hearing, or call **Legal Services of Northern California** at **(916) 551-2150** even if you did not get a notice denying benefits.

Every child who is under the supervision of CPS has an attorney. Know who the attorney is and call him/her with any questions or concerns about the child's needs. To find out who the child's attorney is, call the Children's Law Center of Sacramento at (916) 520-2010 or (916) 520-2050. Ask the social worker or the attorney to let you know when a court hearing is scheduled. Foster parents can attend all court hearings but cannot speak unless approved by the judge.

What Other Programs Are Available?

1. Kin-Gap

A relative does not have to become the legal guardian. If he or she does so, the Dependency Court case is usually closed and foster care benefits stop. If CPS recommends you become the legal guardian, ask how this will affect the benefits, and ask about Kin-GAP (Kinship Guardianship Assistance Payments Program).

To get Kin-GAP, the child must have lived with the relative for at least 6 consecutive months and the relative must become the child's legal guardian. The relative's home must also have been recently approved by CPS. The Dependency Court case is then closed and CPS is no longer involved. Kin-GAP is only available to caregivers who take guardianship of children placed through Dependency Court.

Kin-GAP pays the same amount as the child received in foster care benefits. If the child was not receiving foster care benefits, Kin-GAP is paid at the basic foster care rate. Kin-GAP also may pay a yearly clothing allowance and a Kin-GAP youth may be eligible for Independent Living Program (ILP) services.

(800) KIN-0047 will help you identify kinship support services in any California County. If a relative gets guardianship in the probate court, the relative is eligible for CalWORKs instead of Kin-Gap.

Adoption Assistance

The Adoption Assistance Program provides benefits to adoptive families. The benefits are usually the same as the foster care amount, including higher "specialized rates". Benefits must be renegotiated at least every two years. You may also get help with the costs of the adoption process. The adoptive family becomes legally responsible for the child's support.

Additional Information

For information on specific issues, contact the **California State Ombudsman for Foster Care** (916) 651-6560 or (877) 846-1602 fosteryouthhelp@dss.ca.gov : www.fosteryouthhelp.ca.gov. In Sacramento County, the **Child Welfare Ombudsman** information is: (916) 875-2000 deanev@saccounty.net



Who Can Get Social Security Benefits?

Covered workers pay for Social Security (FICA) by being taxed on the money they earn, and employers must match this amount. Social Security covers both employees and people who are self-employed.

The amount of Social Security you get depends on how much money you have earned and how many quarters you worked in a job covered by Social Security. As of 2019, a quarter is credited to your account for each \$1,360 earned. You cannot earn more than 4 quarters in a year. Visit <http://www.ssa.gov/oact/cola/QC.html> for the latest coverage data.

1. Retirement Benefits

Monthly payments are made to workers and their eligible dependents, which include:

- children under 18
- children age 18 to 19 who are full time students
- children age 18 or over with a disability which began before age 22
- spouses and unremarried ex-spouses who are 62 or over
- spouses and unremarried ex-spouses caring for the worker's children who are under 16, or for children who are disabled and entitled to benefits on the worker's account.

To get full retirement benefits you must be at least 65 years old. (This will gradually increase to age 67 by the year 2022). To receive reduced benefits, you must be at least 62. Persons over 65 receiving retirement benefits also get Medicare benefits.

Present law prevents Social Security benefits going to any non-citizen who is not "lawfully present" in the U.S. (see page 73 Guide for Non-Citizens).

You can earn money and still get retirement benefits. If you are over 65, there is no earnings limit. If you are between 62 and 65, there are limits which can be calculated at <http://www.ssa.gov/planners/>. The limit increases every year. If your earnings are over the limit, your retirement benefits are reduced (by \$1 for every \$2 earned above the limit). These limits apply only to what you earn, not to money you get from investments, pensions, and other "unearned income."

2. Survivor Benefits

When a covered worker dies, monthly payments are made to eligible family:

- A spouse over age 60 or disabled over age 50 or caring for the worker's child who is under 16 or disabled
- The spouse above can be divorced from the worker only if the marriage lasted at least a decade
- A disabled adult unmarried child

A parent of the worker over age 62 if at least 50% dependent on the worker.

Who Can Get Social Security Disability Benefits?

If you are unable to work because of a severe illness, certified by doctors, that has lasted at least 12 months or is expected to last at least 12 months or end in death, you may be able to get Monthly Social Security Disability Insurance (SSDI) payments for yourself and eligible family members (such as a spouse, unmarried ex-spouse, child, or adult disabled child).

For these additional family members, the amount is in addition to the worker's benefit and there is a maximum amount that can be paid to any one family.

When you become disabled you have several options.

You may be entitled to State Disability Insurance (see pg. 49, Workers Rights and Unemployment under "What If I Get Injured and Can't Work").

However, you should also apply immediately for disability benefits under Social Security.

You may also want to apply for SSI (pg. 64 - SSI and pg. 66 - CAPI).

SSDI does not require low family income, but SSI does. Also, SSDI provides Medicare eligibility, while SSI provides Medi-Cal. SSDI requires that the applicant have a record of at least some wages earned during each of 20 quarters (three-month periods) of covered employment in the last 10 years before becoming disabled

SSI has no work history requirement.

Because both SSI and SSDI can take several months from application to approval, while waiting you can also apply for "Medi-Cal Only" at the welfare office. It is important not to wait until your state disability benefits have run out before applying for federal disability benefits. If you have not yet received your SSI or SSDI and your state disability benefits have run out, you should apply for General Assistance (see pg. 68)

What is SSI?

SSI ("Supplemental Security Income") is a cash benefit program for low-income persons 65 and over and for blind and disabled persons of any age, including infants and children. Some immigrants cannot qualify for SSI but can qualify for another program called CAPI (Cash Assistance Program for Immigrants.)

1. Basic Eligibility

If you have enough work history you may qualify for SSDI (Social Security Disability Insurance.) If you do not have enough work history you may qualify for SSI. Many people get both: if your SSDI is below the maximum SSI amount, some SSI will be added to your check to make it come up to the SSI level.

SSI may be your entire income, or it may add to other income you already get so long as your total income is not more than \$20 over the SSI maximum benefit. You must be a U.S. citizen or a qualified immigrant living in the country legally to get SSI.

To get SSI, at least one of the following must apply:

- You are age 65 or older
- You are blind; the vision in your best eye is no better than 20/200 with glasses or your tunnel vision is 20% or less
- Your medical records and/or examination by a doctor chosen by the state shows that your physical or mental disability can be expected to keep you, or have kept you, from working for 12 continuous months or can be expected to result in death
- You are a child under 18 who has a medically proven "marked and severe" physical or mental disability that would keep you from working if you were an adult or significantly interfere with your daily activities.

You cannot get SSI any month in which you are in prison or jail, in violation of parole or probation, or a fugitive from a felony.

2. Income

Your "countable income" may not be above the maximum benefit level. Visit www.ssa.gov/onlineservices/#a0=3 or call (800) 772-1213 to see if you qualify.

There are many other types of income that can be subtracted, including foster care payments and all work expenses if you are blind. For a full list, see <http://www.ssa.gov/notices/supplemental-security-income/index.htm>

3. Resources or Assets

Your countable resources may not be more than a certain amount. Some resources are **not** counted, including the home you live in and one car if you use it for work or medical treatment at least four times a year or if it is specially-equipped for a disabled person. There are special rules also for property used to make income, and retirement accounts.

If you have too many resources, you can spend them down to meet the limits. You could buy things you need (as long

as whatever you buy does not make you go over another limit), or pay off debts. If you give away resources or sell them below a fair price, you can be ineligible for SSI for up to 36 months.

If a child eligible for SSI lives with a parent (or parents) not eligible for SSI, a portion of the parent's income and resources may be used to figure the child's SSI cash aid. If a person eligible for SSI lives with a spouse not eligible for SSI, a portion of the spouse's income and resources may be used to figure the SSI cash aid. The Social Security Office can explain the complicated rules and figure the benefit. For more information, visit www.ssa.gov/onlineservices/#a0=3 or call (800) 772-1213.

How Do I Apply for SSI?

See page 67 for list of Social Security Offices. Come in to the office to apply, or call (800) 772-1213 to make an appointment.

If you think you may qualify for SSI, you may be able to get help from the SMART program operated by NextMove, Disability Benefits Advocacy Program, It is by county referral only.

Even if the process from application to first check takes months, when you are approved the benefits will be paid beginning with when you started the application. Do not accept a verbal denial. Insist on filing at least a partial application. If you do not have all the necessary information, you can give additional or corrected information later.

TTY Number for hearing impaired: (800) 325-0778.

If you have difficulty with English or with hearing, the Social Security Office will provide you with an interpreter without cost. You may have help from a friend, family member or advocate at any appointment. If your condition makes getting to the office difficult, you may ask for a telephone interview.

If you want to sign a form allowing someone else to serve as your representative, ask by phone for form SSA-1696 to be mailed to you. Parents or guardians can apply for a child under age 18 who is blind or who has a disability.

You will need to provide:

- Social Security card or record of number
- birth certificate or other proof of age
- rent or mortgage information
- payroll slips, bank books, insurance policies, car registration, burial fund records
- names, addresses and telephone numbers of doctors hospitals and clinics that have treated them (if applying for SSI because of disability or blindness)
- proof of U.S. citizenship or eligible noncitizen status

You should apply even if they don't have all the things listed. The Social Security Office can help you get whatever is needed.

Your case will be sent to a state agency under contract with SSA to obtain your medical records and decide whether you

meet the medical requirements for eligibility to benefits. In general, people who are blind or have very obvious disabilities are approved more quickly than those who must have their disabilities more extensively verified.

If the state decides that you are not disabled enough to get SSI, you can appeal.

If necessary, you can apply for General Assistance while you wait for SSI approval. Ask if the county will help you get SSI while you are on General Assistance (see pg. 68)

If you get a notice that you have been overpaid, and you believe it is not your fault, insist on immediately submitting a "Request for Waiver of Overpayment."

If you believe that your SSI check or any notice that you get is wrong, insist on immediately submitting a "Request for Reconsideration". Legal Services (see pg. 76) and advocacy organizations can help you best after you insist on these forms to protect your rights. There are also private attorneys who help with disability cases.

Also, some Congressional district offices have free experts at Social Security Casework. Call yours and ask for help with a hearing or complaint.

The state of California will pay for some of the reduction.

If you live where meals cannot be prepared you can get an additional \$90 to \$100 per month in your SSI grant. (ask for the Restaurant Meals Allowance.)

Health Care: If you get SSI, you automatically qualify for Medi-Cal. You may also qualify for In-Home Supportive Services (See pg 40.)

Special Telephone Equipment: If your disability makes it difficult to use the phone you may qualify for special equipment to help. Call (800) 806-1191 (voice) or (800) 806-4474 (TTY line.)

Rent and Household Expenses: You can qualify for the maximum SSI grant even if you live with someone else or live in someone else's household as long as you pay your fair share for your own food and shelter costs. If you live in someone else's household and pay none or only part of your food and shelter costs, your SSI grant will be reduced by one third of the federal SSI benefit rate.

If you were getting some help in paying for your food and shelter when you applied for SSI but later begin paying your share for food and shelter, tell your social security worker so your benefits will increase to the maximum benefit. Also tell Social Security if you move/ lose housing or if you no longer have access to cooking facilities.

If you are living with someone else, who is paying all or a part of the expenses for your food or shelter, and you have an agreement to pay them back once you begin receiving SSI, be sure to tell Social Security (at the time you apply for SSI benefits.) This signed written agreement should say that you will pay your share of the food and shelter expenses for each month you receive back SSI payments. If you have this written agreement any retroactive SSI benefits should not be reduced for the reason that you are living in the home of another and are not paying your share of the food and shelter expenses. You can contact legal aid for help writing this agreement so your back SSI benefits are not reduced.

A single person can get a \$1,173.00 (as of 2018) board & care rate called "Non-medical Out of Home Care," if you do not receive In Home Supportive Services, are not staying in your own home, and a relative who does not get SSI is providing you room, food, and personal care. The county must certify the private residence.

You may be able to get a \$400 immediate payment from the Social Security office if either your SSI or your Social Security check is late and you need money right away. If you are denied immediate payment contact the office of your Congressperson and ask for a staff person who can help.

What Are the Benefits?

1. Maximum Monthly Cash Assistance

Type of Person	Max. Benefit
Single person 65 or older	\$910.72
Disabled person 18 or over	\$910.72
Single blind person any age	\$967.23
Couple, both disabled or aged	\$1,532.14
Couple, both blind	\$1,683.19
Disabled person under 18	\$815.15
One person living in a licensed Board & Care facility (\$132 for that person's private use)	\$1,173.37

Effective as of January 2018: rates change each year. Rates will increase 2.8% on January 1, 2019. For updated information see: <https://www.ssa.gov/oact/cola/SSI.html>

Food: Beginning in June 2019 or no later than August 2019, if you get SSI in California, you will be able to get CalFresh/Food Stamps. See CalFresh (Pg. 16 for information and how to apply.) Before June 2019, you will not be able to get CalFresh. If you get SSI but are in a family with other people who get CalFresh, the family may experience a loss or reduction of benefits.

How Can I Handle A Problem with Social Security, SSI or SSDI?

The Social Security Administration must mail you a notice of any changes in your benefits. If you disagree with the proposed action, request a "Reconsideration" immediately by going to the Social Security office and filling out a "Request for Reconsideration" form. Make sure that you get a copy of the form stamped by Social Security with the date it was filed. The form is also available online at www.ssa.gov.

If you request a Reconsideration within the time period given on the notice (usually 10 days), your benefits can continue unchanged until you receive a decision. If they paid you too much, and they want to take money out of your check, you can request a waiver if it wasn't your fault and if it would be hard for you to pay the money back. Ask Social Security for the waiver form.

In SSDI cases, you must fill out a separate form asking for your aid to continue. This is called "payment continuation." If you miss the deadline given in the notice, the aid will be cut or reduced, but you still have 60 days from the date you received the notice to request a Reconsideration. After 60 days, if you have "Good Cause" for missing the deadline, you may be allowed to file a Reconsideration. If you win the Reconsideration, your lost benefits will be paid back to you.

There are three types of Reconsideration: case review, informal, or formal conference. However, if your application for SSDI or SSI is denied for medical reasons, you can usually only get a case review.

If your reconsideration or waiver is denied, you may request a hearing before an Administrative Law Judge (ALJ) with the Office of Disability Adjudication and Review (ODAR). At the hearing you may appear in person, submit new evidence, examine the evidence used in making the determination or decision under review, and present and question witnesses. The ALJ who holds the hearing may ask you questions. He or she will write a decision based on the hearing record. If you waive your right to appear at the hearing, the ALJ will make a decision based on the evidence that is already in the file.

When you are receiving SSI or SSDI and then start working, your benefits could be cut if you are working and earning too much. (This is known as "Substantial Gainful Activity" or "SGA"). 10 days after you get the tentative notice, a notice that your payments will stop will be sent to you. Request a reconsideration immediately. To protect yourself, it is best to make a new application at the same time you request a Reconsideration.

If you are considering going back to work, know your rights. Call **Protection and Advocacy Services** at **(800) 776-5746** and ask for their booklet, "Disability and Work."

What is CAPI?

Cash Assistance Program for Immigrants ("CAPI") is a cash benefit program for low-income people who are aged 65 and older, are blind, or who have a disability that meet the general eligibility requirements for SSI but are not eligible for SSI because of their immigration status. (See pg. 73 "What Benefits Are Available to Immigrants")

CAPI benefit amounts are similar to SSI. Like SSI, benefits are lower if you share housing or don't pay your full share of household expenses.

If you are eligible for CAPI you may also be eligible for Medi-Cal, Food Stamps and In Home Supportive Services but you will need to apply for these separately.

To get CAPI, you must first attempt to get SSI (see the Social Security offices below.) If you are turned down for SSI only because of your immigration status, you may qualify for CAPI.

You can get recorded information about CAPI in a number of languages at the CAPI service center's toll free number 24 hours a day: **(800) 929-8118**.

If you want additional information about applying for CAPI, you can leave a message at the toll free number, and your phone call will be returned as soon as possible. All calls are confidential.

Sacramento County residents may file an application at the:

Department of Human Assistance
1725 28th Street, Sacramento, CA 95816

SOCIAL SECURITY OFFICES IN SACRAMENTO AREA

Apply at these offices for Social Security: Social Security Disability: SSI: and Medicare

Apply at these offices first if you are a noncitizen who may be eligible for CAPI. All offices open from 9:00A to 4:00P Mon, Tues, Thurs, and Fri. on Wed 9:00A to 12:00P

Sacramento:

40 MASSIE CT	95823	(866) 708-3208
2424 ARDEN WAY	95825	(855) 782-9153
8581 FOLSOM BLVD STE A	95826	(877) 274-5419

West Sacramento:

825 RIVERSIDE PARKWAY, STE 1000	95605	(866) 726-8136
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Veterans' Services



Can I Get Veterans' Services?

Veterans Services is responsible for providing benefit entitlement determinations, claim development, claim filing, advocacy, and case management services to the veterans population of Sacramento County. You can qualify for services if you are a :

- WWII or Korean veteran or surviving spouse of one
- Vietnam veteran
- Enduring Freedom & Iraqi veteran
- Peacetime veterans
- Homeless veterans

Available benefits are primarily from the U.S. Department of Veterans Affairs (VA), but Veterans Services also assists in obtaining earned veterans' benefits from the State of California and local government entities.

Veterans Services is also responsible for administering the College Fee Waiver Program for Veterans' Dependents. This program is afforded to spouses, unmarried surviving spouses, and children of service-connected disabled or service related deceased veterans. Eligible dependents are not required to pay "mandatory system wide" tuition and fees while attending either a California community college, a campus of the California State University (Cal State) system, or a campus of the University of California (UC) system. This program not only provides eligible dependents with the incentive, but also the opportunity, to pursue their goals.

DHA Veterans Services can assist with the following:

- Service-Connected Disability Compensation Benefits
- Non Service-Connected Disability Pension Benefits
- Dependency Indemnity Compensation (DIC) Benefits
- Death Pension Benefits
- Aid & Attendance Entitlement
- VA Medical Care Eligibility & Access
- Vocational Rehabilitation Benefits
- California College Fee Waiver Program
- VA Life Insurance
- State Veterans Homes
- Requests for Military Records
- Discharge Upgrade Information
- Burial Benefits
- Other Ancillary Benefits & Programs

Contact Veterans Services

Please contact a Veterans Claims Representative (VCR) for a veterans' benefits entitlement determination interview.

Visit or contact Veterans Services at:

Sacramento County, Veterans Service Office

2007 19th Street (between T and U Streets)

Sacramento, CA 95818

(916) 874-6811

FAX: (916) 874-8868

The office hours are:

Monday through Friday (excluding County holidays)

8:00am - 4:00pm (Walk in Clients)

8:00am - 5:00pm (Telephone Inquiries)

Sacramento Stand Down provides veteran's services one time a year at a variety of hosting locations. :

See standdownsacramento.org or call (916) 389-8917.

Veterans Crisis Line: (800) 273-8255 Press 1

Email volunteers@standdownsacramento.org



Can I Get General Assistance?

General Assistance (GA) is a program for people who have almost no money at all and don't qualify for unemployment benefits, CalWORKs or Social Security Programs. GA has a lot of rules and doesn't provide much money .

1. Residence

To qualify for GA, you must reside in Sacramento County for at least 15 days and intend to remain here.

2. Cash and Resource Limits

You cannot have more than a certain amount in cash or in a bank account when you apply. However, you can own the following resources, as long as they do not exceed the maximum limits. For current limits, visit <http://www.dha.saccounty.net/benefits/Documents/GAFactSheet.pdf> or call (916) 874-2063.

- Car(s)
- Personal property
- Necessary household furnishings and tools and supplies needed for rehabilitation or self-sufficiency.
- The house you live in.

If you live with your spouse, his or her income will be counted in deciding if you are eligible, unless your spouse receives SSI.

3. Time Limits

If you are able to work, DHA will classify you as "employable." If you are "employable," you can only receive GA for 3 months in any 12-month period.

If you are unable to work, DHA will classify you as "unemployable" and you will not have a time limit.

What Are The GA Benefits?

1. Basic Benefits

GA benefits provide monthly cash aid in Sacramento County. The basic monthly grant as of January 1, 2019 is \$300 (one person.) The grant level will gradually increase to \$326.64 on January 1, 2020.

Once approved, you can also work, and earn up to \$235 each month with no loss of your basic GA grant.

To Apply: Go to the DHA office at 1725 28th Street to apply for GA.

Be prepared for a long day, but remember that you have the right to apply. Tell the worker at DHA that you need GA. You will have to fill out an application. Bring identification with you and papers that prove your income, resources and citizenship (your birth certificate is best but other documents can work). If you are an immigrant bring documents that indicate your status.

Every GA applicant has a right to request "expedited" CalFesh (food stamps) (see pg. 17 - Emergency CalFresh Benefits).

If you are eligible, DHA must issue you food stamps within three days of your application if you are eligible to receive expedited food stamps.

Make sure that your worker has a good address for you; otherwise, you may miss important notices from DHA. Your home address and mailing address do not have to be the same. If you are homeless, you can use the DHA address to pick up your mail, but if you do, you must check your mail once a week. Some community organizations and shelters provide free mail service.

You must be helped if you are in the office before it closes. If you need help immediately, you should get it. If anyone does not let you apply or tells you to come back the next day, insist on speaking to a worker, and then a supervisor, and then the deputy director, if necessary.

The county has 30 calendar days to approve your case and issue you GA benefits. Your benefits will be issued to you on an Electronic Benefits Transfer ("EBT") card. When your EBT card is issued to you, you will also select a personal identification number ("PIN"). Using your EBT card and your PIN, you can access your benefits through any ATM. Your DHA worker should provide you with a list of ATMs in the area. This list will let you know which ATMs are free and which ones charge a fee.

2. If You Think You Are Unable to Work

If you are disabled you may want to apply for SSI first (see pg. 64 - SSI "How do I Apply for SSI".) You may apply for GA while you wait on SSI. You can ask the county to help you apply for SSI. If you get GA because you are unemployable you must apply for SSI.

If you are disabled, apply for GA as "unemployable". You should bring any medications, prescriptions, private doctor's statement, or other proof about your disability.

If DHA decides that you can work, you can appeal.

Make sure you go to all appointments because you may be denied GA if you don't.

3. If You Need Special Assistance

DHA must help if you need it. If you cannot read or write, they must help you with their forms.

4. Emergency Money

If you have an emergency you may be able to get some money right away. This is called "immediate need." Ask DHA about this. If they do not help you, call Legal Services (pg. 76).

What Are The Requirements?

1. If You Are Classified "Unemployable"

If DHA says you are disabled, you can keep getting GA. When you are no longer disabled, you will need to go to job training and your GA will be limited to 3 months in each 12-month period.

2. Reports

You are required to report all changes within five (5) days. In addition, you must fill out a CA-7 report every month. **THIS IS EXTREMELY IMPORTANT!** On the monthly report, you will be asked to report your income, property and household composition. You will also be required to report any changes in your income, property or household composition.

If you get the form in the mail, you must fill it out and return it to the DHA office by the 5th day of the month. You should get a report form before or on the first day of the month. If you don't get it in the mail, you may call the automated phone system at (916) 874-3100 to ask that a form be mailed, or go to the DHA office to complete the form.

What Are My Rights?

Make sure to get a receipt showing the time and date you turned in the form. If your CA-7 gets lost, or you do not turn it in, your case will be terminated at the end of the month.

1. Hearings

If your case is going to be terminated or your benefits are reduced, you have a right to a GA hearing. You must request the hearing within 10 days of the action. The County must hand-issue you a "Notice of Action" seven (7) days before a hearing or 8 days if mailed. The date and time of the hearing will appear on the notice. Your benefits cannot be cut off or reduced without a hearing unless you do not go to the hearing (see Pg. 75 "Hearings and Complaints").

2. Penalties

If you do not go to your GA hearing, or you lose your GA hearing, your case will be terminated (with or without a sanction) or your benefits will be reduced. If you receive a sanction and you have not been sanctioned in the past 365 days you can re-apply at once. If this is the second sanction in a year, you can re-apply in 30 days. After the third penalty in a year, you have to wait 60 days to re-apply.

3. If You Begin to Get SSI

GA is a "loan" from the county. If you begin to get SSI, the amount you received on GA will be automatically deducted from your first SSI check.

4. After Time Limits

If your General Assistance is stopped due to the time limits:

- You can keep getting CalFresh (food stamps.)
- You can keep getting free and low cost health care under the Affordable Care Act.

If you become "unemployable" while you are timed off of GA, reapply for GA and give verification that you are "unemployable." If they find you are unemployable, you will be eligible to once again receive GA and you will not be subject to time limits. Bring proof of unemployability with you to your assessment meeting.

Transportation



Can I Get Help With Bus Money?

Low income residents in Sacramento can get help with bus tickets in the following ways:

1) Department of Human Assistance (DHA) – DHA will provide an RT monthly pass to General Assistance participants. CalWorks recipients can get money for transportation to and from their welfare to work assignment.

2) Francis House – Francis House provides bus tokens, gas vouchers, help obtaining birth certificates, California IDs and drivers licenses necessary to obtain jobs. 1422 C Street Sacramento, CA 95814-0916. Phone; (916) 443-2646

Discount fares are available on the RT bus lines.

Seniors (age 62 and over) – For individuals with disabilities and Medicare cardholders, proof of identification is required upon boarding, and can include an RT senior or Disabled photo ID card, a Senior or Disabled photo ID card issued by another transit agency, a driver's license, a State of California ID card, a passport or identification card issued by any governmental entity containing a photo of the cardholder (and also showing verification of age for Seniors only). Attendants of individuals with disabilities may ride for the Discount fare if possessing an RT Disabled photo ID card with an Attendant eligibility notation.

Super Senior (age 75+) - Proof of age verification is required to purchase a Super Senior monthly sticker. The Super Senior monthly sticker is only available for purchase at RT's Customer Service and Sales Center located at 1225 R Street.

Students (age 5 - 18) - To qualify, you must be pursuing a high school diploma. You will be eligible to purchase RT monthly student stickers with an RT Student photo ID card. RT Student stickers must be affixed to an RT Student photo ID card, not a school ID. Students are eligible to purchase single fares and daily passes with their school ID.

Class Pass - RT offers the Class Pass, which permits unlimited use for groups traveling during the hours of 9 a.m.-3:30 p.m. The Class Pass is available to any group with 10 or more students who are pursuing a high school diploma. The cost of the Class Pass is \$2.50 for each student and \$5 for each accompanying adult. To ensure that you have the most current price, visit www.sacrt.com/farecategories.stm or call (916) 321-BUSS (2877).

RT Customer Service Representatives are available to answer questions about your group travel.

Please call RT at 321-BUSS (2877) at least 10 working days before your day of travel. RT photo ID cards are only available at RT's Photo Identification Center located at 1225 R Street, Sacramento 95811, in the Customer Service and Sales Center.

Can I Get Help With Car Insurance and Smog Check?

1. Low Cost Car Insurance

Low income drivers in Sacramento County can purchase special auto insurance for at a discounted rate. Call (800) 622-0954 to find the agent nearest you from the California Automobile Assigned Risk Plan (CAARP.) You must verify your income with tax returns and also show a valid driver's license, current vehicle registration, and proof of ownership of vehicle.

To be eligible you must live in Sacramento County; you must be at least 19 years old and have been driving for at least 3 years without losing your license. An agent will determine if you meet the income and car requirements to qualify for CAARP.

Also, in the last 3 years you cannot have:

- Been responsible for an accident involving bodily injury or death
- Had more than one property damage accident in which you were at fault
- More than one point for a moving violation

You also cannot be a college student claimed as a dependent on someone else's taxes.

2. Help With Smog Check

The State's Consumer Assistance Program (CAP) provides financial assistance for low income consumers whose vehicles don't pass smog check. If you qualify they can help pay for repairs that will allow your car to pass. You must pay a copayment. The program is limited to available funds. Call the Department of Consumer Affairs (800) 952-5210 for information and to apply. Don't do any repairs until you are notified that you've been approved.

Can I Get Help With Transportation if I'm Disabled?

1. Do I Qualify For Paratransit?

You may be eligible for ADA paratransit service if, as a result of your specific disability or health-related condition:

- You are unable to travel to or from transit stops or stations within the service area; or
- You are unable to independently board, ride or exit an accessible fixed-route (bus or light rail) vehicle; or
- You cannot independently "navigate the system" even if you are able to get to a transit stop and can get on and off the vehicle. (Example: A person who can't ride the bus independently, recognize bus stops, understand how to complete bus trips, determine the fare, etc.)

2. How Do I Register for Paratransit, Inc., Services
 Contact Regional Transit (RT) for an application and to set up an eligibility interview. To receive an application, call RT at (916) 557-4685 or TDD line (916) 557-4686.

3. How Do I Book A Ride?

Once you are approved for Paratransit you can call to set up rides. Ride requests must be made 1 to 2 days in advance. There is no same-day emergency service. Reservationists are on duty daily from 8:00 a.m. to 5:00 p.m. (including holidays) to book, schedule, and confirm your travel plans and "Ready Times". Call the ride reservation line at (916) 429-2744 or (800) 956-6776 or TDD (for hearing impaired) (916) 429-2568.

You must provide: your name, your Paratransit ID number; your address; your telephone number; the destination address and telephone number and your preferred pick-up time (Ready Time). Please expect the vehicle to arrive for you within a half hour of your "Ready Time".

4. What Are Days and Hours of Service?

Paratransit trips are available seven days a week, including holidays, from 6 a.m. through 12:30 a.m. (just after midnight). Limited trips are available prior to 6 a.m. and after 12:30 a.m. within 3/4 of a mile of RT bus and light rail service in operation. You will be picked up within 30 minutes after the Ready Time negotiated. You must board the bus within five minutes of arrival at your pick-up location. If you aren't ready, the driver must leave without you and your trip status will be recorded as a "no show."

5. How Much Does It Cost?

Paratransit requires exact change each time you board. Each one-way trip is \$5.00. No fare is required for one personal care attendant. All other accompanying guests must pay the applicable fare. Drivers (including taxidrivers)

must collect fares upon boarding, so please have the exact fare ready as they cannot give change. To purchase ride coupons or a monthly pass, call (916) 429-2009. Please Note: Trip fares are subject to change.

Airport trips are \$50.00 each way because they are outside our service area.

6. How Do I Cancel a Trip?

The Cancel Line is open 24 hours. The minimum cancellation notice required for trips that are not needed is two (2) hours in advance of the scheduled pickup time. If your travel plans change or you will not be ready to board at your "ready time," please call (916) 429-2009 and listen to the instructions after dialing to reach the right unit. Shorter notice without a compelling reason could result in service interruption.

Cancellations (916) 429-2744

7. What If My Ride Is Late or I Am Delayed?

If your ride is late or you are delayed call (916) 429-2009 extension 3

8. What Is The Service Area?

Paratransit does not currently provide service to Roseville or West Sacramento. They service most other urban communities served by the Sacramento Regional Transit District.

- Sacramento Carmichael
- Fair Oaks Folsom (to/from Light Rail Stations only)
- Rancho Cordova Citrus Heights
- Rio Linda Elverta
- Orangevale North Highlands

*Elk Grove residents receive service from two providers, eVan or Paratransit, Inc., depending on trip location. Please contact eVan (916) 683-8726 www.e-tran.org/paratransit.asp.

Non Emergency Medical Transportation

LogistiCare is a company that manages and arranges for non-emergent transportation only. If you are experiencing a potential life or limb threatening emergency and need to go to the emergency room, you should call "911." To arrange transportation: utilize the RESERVATION phone number that corresponds to your insurance. To activate a "will call" return ride, to inquire about the ETA of a pick-up or to file a complaint: utilize the "Where's My Ride" (WMR) number that corresponds to your insurance

Health Plan	Level of Service	Reservation Phone	"Where's My Ride?" Phone
Anthem Blue Cross Medi-Cal	All levels of service	877-931-4755	877-931-4756
Anthem Blue Cross Cal MediConnect	All levels of service	866-608-5172	866-608-5173
Blue Shield of California	Gurney, Ambulance	866-290-9662	866-333-5829
California Health & Wellness Plan	All levels of service	877-658-0305	877-658-0305
Cigna	All levels of service	877-440-7433	877-440-7433
Health Net CalViva	All levels of service	855-253-6864	855-253-6864
Health Net Medi-Cal	All levels of service	855-253-6863	855-253-6863
Health Net Cal MediConnect	Ambulatory, Wheelchair	866-779-0560	866-779-056
Health Net Cal MediConnect	Gurney, Ambulance	866-907-1498	866-907-1498
Health Net Special Needs Program	Ambulatory, Wheelchair	866-779-5165	866-779-5229
Health Net Special Needs Program	Gurney, Ambulance	866-842-0675	866-842-0675
Humana Medicare	Ambulatory, Wheelchair	866-588-5122	866-588-5123
LA Care Health Plan	All levels of service	866-529-2141	866-529-2141
MHN	All levels of service	866-481-9791	866-481-9791
United HealthCare (UHC) Medicare	Ambulatory, Wheelchair	866-418-9812	866-418-9813
WellPoint Medicare	Ambulatory, Wheelchair	855-875-5196	855-875-5197

Clothing



Diapers

Sacramento Food Bank & Family Services Parent Education program offers free workshops to new parents, who can earn valuable baby supplies such as diapers

3333 Third Avenue Sacramento, CA 95817 (916) 456-1980
1951 Bell Avenue Sacramento, CA 95838 (916) 925-3240

Starting With A Penny 2251 Florin Rd Sacramento, California, 95822 facebook.com/swapfoodbank. Diapers

Union Gospel Mission

*400 North Bannon Street, Sacramento, 95814;
(916) 447-3268. Women's emergency clothes including shoes, dresses and maybe maternity clothes.

*4151 Don Julio Blvd, North Highlands, 95660;
(916) 332-7749. On the Third Friday of each month, free food and Clothes are given from 2:00pm to 5:00pm. A picture ID is needed.

Sacramento Food Bank And Family Services

3333 Third Avenue, Sacramento, 95817;
(916) 456-1980; www.sacramentofoodbank.org. Free men's, women's, children's, and infant's emergency clothing. Includes suits for interviews, school uniforms, and seasonal weather attire.

Hours: Mon, Tues, Thurs, Fri 10 am-1:30 pm and Wed 4 pm-7 pm

Serves residents of Sacramento County, and the homeless. Clients may visit once each calendar month. Please bring photo ID with you.

St Vincent De Paul

7580 Center Parkway, Sacramento, CA 95823,
(916) 733-2010. For families in zip code 95823.

Dress for Career Advancement Clothes Closet

4990 Stockton Blvd., Sacramento, CA.
(916) 875-3330. Provides gently used professional and business-casual attire for low-income men and women entering the job market.

Daughters of Zion

6489 47th Street, Sacramento, CA 95823;
(916) 422-3875. Offers nearly new clothing to needy families on the Thursdays from 1-3 p.m.

First Baptist Church of North Sacramento

2601 Del Paso Blvd, Sacramento, CA 95815;
(916) 922-9365. Provides clothes for needy people. Open Mondays and Wednesdays 9-11:30am.

Glory Bound Street Ministry

4527 Parker Ave., Sacramento, CA 95820;
(916) 452-7078. Clothes closet Sunday 11:30am.

Shingle Springs Tribal TANF Program

3831 North Freeway Blvd, Suite 100, Sacramento, 95834; (916) 920-3150. Offers clothing to income eligible Native Americans.

Orangevale 7th Day Adventist

5810 Pecan Ave, Orangevale, 95662;
(916) 967-0405 - Hours 9 - 12:00p.m. Tuesday

Clients can use the clothes closet once a month. Zip code 95662 only.

Capitol City Adventist Community Services

6701 Lemon Hill Ave., Sacramento, CA 95824
(916) 381-5353. Serves zip codes 95820, 95822, 95823, 95824, 95828, 95829. Open one Monday each month: call first to verify.

Carmichael Adventist Community Services

4600 Winding Way, Sacramento, CA 95841
(916) 487-8684. Offers a clothes closet to zip codes 95608, 95609, 95610, 95621, 95821, 95840 and 95841.

Freemont Presbyterian Church Clothes Closet

5570 Carlson, Sacramento, CA.
(916) 453-7132. By appointment and referral only. Clothes closet for children enrolled in the Sacramento City School District.

Elk Grove Food Bank Clothes Closet

9820 Dino Drive, Ste. 140, Elk Grove, CA 95624
(916) 685-8453. Need ID and proof of income (no ID required if homeless.) Serves zips 95624, 95757, 95758, 95823, 95828, 95829, 95830, 95683, 95793, 95759 and homeless.

San Juan Unified School District Clothes Closet

7200 Fair Oaks Blvd., Suite 100, Carmichael, CA. 95608
(916) 971-7643. Appointment and referral only. M - F, 8 - 5:p.m. Offers free clothes closet for children in the school district.

How to make clothing and other household items donation, including furniture, toys and books:

1. Visit www.donationtown.org
2. Enter your zipcode
3. Schedule your free pick up

Loaves & Fishes Wash House

1321 N. C Street, Sacramento, 95811
(916) 443-7378

In addition to a shower and shaving and toiletry items, a laundered change of clothes is available to men every weekday.

Guide for Non-Citizens



What Benefits Are Available To Immigrants?

Immigrants can get many kinds of help from the government even if they don't have a "green card." For help with other immigration and citizenship issues see the list of agencies at the end of the chapter on pg. 74.

1. Benefits Available To All Immigrants

All immigrants, including those without documents, can qualify for the following kinds of help:

Health Care: Prenatal Care; Emergency Medi-Cal; Minor Consent Medi-Cal; Regional Centers; California Children's Service; CHDP and Immunizations for kids.

If your child is undocumented, Sacramento Covered may be able to refer you to a healthcare program. Call (866) 850-4321 for more information.

Food, Shelter and Other Services: WIC; School Breakfast & Lunch; Food pantries, shelters and other services from non-profit agencies; and public education.

These programs don't have immigration requirements and if you are undocumented, you may qualify. You do not need to tell anyone that you or anyone else who lives with you are undocumented. Your workers do not need to ask about your immigration status if you are not getting benefits for yourself. If they do ask you, simply tell them that you are a "not qualified" immigrant ("not qualified" is not the same as undocumented). That is all they need to know.

If a school or child care center asks for your social security number on a form, you can write "none" on the form or leave it blank. They may not give the information on that form to a government agency.

2. Victims of Trafficking, Domestic Violence, and Other Serious Crimes

California law provides eligible non-citizens who are victims of trafficking, domestic violence and other serious crimes access to benefits equal to those available for refugees.

- Victims of trafficking may qualify before they are certified by the federal government as victims.
- Victims of domestic violence and other serious crimes may qualify once they have applied for a U visa/interim relief.
- You do not need a social security number to apply.

3. Benefits Available To Lawfully Present Immigrants

Most lawfully present immigrants, such as legal permanent residents, refugees, asylees, and persons granted withholding of deportation, can get CalFresh (food assistance) benefits, CalWORKS, General Assistance, County healthcare, Housing Assistance, and Medi-Cal. If they have a sponsor, the sponsor's income may count as part of their income for five years.

Refugees who have been in the country less than 8 months and persons who were granted asylum less than 8 months before, can also be eligible for **Refugee Cash Assistance** (generally this is for able bodied adults without children. Victims of trafficking may also qualify for Refugee Cash Assistance once they receive certification. Call the local DHA office listed on page 78.

Social Security: If you are a non-citizen who has paid into the Social Security system as a worker or had money taken out of your paycheck for this program, you may qualify for Social Security disability, retirement or survivor benefits (see Social Security Programs, pg. 63).

SSI: If you are a low-income non-citizen in the U.S. who has a disability is blind, or over 65 years old, you can get SSI if:

- You were lawfully residing in the U.S. on August 22, 1996, and are blind or disabled.
- You are a refugee, asylee or were granted withholding of deportation/removal, but only during the seven years after getting this status.
- You are a current or veteran U.S. military personnel
- You are a lawful permanent resident with credit for 40 quarters (about 10 years) of work in the U.S. There are special rules in which quarters worked by your spouse or parents may count; ask the worker.

CAPI: If you are an immigrant who has a disability, is blind or 65 years old or older and you are not eligible for SSI because of your immigration status, you may be able to get CAPI (Cash Assistance Program for Immigrants). See page 66.

Translation: If you speak limited English and you need to apply for government benefits, Department of Human Assistance and the Social Security Administration must provide you with an interpreter or connect you to a telephone interpreter service, at no cost to you.

What Are Immigrant Workers' Rights?

Regardless of your immigration status, you have the right to receive minimum wage, overtime and safe working conditions. You also have the right to be free from harassment and discrimination. If your rights as a worker are being violated, contact the state **Labor Commissioner's Office** at **(916) 263-1811** to complain. If you have legal work papers, it is illegal for employers to commit on-the-job discrimination, or deny a job because a worker is from another country.

You can also get help from the **Voluntary Legal Services Program Employment Law Clinic**. Call **(916) 551-2102** for information.

Can Using Benefits Affect My Immigration Status?

1. What Is Public Charge?

If you are applying to become a lawful permanent resident (green card holder) and you have used cash welfare or long-term care (like a nursing home), you may be called a "public charge" meaning the authorities think you will have to rely on government services to live. You might then have a problem getting your green card.

As of the time of this publication (November 2018), the federal government is looking at changing the rules for public charge. Please call one of the groups listed at the end of this chapter or go to protectingimmigrantfamilies.org for updated information.

Officials will look at many factors, including your age, your health, your entire family's (or sponsor's) income and resources to determine "public charge." Past use of cash benefits might not count against you if it was several years ago that you received the benefits or if it was only for a short period of time.

You do not have to worry about public charge if you already have a green card (unless you leave the US for more than 6 months at a time and try to re-enter), or if you are applying for citizenship, are a refugee or asylee, or are applying for a green card based on having lived in the US since before 1972. Victims of domestic violence who file a self-petition under the Violence Against Women Act (VAWA) are subject to the "public charge" test. However, they can use all benefits, including cash welfare, without affecting this decision.

The government should not demand that you repay any welfare you correctly received as a condition of giving you legal status. If this happens, call one of the immigrant advocate agencies.

2. Sponsors

Most new immigrants entering into the U.S. through family members are required to have a sponsor sign an "affidavit of support" form. This form is a promise to the government that the sponsor will help to provide economic support for any sponsored immigrants.

If you are a sponsored immigrant and you want to apply for certain government benefits, your sponsor's income and resources may be added to yours in determining your eligibility for benefits (this is called "deeming"). This deeming rule makes the income of many immigrants too high to qualify for benefits. There is no deeming if you are applying for health care programs, only for CalFresh and cash assistance programs.

Deeming does not apply to some immigrants, including: refugees, asylees, parolees, victims of domestic violence who have filed a "self-petition" for an immigrant visa, or certain other immigrants who are not required to have a sponsor. In addition, some programs have exception for very low income persons called "indigence exceptions". The rules for there are different for each program. Ask about this when you apply.

If you have a question or problem with "sponsor deeming" contact one of the agencies listed at the end of this page.

What If Im Detained by ICE?

If you are arrested by the Immigration and Customs Enforcement (ICE):

- You should remain silent, or tell the ICE agent that you want to remain silent.
- Ask to speak with a lawyer. Do not sign any documents without first speaking with a lawyer.
- Do not carry false documents.
- Find out the name and phone number of a reliable immigration attorney and keep this information with you at all times.
- Know your "A" number (alien registration number) if you have one, and write it down someplace at home where your family members know where to find it.
- Prepare a form or document that authorizes another adult to care for your minor children.
- Advise family members who do not want to be questioned by ICE to stay away from the place where you are being detained.

Rapid Response Network: (916) 245-6773. The Rapid Response Network is a 24 hour hotline staffed by trained volunteers which offers moral and legal observer support to immigrants and others targeted by ICE or other federal authorities. Concerned residents can call to verify an ICE raid, or to request support if they are targeted.

Help with Immigration Issues

California Hispanic Resource Council

(916) 451-7151. Assists with Immigration Processing, citizenship, and other immigration matters. Self-petitioning visa assistance for battered spouses of United States citizens or lawful permanent residents.

Catholic Charities Immigration Program (916) 443-5367. Immigration counseling and citizenship services.

Sacramento Chinese Community Service Center (916) 442-2523

Slavic Community Center of Sacramento (916) 485-6410

US Citizenship and Immigration Services

(800) 375-5283. Federal agency administering the immigration and nationality laws. Includes examinations for non-immigrant, immigrant, and naturalization applications.

Opening Doors - Good Neighbors of Sacramento

(916) 492-2591. Initial resettlement of new refugees through Church World Service Immigration & Refugee program and Lutheran Immigration & Refugee service.

Sacramento Employment and Training Agency

Refugee Program: (916) 263-1661. Provides social and employment services to individuals who are: Sacramento County residents who have been in the United States less than five years; are 16 years of age or older; are not enrolled full-time in primary or secondary school and are either Refugees/Asylee: Special Immigrant Visa holders (SIVs):Cuban/Haitian Entrants: Certified Victims of Human Trafficking: or Amerasians.

Hearings and Complaints



If your CalFresh, CalWORKs, Medi-Cal, In Home Supportive Services or CAPI benefits are reduced or stopped by the welfare office and you don't agree, you should file for a fair hearing with the California Department of Social Services.

In a fair hearing, you will have a chance to explain what happened to you, and after hearing your side and the welfare office's side, an impartial referee will decide who wins. If someone calls you and says that you don't have a case, continue to insist on a hearing until you have received adequate legal advice.

You must be sent a written notice 10 days before any action is taken that will reduce or stop your benefits. The notice must explain clearly the reasons for the action. If you disagree with this action and you formally request a fair hearing before the date the action takes effect, then under most circumstances your aid will not be cut until the hearing (unless it ends for another reason, like your certification period ended).

If you do not ask for a fair hearing before the date the action takes place, your aid may be reduced or cut, but you still may fight the action if you ask for the hearing within 90 days of the date the notice was mailed. Save the envelope your notice came in and a copy of your fair hearing request so you will have proof that you met the required deadline. You can ask for a hearing after that if you have a good reason for filing late.

To request the fair hearing, you may fill out and return the form on the back of the notice or write a letter doing so in your own words.

You can also request the hearing by calling the toll-free number set up for this purpose, **(800) 952-5253**. You should call early; they open at 7:30 AM. The line is often busy, so keep trying. Remember to write down the name of the person you spoke with.

You cannot make a hearing request with your worker or any other County staff. You must either call the 800 number or send the written request to the Appeals and State Hearing section.

The state will send you a notice with the date, time, and place of your hearing. Usually, this happens within 3 or 4 weeks. Currently, in the CalFresh program, anytime before the hearing, you can request a delay ("postponement") of the hearing in order to have more time to prepare or to get an attorney or advocate. In other aid programs, or to get a second postponement, you must have a very good reason ("good cause").

You may be called or get a letter from the county hearings representative assigned to your case. The hearings representative will be presenting the county's side at the hearing. The hearings representative will also write up the county's side at least 2 days before the hearing. You have the right to get a copy of the county's position statement. If the hearings representative does not have it ready for you to see before the hearing, you may request that the

hearing be postponed to give you the chance to read the statement. This postponement does not count against you.

The hearings representative may offer to settle your case. This is called a conditional withdrawal. Think about this carefully. If you agree with what the county is offering, you can accept the conditional withdrawal. If not, you can reject it and go to the hearing. You can also try to negotiate for a deal that you like.

If you are disabled, or homebound, hearings can be held by phone, at the welfare office or in your home, but you must ask for this in your hearing request.

You must also be provided with an interpreter for the hearing at no cost if English is not your first language.

After your hearing, call the toll-free number and complain if the state takes longer than 60 days to get a decision about food stamps, or 90 days if the hearing was about CalWORKs or Medi-Cal. These are usually the maximum amounts of time that are permitted to decide such cases (starting on the date of your request for hearing). If your hearing decision takes longer than 90 days and you have never continued it, you must get extra money for the delay, if the decision is granted in your favor.

If you do not win the hearing and you are still convinced you are right, you can request a rehearing, within 30 days or file an appeal in court within 1 year.

More Advice:

For hearings about GA or County health care in Sacramento County, you have only 10 days to request a hearing with the County. The back of the Notice of Action should tell you how to ask for a hearing.

Seek advice and assistance. Talk to a legal worker or a well-informed friend or community person about your situation.

Keep good records and save all papers that an agency gives or mails to you. Write down the name and time of anyone you speak with in person or over the phone and the time you had the conversation.

You have a right to see your case file and to copy anything you need in it. You have a right to see any regulations or instructions that apply to your situation.

If you are disabled, the law says that the welfare office must help you, so ask for help you need when you request a hearing. If you are treated unfairly because of a disability or health problem, send a complaint letter to the Civil Rights Division, U.S. Dept. of Justice, P.O. Box 66118, Washington DC 20035-6118.



Legal Aid Organizations

General Referrals

For assistance, contact 2-1-1 Sacramento at 2-1-1 or (916) 498-1000. Information and referral specialists are available to assist you 24 hours a day, 7 days a week. www.211sacramento.org

Lawyer Referral and Information Service

(916) 564-6707 www.sacbar.org
Service for people requiring the services of an attorney. Sets one-half hour consultation appointments with an attorney for any member of the public calling in. Operated by the Sacramento County Bar Association.

Legal Services of Northern California

517 12th Street Sacramento, 95814
(916) 551-2150 www.lsnrc.net
Toll Free: (888) 354-4474
TTY/TDD: (916) 551-2180
Free legal services to low-income eligible clients in civil law matters such as housing, health, welfare, Social Security, unemployment, discrimination, and education.

Disability Rights California

100 Howe Ave Suite 185-N Sacramento, 95825
(916) 488-9950 Toll Free: 800.776.5746 / TTY 800.719.5798
www.disabilityrightsca.org
Disability Rights California's mission is to advance the rights of Californians with disabilities.

California Indian Legal Services

3814 Auburn Blvd, Ste. 72 Sacramento, 95821
(916) 978-9600 (800) 820-0284 www.calindian.org
Specialized legal representation for Native Americans including some free and low cost representation on appropriate issues.

Senior Legal Hotline

Toll Free: (800) 222-1753
Sacramento County: (916) 551-2140
Fax: (916) 551-2197

Tommy Clinkenbeard Legal Clinic

Through Loaves and Fishes, 1351 North C St. Sacramento, 95811 (916) 446-0638 Community service opportunities and legal assistance for homeless people

Child Custody And Support

Superior Court of California - Self-Help Center-Family Law Facilitator 3341 Power Inn Road Sacramento 95826 (916) 875-3400 Assistance with form completion, procedural instructions, service of documents, and referrals for family law and probate self represented litigants. Areas of service include dissolution of marriage, legal separation, nullity, establishment of paternity, child custody and visitation, child and spousal support and guardianship. Services include workshop classes, clinics and individual assistance.

Sacramento County Child Protective Services-Dependency Services Services to individuals or families who wish to become guardians of dependent children of the court. Locations and numbers of branches:

East-3701 Branch Center Road Sacramento 95827 (916) 875-6357

South/Central-3331 Power Inn Road Sacramento 95826 (916) 875-5696

North-6045 Watt Ave. North Highlands 95660 (916) 874-9512

Sacramento County Department of Child Support Services (866) 901-3212 Establishes and enforces child support, available to both parents and children.

Sacramento District Attorney - Parental Child Abduction Unit (916) 875-0096 Enforces custody orders and rights of individuals who are residents of Sacramento County at the time their custody order or right is violated. Investigative assistants and attorneys work to locate and reunite custodial parents with their children who have been unlawfully taken and concealed by a non-custodial parent, relative, or family friend.

Welfare Cases

Coalition of California Welfare Rights Organizations (916) 736-0616 Legal services back-up center for issues dealing with CalWORKs, Refugee Assistance, Food Stamps, General Assistance, Medi-Cal, Welfare Employment programs, litigation regarding these programs, and legislative/administrative advocacy.

Children and Youth in Crisis

Child Abuse: Report child abuse to (916) 875-5437
(916 875 KIDS)

California Youth Crisis Line (800) 483 -5200

Help for Seniors

Eldercare Locator is a public service of the U.S. Administration on Aging that helps you find services for older adults and their families. Use the website to enter your address and find nearby services such as caregiving, financial aid, health insurance, home repair and legal assistance.

www.eldercare.gov
Phone (800)-677-1116

Safety

Safe at Home is California's confidential address program that protects the residence addresses and confidential name changes of its participants who are survivors of domestic violence, stalking, sexual assault and employees, volunteers, and patients of reproductive health care clinics. They receive and forward first-class mail of participants, register eligible participants to vote under confidential status, and protect address and confidential name change information

www.sos.ca.gov/registries/

Silent Beacon is a free app for iPhone or Android that allows users to get in touch directly with emergency personnel or loved ones. Look for Silent Beacon on the Google play store or iPhone app store.

Jail Visitation

Loaves & Fishes Jail Visitation

1321 N. C Street, Sacramento, 95811
(916) 447-9472

Staff and volunteers visit inmates at the Sacramento County Jail and advocates on their behalf. Provides bus passes, clothing vouchers, toiletry kits, backpacks and referrals as needed upon release from jail.

CalWORKs Customers:

Your initial application or re-application for CalWORKs must be at an office. Once your case is approved, most matters can be resolved by calling or clicking. Call the CalWORKs Service Center (916) 874-3100 or (209) 744-0499 between 8:00 am – 5:00 pm to resolve issues, or go online at www.mybenefitscalwin.org 24 hours a day to access benefits information and to upload your documents. You may still come in to an open office if you choose, and must go to the office for Welfare-to-Work appointments or homeless assistance.

Pat Wright Building

1725 28th Street, Sacramento, 95816
(916) 874-3100

Lobby Hours: Mon-Fri 8:00 a.m. to 4:00 p.m. **Programs:** CalWORKs (Continuing) CAPI, CalFresh.

Primary Care Center

4600 Broadway, Suite 2600 Sacramento, CA 95820
(916) 874-9238

Hours of Operation: Mon-Fri, 8:00 a.m. to 4:00 p.m.

Programs: County Medically Indigent Services Program (CMISP) and AIDS Drug Assistance Program (ADAP)

Research

3960 Research Drive, Sacramento, CA 95838
(916) 874-3100

Lobby Hours: Mon-Fri, 8:00 a.m. to 4:00 p.m.

Fulton Office

2700 Fulton Avenue, Sacramento, CA 95821
(916) 874-3100

Lobby Hours: Mon-Fri, 8:00 a.m. to 4:00 p.m.

Programs: CalFresh, CalWORKs (Intake and Continuing), Medi-Cal (Intake) and Job Talk Session (Mondays 1:30 p.m.)

North Highlands

5747 Watt Avenue, Sacramento 95660
(916) 874-3100

Lobby Hours: Mon - Fri, 8:00 a.m. to 4:00 p.m.

Programs: CalFresh, CalWORKs (Intake and Continuing) Job Talk Session (every Wednesday at 9:30 a.m.)

Fair Hearings

2007 19th Street, Sacramento, CA 95818
(916) 874-6811 Hours: Mon-Fri 8:00 a.m. to 5:00 p.m.

Programs: County and State Hearings Quality Control

Child Care

2001 19th Street, Sacramento, CA 95818
(916) 874-6000 Hours: Mon-Fri, 8:00 a.m. to 5:00 p.m.

Programs: Child Care Payment Unit

Foster Care

874 F Street, West Sacramento, CA 95605
(916) 875-5770 Hours: Mon-Fri, 8:00 a.m. to 5:00 p.m.

Programs: Child Care Payment Unit

Veterans Services

2007 19th Street, Sacramento, CA 95818
(916) 874-6000 Hours: Mon-Fri, 8:00 a.m. to 4:00 p.m. (walk-in clients) Mon-Fri, 8:00 a.m. to 5:00 p.m. (telephone inquiries)

Employment and Business Services

4990 Stockton Boulevard, Sacramento, CA 95820
(916) 875-3330 Hours: Mon-Fri, 8:00 a.m. to 5:00 p.m.
Programs: Job Talk Session (every Monday at 1:00 p.m.) and Job Club/Job Search Program(s)

Commerce

4450 E Commerce Way, Sacramento, CA 95834
(916) 874-3100. Hours: Mon-Fri, 8:00 a.m. to 4:00 p.m.
Programs: CalFresh, Medi-Cal (Continuing) Service Center only. Documents can be put in a drop box in the parking lot.

Rancho Cordova

10013 Folsom, Suite 1, Sacramento, 95827
(916) 874-3100. Lobby Hours: Mon-Fri 8:00 a.m. to 4:00 p.m.
Programs: CalFresh, CalWORKs (Intake and Continuing) and Job Talk Session (every Tuesday at 10 a.m.)

Bowling Green: This office is no longer open to the public.

Galt

210 North Lincoln Way, Galt, CA 95632
(209) 744-0499 Toll Free from Sacramento: 875-5046 • 875-5067 • 875-5068 Lobby Hours: Mon-Fri 8:00 a.m. to 4:00 p.m.
Programs: CalWORKs (Intake and Continuing) and CalFresh

Susie Gaines-Mitchell

2450 Florin Road, Sacramento, 95822
(916) 874-3100 Lobby Hours: Mon-Fri 8:00 a.m. to 4:00 p.m. **Programs:** CalFresh, CalWORKs (Intake), Medi-Cal (Intake) and Job Talk Session (Wednesdays 9:00 a.m.)

UCD Med Center (Davis II)

2420 Stockton Boulevard, Sacramento, 95817
(916) 734-1600 Hours: Mon-Fri 8:00 a.m. to 12:00 p.m.
Programs: County Medically Indigent Services Program (CMISP) (referred by UCD Medical Center.) and Medi-Cal.

Franklin One Stop

7000 Franklin Boulevard, Sacramento, 95822
(916) 262-3200 Hours: Mon-Fri 8:00 a.m. to 4:30 p.m.
Program: CalWORKs (Continuing)

Sacramento Works One Stop

5655 Hillside Boulevard, Sacramento, 95842
(916) 263-4100

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ABOUT THE GUIDE

The People's Guide is not just a directory, but is also a self-advocacy tool to give homeless and low-income people an active role in making a difference in their own lives. The emphasis of the Guide is improving the information for homeless and low-income people to better access health care, housing, food, income, legal advice and employment from local, state and federal programs and community services in Sacramento County.

Governments at all levels are either eliminating or making drastic cuts to human service budgets that are discussed in this Guide. Now more than ever, we need a guide for the people of Sacramento to advocate for themselves in order to access the programs that will help them through these difficult times.

HOMELESSNESS, POVERTY AND HUNGER IN SACRAMENTO COUNTY

• Affordable Housing Crisis: More than 40% of the county's homeowners spend at least 30% of their income on housing, while 77% of low-income households spend more than 30% of their income on housing. Renters in the county need to earn well over \$15.00 per hour at a full time job to afford a Fair Market Rent for a one bedroom unit. Sadly, nearly 30% of renters spend over 50% or more of their income on housing. Finally, Sacramento has a 2% rental vacancy rate leading to both escalating rents and home prices.

• Increasing Homelessness: According to the 2017 Homeless Count 3,665 people experience homelessness on any given night in Sacramento County. 56%, or 2,052 people, are unsheltered due to the lack of emergency shelter beds and affordable and accessible housing. About 31% are chronically mentally ill and there are 469 veterans, with 69% of

the homeless veterans unsheltered [a 50% increase over the 2015 Homeless Count].

Additionally there are nearly 13,000 homeless students [pre-school - 12th grade] in the 14 school districts in Sacramento County, with 88% living in doubled up living arrangements. Finally, about 8% [or about 2,400 students] of CA State University, Sacramento are homeless.

• Increasing Hunger & Food Insecurity: 44% of all low-income households in Sacramento are food insecure; 208,471 people receive CalFresh [Food Stamps]; 73%, or 91,626, of those students eligible participate in the School Lunch program; only 30% of eligible students participate in the School Breakfast program; only 14% of eligible students participate in the Summer Meal program. Finally, about 25% [or about 7,500 students] are hungry and food insecure.

The Peoples Guide is made possible by the generosity of these sponsors:

