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LIST OF BILINGUAL THERAPIST

It only takes a single idea, a single action to move the world.

—anonymous

FOOD ASSISTANCE



*To accomplish great things we must not only act but also dream; not only plan
but also believe.*

- anonymous

Food Assistance

Listed below are several state and community resources that your families can utilize to help supplement their current grocery supply.

Red Cross

American Red Cross Heartland Emergency Food Pantry operates Monday thru Friday, 8am to 11am and 1pm to 4:15pm. Each eligible household will receive food to make meals for a period of four to five days. To be eligible a person must be a resident of Douglas, Sarpy, Cass, Dodge, or Washington Counties, provide a photo ID, a utility bill to verify an address.

Persons can receive aid once every three months. If they have already received aid from other resources in the current month, they are ineligible for pantry help.

Telephone Number: 402-343-7755

Open Door Mission

The Timberlake Outreach Center provides monthly assistance with groceries for families.

Physical Address: 2828 N. 23rd St East

Telephone Number: 402-422-1111

Email: odm@opendoormission.org

Catholic Charities

Catholic Charities Neighborhood centers in north Omaha and south Omaha have an emergency food pantry which provides families and individuals with food, including meat, canned and packaged foods, and when able fresh produce. To participate these programs individuals must present proof of address and a photo ID. Persons can receive help once every three months. Hours vary so call ahead to check.

Telephone Number: St. Marin de Porres Center 402-341-4004 and Juan Diego Center

402-731-5413

Emergency Cash Assistance Program

The Emergency Cash Assistance Program is part of the Nebraska Department of Health and Human Services. Emergency assistance provides money and services for needy children and other household members when there is an emergency situation. An emergency situation is something that is threatening to health and/or well-being of the child or family member. The emergency assistance cash program may be used to: make rent or mortgage payments, home furnishings, emergency non-food items such as toilet paper and cleaning supplies, emergency food, emergency clothing, moving costs, transportation, emergency special diets, medical payments, or emergency telephone instillation.

Eligibility is based on household income. Application is provided at all Nebraska Department of Health and Human Services. A copy of the application is provided at the back of this booklet.

Physical Address: 1313 Farnam St, Omaha, Ne

Telephone Number: 402-595-2850

Commodity Supplemental Food program (CSFP)

CSFP is a USDA program that provides food to infants, children, women, and seniors. The amount of food issued is based on eligibility. To find out about eligibility contact your local Nebraska Department of Health and Human Services Office.

Local Office of the Nebraska Department of Health and Human Services:

Physical Address: 1313 Farnam St

Omaha, Ne 68102

Telephone Number: 402-595-2850

Nebraska Supplemental Nutrition Program for Women, Infants, and Children (WIC)

The Nebraska Department of Health and Human Services WIC program supplements groceries for women whom are pregnant or postpartum, infants and children under 5. Other services offered through WIC are as follows: nutrition and health education, breastfeeding education, supplemental foods, and referrals for other services. Eligibility is determined through household income and need.

Appointments are necessary.

For more information:

Women, Infants, and Children (WIC) program
PO BOX 95026
Lincoln, NE 68509
Telephone: 402-471-2781 or 1-800-942-1171

Email: peggy.trouba@dhhs.ne.gov

Aid to Dependent Children (ADC)

The Nebraska Department of Health and Human Services Aid to Dependent Children program provides additionally income to families. ADC assistance can be used to pay for family living expenses such as: rent, utilities, food, clothing, and other necessary items. Eligibility is based on income level.

ADC is a temporary program with a maximum lifetime payout of 60 months aid, in order to move and encourage individuals towards independence. All persons receiving ADC must participate in the Employment First program.

Application is provided at all Nebraska Department of Health and Human Services. A copy of the application is provided at the back of this booklet.

Physical Address: 1313 Farnam St, Omaha, Ne

Telephone Number: 402-595-2850

Food Stamps

The Nebraska Department of Health and Human Services food stamp program provides help to low income families in order to buy groceries. Eligibility is based on household income. To apply fill out the Nebraska Department of Health and Human Services application for benefits.

Application is provided at all Nebraska Department of Health and Human Services. A copy of the application is provided at the back of this booklet.

Physical Address: 1313 Farnam St, Omaha, Ne

Telephone Number: 402-595-2850

The Heart Ministry Center Food Pantry

The Heart Ministry Center food pantry is open to the public Wednesday and Fridays from 10am to 12pm. During these hours no referral is needed only a self-identified need, an income that falls within USDA guidelines, and proper identification.

The food pantry is also open by referral Monday thru Friday 10am to 3pm.

Physical Address: 2222 Binney St
Omaha, Ne 68110

Telephone: 402-502-3568

ENERGY/UTILITIES ASSISTANCE



We become successful by helping others become successful.

- anonymous

Energy and Utilities Assistance

Listed below are state and community resources that our families can utilize to obtain or maintain their energy needs.

Red Cross

The OPPD Energy Assistance Program or NPPD Pennies for Power Energy Assistance Program provides assistance with energy service bills or repairs of heating and cooling equipment. This program runs from July 1 through December 31st. Persons are not required to have a shut off notice to be eligible.

To apply for both programs contact: 402-343-7755.

Low Income Home Energy Assistance Program (LIHEAP)

The LIHEAP provides assistance with bill payment, energy crisis assistance, weatherization, and energy related home repairs. To apply individuals must submit a copy of utility bills, a recent payroll stub or other proof of gross income, proof of present address, proof of total members residing in the household, social security card or other proof of residency. Eligibility is determined by gross financial income of a household. This is a bilingual service.

Telephone Number: 1-866-674-6327

Email: energyassistance@ncat.org

Emergency Cash Assistance Program

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Eligibility is based on household income. Application is provided at all Nebraska Department of Health and Human Services. A copy of the application is provided at the back of this section.

Physical Address: 1313 Farnam St, Omaha, Ne

Telephone Number: 402-595-2850

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ADC is a temporary program with a maximum lifetime payout of 60 months aid, in order to move and encourage individuals towards independence. All persons receiving ADC must participate in the Employment First program.

Application is provided at all Nebraska Department of Health and Human Services. A copy of the application is provided at the back of this section.

Physical Address: 1313 Farnam St, Omaha, Ne

Telephone Number: 402-595-2850

The Heart Ministry Center Financial Assistance

The Heart Ministry Center financial assistance is provided through referral only. A referral can be from a school counselor. The criteria for the financial assistance program is that the individual must be working with children in the home, be on disability, or be over the age of 65. The individual must provide documentation of the income, bill, proper identification, and evidence that they will be able to pay the bill in full the next month, eligibility is on a case by case basis.

Physical Address: 2222 Binney St
Omaha, Ne 68110

Telephone: 402-502-3568

MEDICAL ASSISTANCE



I am only one, but I am still one. I cannot do everything, but I can do something
- Helen Keller

Medical Assistance Resources

Listed below are state and community resources that our families can utilize to obtain medical care.

Douglas County General Assistance Program

Douglas county general assistance program can provide monies for medical care. Additionally, this program can assist with life threatening or life trauma situations requiring hospitalization and may be retroactively considered for coverage; if the request is made within 30 days of the date of discharge and if the hospital personnel referred the admission to the Primary Health Care Network with 24 hours. This assistance program is to be considered a last resort program. This assistance program is not open to the general public; individuals are assessed on a case by case basis and eligibility is limited to those persons who do not enter Douglas County to seek medical care and are not eligible to receive any other governmental health care benefits. Additionally, people with private health insurance are generally not eligible.

Patients of the Primary Health Care Network are required to use the Primary Health Care Clinic and any other medical services available through the Douglas County health system.

Applications are available online.

Physical Address: 4102 Woolworth Ave, Omaha, Ne 68105

Telephone: 444-6215

Hours: Mon-Fri 8am to 4:30pm

One World Community Health

One World Community Health center provides medical and dental care on a sliding scale fee. The payments are based on the client's ability to pay. To make an appointment and obtain more information about the specific services available call 402-734-4110. One World Community health is located at 4920 S. 30th St, Omaha, Ne.

Physical Address: 4920 s. 30th
Omaha, Ne

Telephone Number: 402-734-4110

Emergency Cash Assistance Program

The Emergency Cash Assistance Program is part of the Nebraska Department of Health and Human Services. Emergency assistance provides money and services for needy children and other household members when there is an emergency situation. An emergency situation is something that is threatening to health and or well –being of the child or family member. The emergency assistance cash program may be used to: make rent or mortgage payments, home furnishings, emergency non-food items such as toilet paper and cleaning supplies, emergency food, emergency clothing, moving costs, transportation, emergency special diets, medical payments, or emergency telephone instillation.

Eligibility is based on household income. Application is provided at all Nebraska Department of Health and Human Services. A copy of the application is provided at the back of this section.

Physical Address: 1313 Farnam St, Omaha, Ne

Telephone Number: 402-595-2850

Nebraska Medicaid Program Kids Connection

Kids Connection is health care coverage for qualified children in the state of Nebraska. It provides low income children and low income and uninsured children with health care. To apply fill out the standard Nebraska Department of Health and Human Services application for Benefits and submit it to your local Nebraska Department of Health and Human Services office.

For more information contact :

Nebraska Department of Health and Human Services

PO Box 95026

Lincoln, Ne 68509

Telephone Number: 402-471-8845 or 1-877-632-5437

Local Office of the Nebraska Department of Health and Human Services:

Physical Address: 1313 Farnam St
Omaha, Ne 68102

Telephone: 402-595-2850

Gendler Emergency Medication Services (Gems)

The Heartland family Services GEMS program provides free or low cost prescriptions to individuals who need medications that they cannot afford. This service is offered on a sliding fee scale.

Telephone Number: 402-451-6244

BEHAVIORAL HEALTH ASSISTANCE



Be the change you wish to see in the world.

-Gandhi

Behavioral Health Assistance

Listed below are state and community resources our families can utilize to obtain behavioral health services.

Emergency Cash Assistance Program

The Emergency Cash Assistance Program is part of the Nebraska Department of Health and Human Services. Emergency assistance provides money and services for needy children and other household members when there is an emergency situation. An emergency situation is something that is threatening to health and or well-being of the child or family member. The emergency assistance cash program may be used to: make rent or mortgage payments, home furnishings, emergency non-food items such as toilet paper and cleaning supplies, emergency food, emergency clothing, moving costs, transportation, emergency special diets, medical payments, or emergency telephone instillation.

Eligibility is based on household income. Application is provided at all Nebraska Department of Health and Human Services. A copy of the application is provided at the back of this section.

Physical Address: 1313 Farnam St, Omaha, Ne

Telephone Number: 402-595-2850

List of Region 6 Behavioral Healthcare Providers

These provide care at a sliding fee scale based on the client's ability to pay.

Alegent Health Behavioral Services

www.alegent.com

Immanuel Medical Center

6901 N. 72nd Street, Omaha, NE, 68122, 402-572-2121

- Mental Health Services - Adults and Children - Acute Inpatient
- Substance Abuse Services - Adults and Children – Outpatient

1309 Harlan Drive, Suite 206, Bellevue, NE, 68005, 402-291-6789

- Substance Abuse Services - Adults and Children – Outpatient

ARCH

604 S. 37th Street

Omaha, NE, 68105, 402-346-8898

- Substance Abuse Services - Adult Men - Halfway House

1502 N. 58th Street, Omaha, NE, 68114

- Substance Abuse Services - Adult Men - Halfway House

BAART Community HealthCare

www.baartcdp.com

The Center Mall, 1941 S. 42nd Street, Suite 210, Omaha, NE, 68105, 402-341-6220

- Substance Abuse Services – Adults – Methadone Maintenance

Catholic Charities

www.ccomaha.org

Sheehan Center

3300 N. 60th Street

Omaha, NE, 68104, 402-554-0520

- Mental Health Services - Adults - Medication Management
- Substance Abuse Services - Adults - Intensive Outpatient and Outpatient Assessments

Omaha Campus for Hope

1490 N. 16th Street, Omaha, NE, 68102, 402-827-0570

- Mental Health Services - Adults - Dual Disorder Residential, Crisis Assessment/Evaluation,

Community Support, Medication Management

- Substance Abuse Services - Adults - Community Support, Civil Protective Custody (CPC), Emergency Protective Custody (EPC), Intermediate Residential, Short Term Residential, and Detoxification

Community Alliance

www.community-alliance.org

4001 Leavenworth Street
Omaha, NE, 68105, 402-341-5128

- Mental Health Services - Adults - Assertive Community Treatment (ACT), in collaboration with University Medical Associates, Community Support, Intensive Community Services, Day Rehabilitation, Residential Rehabilitation

Douglas County Community Mental Health Center

4102 Woolworth Street
Omaha, NE, 68105, 402-444-7930

- Mental Health Services - Adults - Acute Inpatient, Day Treatment, Medication Management, and Outpatient

Friendship Program, Inc.

www.friendshipinc.info

7315 Maple Street
Omaha, NE, 68134, 402-393-6911

- Mental Health Services – Adults – Community Support and Day Rehabilitation

Heartland Family Service

www.heartlandfamilyservice.org

2101 S. 42nd Street
Omaha, NE, 68105, 402-553-3000

- Mental Health Services - Adults and Youth – Outpatient
- Substance Abuse Services - Adults and Youth – Outpatient

1016 Park Avenue
Omaha, NE 68105, 402-342-9555

- Therapeutic Community (pregnant women & their children)

11212 Davenport Street
Omaha, NE, 68154, 402-963-9699

- Mental Health Services - Adults and Youth – Outpatient
- Substance Abuse Services - Adults and Youth – Outpatient

302 American Parkway
Papillion, NE, 68406, 402-339-2544

- Mental Health Services - Adults and Youth – Outpatient
- Substance Abuse Services-Adults and Youth-Outpatient

Latino Center of the Midlands

www.latinocenterofthemidlands.org

4821 S. 24th Street
Omaha, NE, 68107, 402-733-2720

- Substance Abuse Services – Adults – Outpatient

Lutheran Family Services

www.lfsneb.org

124 S. 24th Street
Omaha, NE, 68102, 402-342-7007

- Mental Health Services - Adults and Children – Community Support, Outpatient, Urgent Outpatient*, Medication Management, Urgent Medication Management*, and Respite Care* (severely emotionally disturbed children)
- Substance Abuse Services - Adults and Children – Intensive Outpatient and Outpatient

4980 S. 118th Street
Omaha, NE, 68137, 402-894-4796 or 4797

- Mental Health Services - Adults and Children – Community Support, Outpatient Therapy, Urgent Outpatient*, and Urgent Medication Management*
- Substance Abuse Services - Adults and Children – Outpatient

2401 Lake Street, Suite 110
Omaha, NE, 68110, 402-455-9757

- Mental Health Services - Adults and Children - Outpatient, Urgent Outpatient*, and Urgent Medication Management*
- Substance Abuse Services - Adults and Children - Intensive Outpatient and Outpatient

730 N. Fort Crook Road
Bellevue, NE, 68005, 402-292-9105

- Mental Health Services - Adults and Children - Community Support, Outpatient, Urgent Outpatient, Medication Management, Urgent Medication Management, and Respite Care* (severely emotionally disturbed children)

403 S. 16th Street, Suite C
Blair, NE, 68008, 402-426-5454

- Mental Health Services - Adults and Children - Community Support, Outpatient, Urgent

Outpatient*, Urgent Medication Management*, and Respite Care* (severely emotionally disturbed children)

- Substance Abuse Services - Adults and Children - Outpatient counseling

510 D Street

Fremont, NE, 68025, 402-721-1774

- Mental Health Services - Adults and Children - Community Support, Outpatient, Urgent Outpatient*, Urgent Medication Management*, and Respite Care* (severely emotionally disturbed children)

- Substance Abuse Services - Adults and Children - Outpatient

1201 Golden Gate Drive

Papillion, NE, 68046, 402-592-0639

- Mental Health Services - Adults and Children - Community Support, Outpatient, Urgent Outpatient*, and Urgent Medication Management*

- Substance Abuse Services - Adults and Children - Outpatient

546 Avenue A

Plattsmouth, NE, 68048, 402-296-3315

- Mental Health Services - Adults and Children - Community Support, Outpatient, Urgent Outpatient*, and Urgent Medication Management*

- Substance Abuse Services - Adults and Children - Outpatient

Services with an asterisk (*) provided by appointment only

Nebraska Urban Indian Health Coalition

www.nuihc.com

2240 Landon Court

Omaha, NE, 68108, 402-346-0902

- Substance Abuse Services - Adults and Adolescents - Outpatient

NOVA Therapeutic Community

www.novatc.org

3483 Larimore Avenue

Omaha, NE, 68111, 402-455-8303

- Substance Abuse Services - Adults - Therapeutic Community, Short Term Residential
- Substance Abuse Services – Adolescents – Therapeutic Community

1915 S. 38th Street

Omaha, NE, 68105, 402-344-2583

- Substance Abuse Services – Adolescents – Intensive Outpatient (IOP)

Region 6 Behavioral Healthcare

www.regionsix.com

3801 Harney Street, Omaha, NE, 68131, 402-444-6573

- Mental Health Services – Children – Case Management

The Spring Center, 3347 South 72nd Street

Omaha, NE, 68124, 402-546-0770, 24-Hour Help Line 866-734-8888

- Mental Health Services - Adults - Crisis Stabilization

Salvation Army

www.givesalvationarmy.org

3612 Cuming Street

Omaha, NE, 68131, 402-898-5900

- Mental Health Services - Adults - Community Support, Emergency Community Support, Intensive Community Services, and Psychiatric Respite

Santa Monica

www.santamonicahouse.org

130 N. 39th Street

Omaha, NE, 68131, 402-558-7088

- Substance Abuse Services - Adult Women - Halfway House and Intermediate Residential

Telecare Corporation

www.telecarecorp.com

Region 6 Recovery Center

819 Dorcas Street, Omaha, NE, 68108, 402-342-4411

- Mental Health – Secure Residential

Recovery Center at Sarpy

2231 Lincoln Road

Bellevue, NE, 68005, 402-291-1203

- Mental Health – Subacute

CLOTHING assistance



To reach all...impossible

To reach some... imperative

To reach none...inexcusable

- anonymous

Clothing Assistance

Listed below are state and community resources our families can utilize to obtain general clothing or career oriented clothing.

Open Door Mission

The Timberlake Outreach Center provides assistance with clothing for families.

Physical Address: 2828 N. 23rd St East

Telephone: 402-422-1111

Email: odm@opendoormission.org

Emergency Cash Assistance Program

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Eligibility is based on household income. Application is provided at all Nebraska Department of Health and Human Services. A copy of the application is provided at the back of this section.

Physical Address: 1313 Farnam St, Omaha, Ne

Telephone Number: 402-595-2850

Aid to Dependent Children (ADC)

The Nebraska Department of Health and Human Services Aid to Dependent Children program provides additionally income to families. ADC assistance can be used to pay for family living expenses such as: rent, utilities, food, clothing, and other necessary items. Eligibility is based on income level.

ADC is a temporary program with a maximum lifetime payout of 60 months aid, in order to move and encourage individuals towards independence. All persons receiving ADC must participate in the Employment First program.

Application is provided at all Nebraska Department of health and human Services. A copy of the application is provided at the back of this section.

Physical Address: 1313 Farnam St, Omaha, Ne

Telephone Number: 402-595-2850

The Heart Ministry Center Clothing Closet

The Heart Ministry Center Clothing Closet is open to the public, with no criteria, Wednesday, Thursday, and Friday from 10am to 3pm and by referral, Mon. thru Fri. 10am to 3pm.

Physical Address: 2222 Binney St
Omaha, Ne 68110

Telephone: 402-502-3568

Heartland Family Services

The Heartland Family Services Career Clothing Closet provides clothing for interviews as well as a small wardrobe for starting a job or job training. The career clothing closet is open Mon. thru Fri. 9am to 5pm by appointment only. Clients must be referred from Heartland family services or a community agency.

To refer or for more information call 402-451-6244.

Physical address: 6720 N. 30th St
Omaha, Ne

HOUSING assistance



*Don't tell people how to do things, tell them what to do and let them surprise
you with the results.*

- George S. Patton

Housing Assistance Resources

Listed below are state and county resources that our families can assess and utilize to help obtain or sustain housing.

Douglas County General Assistance

Douglas County Assistance program can provide aid with rent payments, mortgage payments or room and board payments. Eligibility is based on income and resource levels, with 35,000 maximum equity in a home and 5,000 maximum equity in one vehicle being exempt. Monthly income and resource guidelines vary based on the number of related persons in the household. Payments are paid directly to the landlord. People receiving help from the general assistance program, that do not have a health barrier to employment will be required to participate in a job training program. Further applications and requirements are online at, http://www.co.douglas.ne.us/county/generalassist/index.php?option=com_content&task=view&id=15&Itemid=28.

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Telephone Number: 402-595-2850

CHILD care ASSISTANCE



We have promises to keep, and miles to go before we sleep

- Robert Frost

Child Care Resources

Listed below are state and community resources our families can utilize to obtain child care.

Child Care Subsidy

The Nebraska Department of Health and Human Services child care subsidy program offsets the price of child care based on income. Eligibility is based on household income, and the reason child care is needed. All adults in a household, to be eligible for child care subsidy must be: 1. Employed 2. Attending school or training 3. Going to medical or counseling programs for themselves or another child 4. Incapacitated.

Eligibility is based on household income. Application is provided at all Nebraska Department of health and human Services. A copy of the application is provided at the back of this section.

Physical Address: 1313 Farnam St, Omaha, Ne

Telephone Number: 402-595-2850

LEGAL ASSISTANCE



We can't help everyone, but everyone can help someone.

- Ronald Reagan

Legal Services

Listed below are state and community resources our families can utilize to obtain legal counsel.

Abraham's Legal Clinic-Creighton University School of Law

Abraham's legal clinic offers free legal assistance on civil matters to low income residents of Douglas County, Ne. The clinic is bilingual and takes appointments for Spanish speaking clients at the Latina Resources Center and Juan Diego Center.

Physical Address: 2120 Cass St

Telephone Number: 402-280-3068

Email: clinic@creighton.edu

Volunteer Lawyers Project (VLP)

The Nebraska State Bar association, Volunteer Lawyers Association provides legal services in regards to civil matters pro bono or at a reduced fee. To apply for this program you must contact the VLP by phone.

Address: PO Box 81809, Lincoln, Ne 68501

Telephone Number: 402-475-7091 or 800-742-3005

Email: jmcneil@nebar.com

TELEPHONE ASSISTANCE



Small opportunities are often the beginning of great achievements.

- anonymous

Telephone Assistance Resources

Listed below are resources our families can utilize to maintain or obtain a landline telephone.

Nebraska Public Service Commission

Nebraska Telephone Assistance Program (NTAP) reduces the cost of local telephone service up to \$13.00 per month. NTAP can also reduce the charges for instillation by 50% or \$30.00, whichever is less. It also provides a deferred payment of instillation charges without interest. To qualify an individual must be enrolled in ONE of the following programs: MEDICAID, food stamps, Supplemental Security Income (SSI), federal public housing assistance, Low Income Home Energy Assistance Program (LIHEAP), or Children's Health Insurance Programs (Kid's connection, SAM, MAC, or EMAC). Also the name of the individual that qualifies must be on the telephone bill.

Address: NTAP, P.O. Box 94927
Lincoln, NE 68509

Telephone: (800) 526-0017

Emergency Cash Assistance Program

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Telephone Number: 402-595-2850

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Physical Address: 1313 Farnam St, Omaha, Ne

Telephone Number: 402-595-2850

HOUSEHOLD/ PERSONAL ITEM ASSISTANCE



Everyone can be great because everyone can serve.

- Martin Luther King Jr.

Household/Personal Item Assistance

Listed below are state and community resources our families can utilize to obtain needed household or personal items.

Open Door Mission

The Timberlake Outreach Center provides assistance with household items such as furniture, appliances, and household goods for families. Additionally, they also provide aid with personal items such as deodorant and shampoo.

Physical Address: 2828 N. 23rd St East
Omaha, Ne

Telephone Number: 402-422-1111

Email: odm@opendoormission.org

Emergency Cash Assistance Program

The Emergency Cash Assistance Program is part of the Nebraska Department of Health and Human Services. Emergency assistance provides money and services for needy children and other household members when there is an emergency situation. An emergency situation is something that is threatening to health and/or well-being of the child or family member. The emergency assistance cash program may be used to: make rent or mortgage payments, home furnishings, emergency non-food items such as toilet paper and cleaning supplies, emergency food, emergency clothing, moving costs, transportation, emergency special diets, medical payments, or emergency telephone instillation.

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