



Nulton Diagnostic
& Treatment Center

CAMBRIA COUNTY

BEDFORD COUNTY

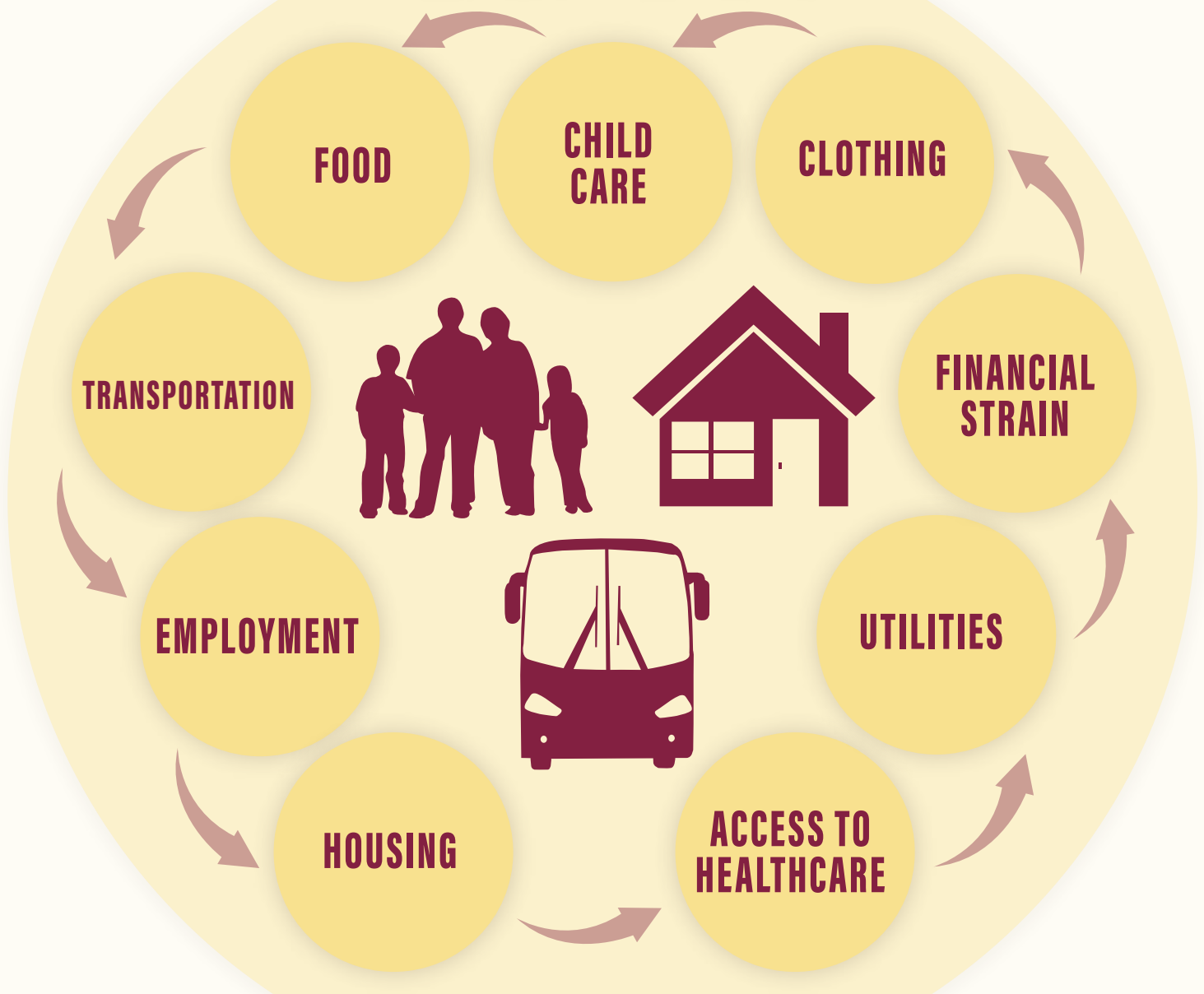
BLAIR COUNTY

SOMERSET COUNTY

RESOURCE GUIDE

Social Determinants of Health

SDoH



CAMBRIA COUNTY

PG 2-21

BEDFORD COUNTY

PG 22-31

BLAIR COUNTY

PG 32-45

SOMERSET COUNTY

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SDoH Resource Guide for CAMBRIA COUNTY

BACKGROUND: The nine domains of social health were created to focus on disparities in the community setting so they can be addressed and an optimal quality of life can be achieved.

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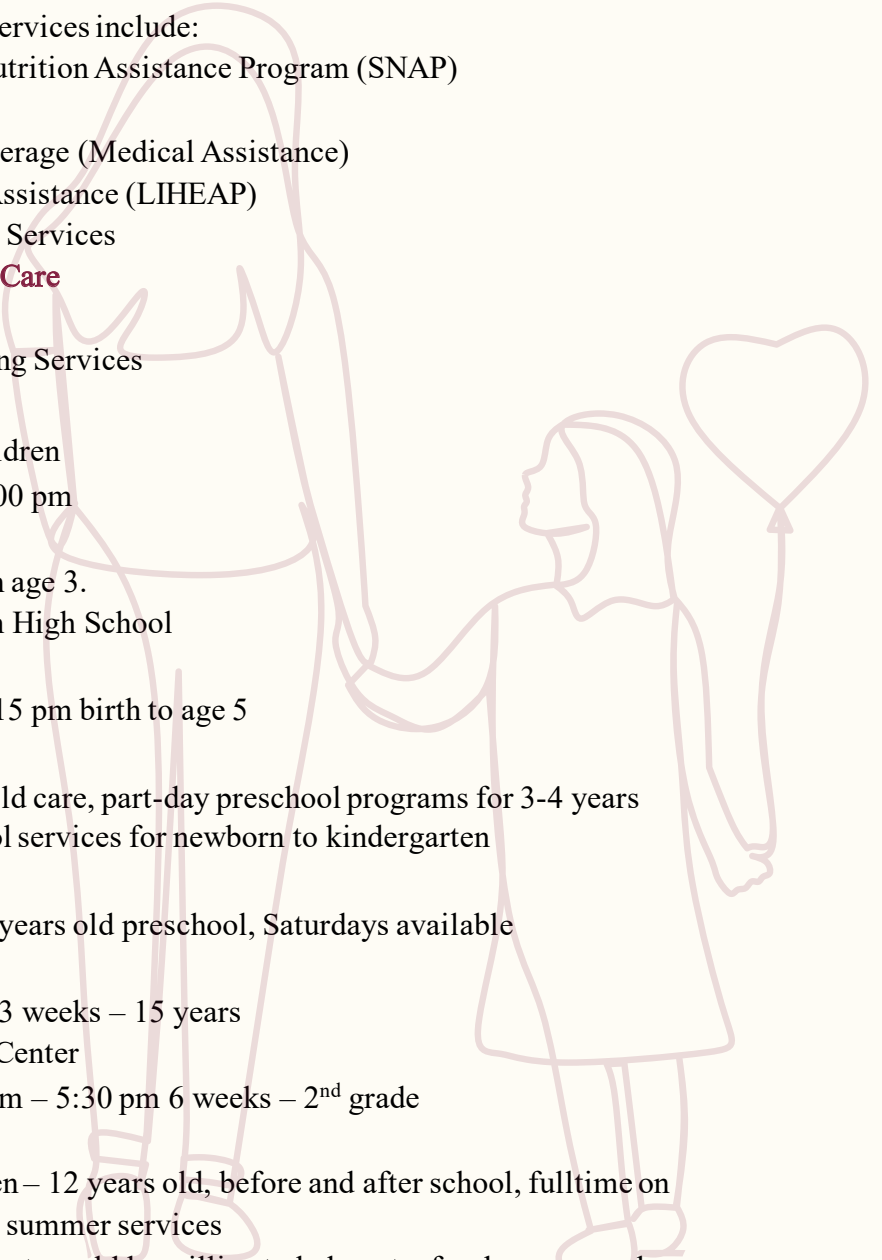
IDENTIFY

PLAN

CHANGE

► Domain 1- Childcare Access and Affordability

- When trying to go back to school or work, DHS recommends calling the Helpline at Child Care Works to know the available programs.
 - 1-877-4-PA-KIDS ([1-877-472-5437](tel:1-877-472-5437)) or visit: [Child Care Works](#).
- Temporary Assistance for Needy Families (TANF) and Moving to Independence
 - Children, Women, relatives to that help care for children
 - Apply through County Assistance Office - ([814](tel:814-533-2491)) 533-2491 or site below
 - <https://www.compass.state.pa.us/compass.web/Public/CMPHome>
 - Available benefits and services include:
 - Supplemental Nutrition Assistance Program (SNAP)
 - **Cash Assistance**
 - Health Care Coverage (Medical Assistance)
 - Home Heating Assistance (LIHEAP)
 - Family Planning Services
 - **Help with Child Care**
 - School Meals
 - Long-Term Living Services
- Day care
 - The Learning Lamp Center for Children
 - [814-262-0732](tel:814-262-0732) 8:00 am – 6:00 pm
 - Building Blocks Learning Center
 - [814-792-3625](tel:814-792-3625) birth through age 3.
 - 6:30 am – 5:00 pm – Johnstown High School
 - Creative Care Learning Center
 - [814-254-4296](tel:814-254-4296) 5:45 am – 6:15 pm birth to age 5
 - Growing Years Early Large Center
 - [814-248-3800](tel:814-248-3800) – full day child care, part-day preschool programs for 3-4 years old, child care and preschool services for newborn to kindergarten
 - Sprangle Family Learning Center
 - [814-535-3680](tel:814-535-3680) 6 weeks – 4 years old preschool, Saturdays available
 - Wonder Years Learning Center
 - [814-535-1330](tel:814-535-1330) 6 am – 6 pm 3 weeks – 15 years
 - Little Peaches Child Development Center
 - [814-269-4225](tel:814-269-4225) – M-F 6:15 am – 5:30 pm 6 weeks – 2nd grade
 - Johnstown Kid Stop
 - [814-255-1275](tel:814-255-1275) – kindergarten – 12 years old, before and after school, fulltime on school vacation days, offers summer services
- Family Members- client family members that would be willing to help out a few hours a week.
- Charities
 - Salvation Army Backpack program, Coats for Kids, Project Bundle-Up
 - Church backpack and supply drives and events
- School Resources - Call the school and inquire further programs they may offer.



► Domain 2- Clothing

- Goodwill Industries: <https://www.goodwill.org/>
 - Ebensburg (814) 471-0426
 - 300 Jamesway Road - Walmart Plaza
 - Ebensburg, PA 15931
 - Johnstown (Richland)
 - [\(814\) 266-6143](tel:8142666143)
 - 1326 Eisenhower Blvd. Johnstown, PA 15904
 - Westwood – Johnstown [\(814\) 255-4310](tel:8142554310)
 - 1716 Lyter Drive Johnstown, PA 15905
- Catholic Charities – Johnstown Office
 - 321 Main Street
Suite 5G
 - Johnstown, PA 15901
 - P: [\(814\) 535-6538](tel:8145356538)
 - F: [\(814\) 535-2235](tel:8145352235)
<https://catholiccharitiesaj.org/locations>
- Dorothy Day Center
 - Saint Francis University
117 Evergreen Drive
 - P.O. Box 600
 - Loretto, PA 15940
 - P: [\(814\) 472-3359](tel:8144723359)
- New Day
 - Visit the website or call to inquire about evolving opportunities
[\(814\) 535-8202](tel:8145358202)
<https://www.new-day.org/home.html>
- Second Chance Thrift Store – ACRP
 - 119 Walnut Street – Downtown Johnstown
 - Second Thursday of each month only
- St. Vincent dePaul
 - 301 Central Ave, Johnstown, PA 15902
 - [\(814\) 535-4357](tel:8145354357) [\(800\) 471-0108](tel:8004710108)
- Compassion House Thrift Store
 - 2010 Somerset Ave, Windber, PA 15963
 - [\(814\) 467-0567](tel:8144670567)
- Salvation Army - <https://easternusa.salvationarmy.org/western-pennsylvania/johnstown/>
Thrift Store (Closed March 1)
 - 1025 Eisenhower Blvd, Johnstown, PA 15904
 - [\(814\) 266-1679](tel:8142661679)

*Locations in Indiana, Somerset, and Duncansville if needed.

Johnstown:

 - 576 Vine Street, Johnstown, 15907
 - Telephone: [814-539-3110](tel:8145393110)

► Domain 3- Financial Strain

- Budgeting
 - BCM should review monthly incomes and create spreadsheet for how much money is needed for bills out of that income. Food should be included in the budget and money that is left should be used for items.
 - Educate about turning the lights off when not in use, wearing a robe around the house instead of having the heat up to 78 degrees, etc. These small changes help save money.
 - Spreadsheet should show total income minus expenses that are fixed variable throughout the month.
- Income resources:
 - Contact Utility Provider and review things such as payment plans and special programs/charities.
 - i.e. Penelec provides assistance with their utility bill, including payment assistance
 - Weatherization programs
 - CARES (Customer Assistance and Referral Evaluation Service)
 - Penelec Customers: [1-800-545-7741](tel:1-800-545-7741)
 - **Call the Assistance office - (814) 533-2491**
 - **Available benefits and services include:**
 - **Supplemental Nutrition Assistance Program (SNAP)**
 - **Cash Assistance**
 - **Health Care Coverage (Medical Assistance)**
 - **Home Heating Assistance (LIHEAP)**
 - **Family Planning Services**
 - **Help with Child Care**
 - **School Meals**
 - **Long-Term Living Services**
 - United Way Suggests: <https://www.uwlaurel.org/ResourcesforResidents>

Anyone facing a “Basic Humans Needs situation relative to Food Insecurity, Employment Assistance, Medical Assistance, Transportation, Financial Assistance, Utility Assistance, or Drug & Alcohol Support and Treatment, that you contact PA 2-1-1. There are 3 ways to reach out to PA 2-1-1:

 - Dial 2-1-1 by phone.
 - Text your zip code to 898-211. Reply to the questions from the live operator, who will communicate with you based upon the need(s) expressed.
 - Visit www.pa211sw.org to Chat online with a resource representative.”
 - Unemployment: “For anyone seeking information regarding the loss of employment, or information regarding how to file a claim for unemployment through the state of Pennsylvania, please visit www.uc.pa.gov.”

► **Domain 4- Employment**

- Employment can be a very important part of a persons' life. Not only does a job provide money but also provides structure, a purpose, can increase self-worth and self-esteem, and can provide the opportunity to expand a persons' social network, learning new tasks and skills and be exposed to numerous points of view and ideas.

- **The Office of Vocational Rehabilitation (OVR)** – This is a resource to people in the community who struggle with mental health issues, intellectual disabilities or physical disabilities and helps them find work that could accommodate their needs and not be too taxing. The Cambria County Association for the Blind is one of the biggest employers of people who are disabled and offer part time work and can be utilized through OVR. OVR can also provide on the job assistance through job coaching and advisement.

727 Goucher St. Section 10, Johnstown PA 15905
[\(814\) 255-6771](tel:(814)255-6771)

- **Help with Resume and Job Placement Services**

- PA Career Link/Manpower

248 Main St. #100

Johnstown PA 15901

[\(814\) 534-2500](tel:(814)534-2500)

- Goodwill Psych Rehab – helps with resume building and GED training

540 Central Ave.

Johnstown PA 15902

[\(814\) 536-3536](tel:(814)536-3536)

- Sargent's Personnel Agency, Inc.

210 Main St.

Johnstown PA 15901

[\(814\) 536-7877](tel:(814)536-7877)

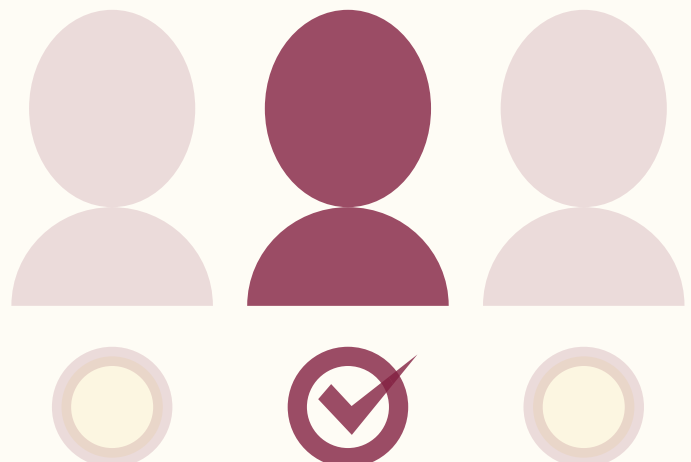
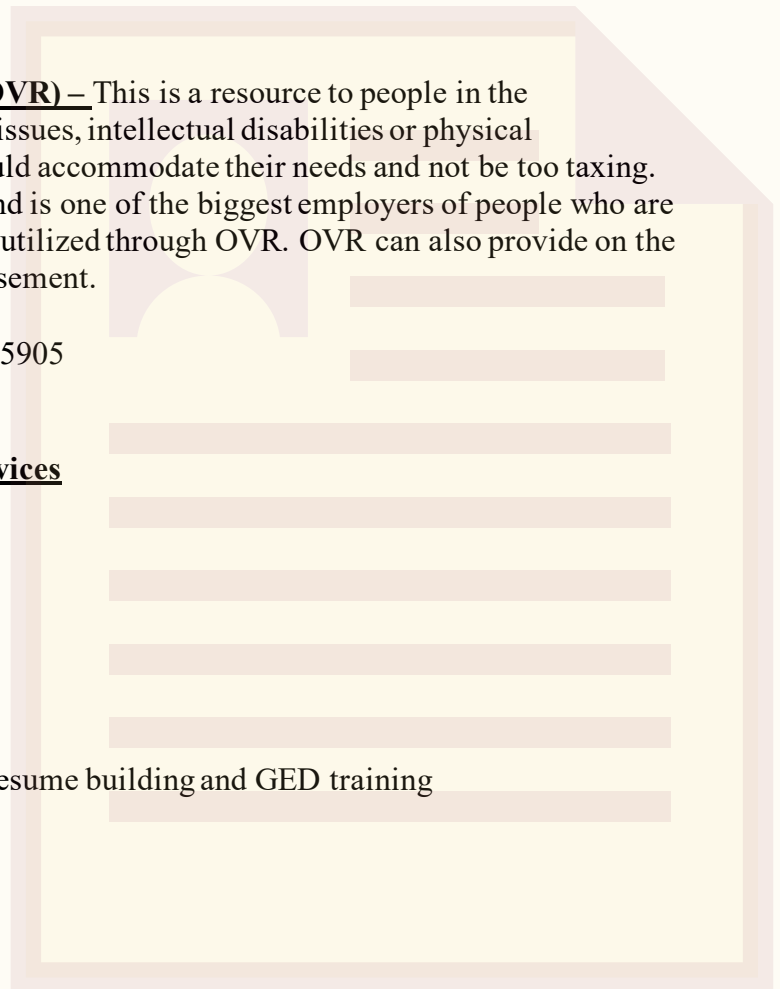
- **Various Online Job Sites with postings:**

- www.Indeed.com

- www.GetHired.com

- www.Monster.com

- www.JohnstownHelpWanted.com



► Domain 5- Food Insecurity

- Food stamps (SNAP Benefits)
 - Each county has assistance office that is used for SNAP benefits. Call for assistance to check eligibility:
 - Call the Assistance office - [\(814\) 533-2491](tel:8145332491)
 - Available benefits and services include:
 - Supplemental Nutrition Assistance Program (SNAP)
 - Cash Assistance
 - Health Care Coverage (Medical Assistance)
 - Home Heating Assistance (LIHEAP)
 - Family Planning Services
 - Help with Child Care
 - School Meals
 - Long-Term Living Services
- Budgeting
 - BCM should review monthly incomes and create spreadsheet for how much money is needed for bills out of that income. The money that is left should be used for a monthly allowance for food.
 - Education on less expensive alternatives is key here. Explain that going out to eat at Sheetz everyday is not going to last as long as cooking a full meal that can be had over a week.
- Review local Papers to buy on-sale items
 - Cambria: <https://www.tribdem.com/>
 - Look up on Google:
 - Market Basket Deals
 - Ideal Market Deals
- Pat Deegan Resources Library
- Food Pantries – See below
 - Go to United Way to search all local, updated food pantries:
<https://www.uwlaurel.org/FoodPantries>
 - Go to <https://www.feedingamerica.org/find-your-local-foodbank> to find local food banks in the area.



Produce for the people (pre-covid-19) <https://www.pittsburghfoodbank.org/agency/produce-to-people-johnstown/>

SDoH Resource Guide for CAMBRIA COUNTY

FOOD PANTRY INFORMATION

<u>Food Pantry</u>	<u>Pantry Address</u>	<u>Service Area</u>	<u>Hours of Operation</u>
Cresson	115 Ashcroft Ave, Cresson, PA 16630	Ashville, Cresson, Dysart, Gallitzin, Lilly, Sankertown and all of Penn Cambria SD	Thursdays 9:00 am - 12 noon
Dorothy Day Center	104 Evergreen Drive, Loretto, PA 15940	St. Francis University	Tuesdays 9:00 am - 11:30 am Thursdays 1:00 pm - 3:30 pm
Ebensburg SVDP	3138 New Germany Rd, Ste 88, Ebensburg, PA 15931	Ebensburg	Tues, Wed, Fri, Sat 10 am - 12 pm Thursdays 9:00 am - 12 noon
Family Kitchen	231 Bedford Street, Johnstown, PA 15901	Free Hot Lunch	
Food For Families Inc.		945 Franklin Street, Johnstown, PA 15905	
Forest Hills	1021 Forest Hills Drive, Salix, PA 15952	Dunlo, Elton, Mine 42, St. Michael, Salix, Sidman, South Ford RD	3rd Thursday 9:00 am - 11:00 am
Franklin Street	United Methodist Human Services 510 Locust Street, Johnstown, PA 15901	Center Town, Conemaugh Boro, Kernville, Prospect	Tuesdays 9:30 am - 11:30 am
GJCF	3429 Elton Road, Johnstown, PA 15904	Belmont Ave. Geistown, Richland	Mondays 9:00 am - 12 noon
Good Samaritan	270 Peg Run Road, Northern Cambria, PA 15714	Northern Cambria, Cherry Tree	2nd Wed 7:00 pm - 9:00 pm 2nd & 4th Thursday 10:00 am - 12 pm
Interfaith	1020 Caroline Street, Nanty Glo, PA 15943	Belsano, Conemaugh, Franklin, Munday's Corner, Nanty Glo, Twin Rocks, Vinco, Blacklick, E. Taylor & Jackson Twps	4th Saturday 11:00 am - 1:00 pm
Moxham	540 Central Avenue, Johnstown, PA 15902	Ferndale, Hornerstown, Krings, Lorain Boro, Moxham, Riverside, Luxhor Gardens	1st & 3rd Wed 9:00 am - 12 noon
Patton SVDP	323 Mellon Avenue, Patton, PA 16668 (no mailbox)	Ashville, N. Cambria, Fallentimber, Hastings, Patton & Patton Rd, Glendale area (Partial)	1st and 2nd Wed and 3rd Thurs 9:00 am - 11:00 am
Portage Area	813 Jefferson Avenue, Portage, PA 15946	Cassandra, Portage, Summerhill, Wilmore	4th Wed 9:00 am - 12 noon
Salvation Army (ER)	576 Vine Street, Johnstown, PA 15901	Emergency Supply	
South Fork	R315 Main Street, Mineral Point, PA 15942	South Fork Boro Area	3rd Saturday 10:00 am - 2:00 pm
St. Andrews (Jtn) SVDP	927 Franklin Street, Johnstown, PA 15905	Davidsville, Ferndale, Ideal Park, Krings, Riverside, Somerset Pike, 8th Ward	2nd Monday 3:00 pm - 5:00 pm
St. Bernard	139 Huber Street, Hastings, PA 16646	Ashcroft, Bakerton, Carrolltown, E. Carrolltown Twp, Elmora, Hastings, Nicktown, Riley, St. Benedict, St. Boniface, Watkins, West Carroll Twp., Glendale area (Partial)	1st & 3rd Wednesdays 9:00 am - 11:30 am
St. Clement	114 Lindberg Avenue, Johnstown, PA 15905	Lower Yoder, Old Westmont, Southmont Blvd, Upper Yoder, Westmont	1st and 3rd Fridays 8:30 am - 12 noon
Walnut Grove	1068 Bedford Street, Johnstown, PA 15902	Daisytown, Dale, Geistown, Lower end of Richland Twp, Oakland, Walnut Grove, Solomon Homes	1st & 3rd Thurs 9:00 am - 11:30 am
West End	1348 Virginia Avenue, Johnstown, PA 15906	West End	1st & 3rd Thurs 9:00 am - 11:30 am

► Domain 6- Medical Expenses & Access to Healthcare

- Discuss Medical *Payment* Options
- Discuss Medical *Insurance* Options
 - Call the Assistance office - [\(814\) 533-2491](tel:8145332491)
 - Available benefits and services include:
 - Supplemental Nutrition Assistance Program (SNAP)
 - Cash Assistance
 - Health Care Coverage (Medical Assistance)
 - Home Heating Assistance (LIHEAP)
 - Family Planning Services
 - Help with Child Care
 - School Meals
 - Long-Term Living Services
- Budgeting – see spreadsheet
 - Federally Qualified Health Center (FQHC) – Richland Family Health Clinic
 - Open Monday – Friday 8-4 pm; phone [\(814\) 961-3500](tel:8149613500)
 - Provides “advocacy on behalf of the medically needy, provides a safety net for people facing financial, social, cultural, and language barriers in obtaining health care—medical, oral health, mental health, prescription assistance and related medical services by continuing to improve services and facilities and growing a financially sound and progressive community health center”
 - Salvation Army Dental Center - [\(814\) 262-8500](tel:8142628500)



► Domain 7- Housing

- Budgeting
- Housing options
 - Assisted Living Facility – “An assisted living residence or assisted living facility is a housing facility for people with disabilities or for adults who cannot or who choose not to live independently.”
 - <https://www.caring.com/senior-living/assisted-living/pennsylvania/johnstown>
 - Group Home
 - Mental health:
 - Cambria Residential Services:
338 Bloomfield Street, Suite 100
Johnstown, PA 15904
Phone: [814-266-1829](tel:814-266-1829)
Fax: [814 262 0423](tel:814-262-0423)
 - Residential Care for Intellectual Disability
 - Contact Behavioral Health/Intellectual Disabilities FIRST for county assistance in placement and payment options
 - Phone: [\(814\)535-8531](tel:814-535-8531)
 - MaryAnn Arnone, Deputy Intellectual Disabilities Administrator
 - Kimberly Pfeil, Deputy Behavioral Health Administrator
 - For CRS Group Home IDD residential services:
<http://www.cambriaresidentialservices.org/developmental-disability-care-residential-care-for-intellectually-disabled-adults>
 - Skills of Central PA:
 - 210 S Centre Street Pottsville, PA 17901
Business Phone : [570-628-5215 Ext. 3100](tel:570-628-5215)
Business Fax : [570-622-3230](tel:570-622-3230)
Toll Free Number : [1-800-338-1299](tel:1-800-338-1299)
 - Sunset Support Services
 - 227 Powell Ave, Cresson, PA 16630
Phone: [\(814\) 886-1768](tel:814-886-1768)
 - Johnstown Housing Authority (JHA)
<http://www.jhaonline.org/index.html>
 - “The Johnstown Housing Authority provides housing to eligible low or very low income families and individuals. Residents pay rent based on income, rather than on the size or type of accommodation.”
 - PO Box 419
Johnstown PA 15907 501 Chestnut St
Johnstown PA 15906 Phone: [\(814\) 535 -7771](tel:814-535-7771)
Fax: [\(814\) 536-1768](tel:814-536-1768)

SDoH Resource Guide for CAMBRIA COUNTY

► Domain 7- Housing *continue...*

- Public Housing Program: “The Johnstown Housing Authority has eleven complexes, scattered throughout Cambria County, seven with 983 apartments, which are designed for low income families and individuals. There are four complexes that are designed for the elderly, disabled or handicapped. They consist of 521 low income apartments.”
- Housing Choice Voucher Program: “Under the Housing Choice Voucher Program, the JHA also provides rental subsidy to 953 very low income families and individuals throughout Cambria County. This program is designed to provide applicants an opportunity to choose housing on the open market from private landlords who are willing to participate in the program.”
- JHA Website is a great place to explore options with clients. There are also documents and scholarship info on the website that should be reviewed as well.
- Apartment/Independent living
Independent living facilities are available as well as independent housing.
- Living Facilities:
 - Richland Woods
3324 Elton Rd,
Johnstown, PA 15904
[\(814\) 693-7675](tel:8146937675)
<https://www.lifeservicesassistedliving.com/richlandwoods/our-community>
 - Valley Pink Manor
1029 Franklin Street
Johnstown, PA 15905
[814-536-1710](tel:8145361710)
<https://valleypikemanor.com/>
 - The Lutheran Home
807 Goucher Street
Johnstown, PA 15905
[1-814-255-6844](tel:18142556844)
<https://www.alsm.org/residential-living-communities/lutheran-home-johnstown/>
- Income-Based housing
 - JHA again can help <http://www.jhaonline.org/index.html>
 - Conor Tower
 - Town House Tower (Vine Street)
 - Loughner Plaza
 - Richland Towers
343 Theatre Drive
Johnstown, PA 15904
[814-266-9546](tel:8142669546)
<https://richlandtowers.net/>
 - Luxor Gardens
1201 Heeney Ave
Johnstown, PA 15904
Phone: [814-288-3505](tel:8142883505)



SDoH Resource Guide for CAMBRIA COUNTY

► Domain 7- Housing *continue...*

- Garden Terrace
730 Bloom St
Johnstown, PA 15902
100 Senior Apartment Homes with Section 8 rental assistance

- Laurel Wood Apartments
102 Woodmont Rd
Johnstown, PA 15905
[\(814\) 254-1836](tel:8142541836)

- Arbutus Park Apartments
215 Ottawa St, Johnstown, PA 15904
[\(814\) 269-1370](tel:8142691370)

- If client has decent income from a job, looking on place like Zillow and Realtor are good places to look for rentals or to even buy a home.
- Bridge Housing (If <25 yr old)

○ Charities

○ United Way Suggests:

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- Dial 2-1-1 by phone.
- Text your zip code to [898-211](tel:898211). Reply to the questions from the live operator, who will communicate with you based upon the need(s) expressed.
- Visit www.pa211sw.org to Chat online with a resource representative.”

○ Can Help Pay Rent:

- Salvation Army

576 Vine Street
Johnstown
15907

Telephone: [814-539-3110](tel:8145393110)

https://www.salvationarmyusa.org/usn/plugins/gdosCenterSearch?query=15901&mode=query_3&limit=40

○ Catholic Charities – Johnstown Office

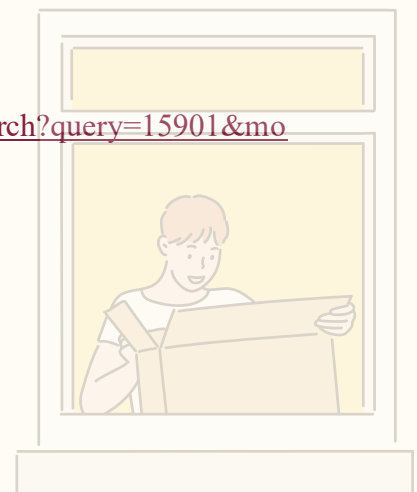
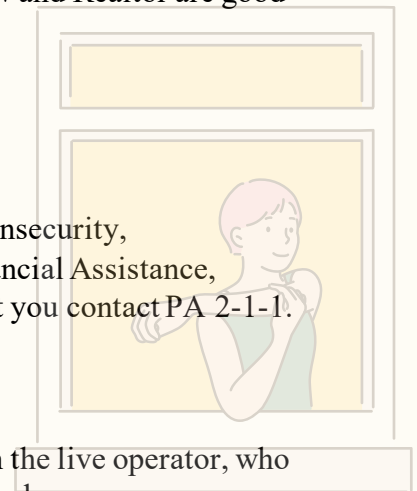
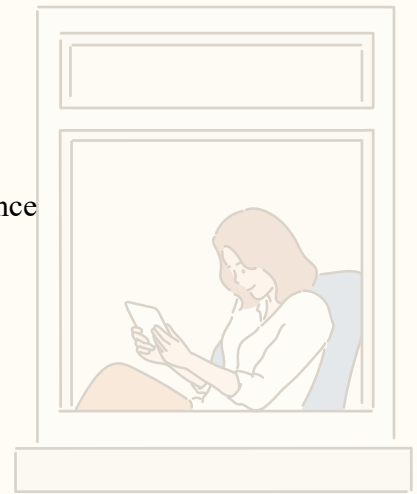
321 Main Street
Suite 5G

Johnstown, PA 15901

P: [\(814\) 535-6538](tel:8145356538)

F: [\(814\) 535-2235](tel:8145352235)

<https://catholiccharitiesaj.org/locations>



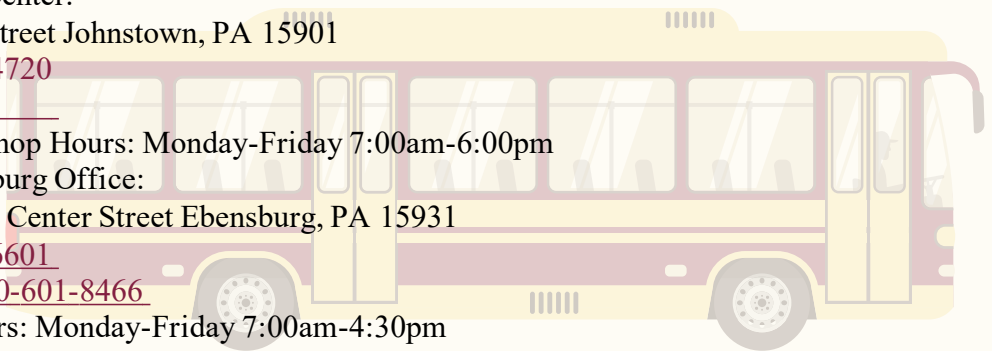
SDoH Resource Guide for CAMBRIA COUNTY

► Domain 7- Housing *continue...*

- Homeless Shelters – for emergency use
 - Marth & Mary House
Contact: Danielle Bowers
899 Bedford Street
Johnstown, PA
[\(814\) 254-4413](tel:(814)254-4413)
 - Dorothy Day Center
Saint Francis University
117 Evergreen Drive
P.O. Box 600
Loretto, PA 15940
P: [\(814\) 472-3359](tel:(814)472-3359)
 - Call the Assistance office - [\(814\) 533-2491](tel:(814)533-2491)
 - Available benefits and services include:
 - Supplemental Nutrition Assistance Program (SNAP)
 - **Cash Assistance**
 - Health Care Coverage (Medical Assistance)
 - Home Heating Assistance (LIHEAP)
 - Family Planning Services
 - Help with Child Care
 - School Meals
 - **Long-Term Living Services**

► Domain 8- Transportation

- **Medical Assistance Transportation** is a system that can be used by people who have access to Medical Assistance insurance and it is a transportation system that uses vans and cars to help clients get to their appointments. This is typically only used for medical or psychiatric appointments. This service cannot be used for a ride to the hair dresser or grocery store.
***Contact the Community Action Partnership in Cambria for more info on the MATP program in this county:**
 - Community Action Partnership of Cambria County
 - [814-535-4630](tel:814-535-4630) or [888-647-4814](tel:888-647-4814)
 - <http://www.capcc.us/communityservices/> (application not available online)
- **Public Transportation – CamTran Public Bus Routes** are a viable way for people who do not have their own transportation to get around Cambria County and get to appointments, the grocery store or really anywhere else they need to go. If you have questions about bus routes you can call our office (info below), check the website <http://www.camtranbus.com/> (then click schedules) or download the “Where’s my Bus” or CamTran apps on your Apple or Android devices.
 - CamTran Transit Center:
 - 551 Main Street Johnstown, PA 15901
[\(814\) 535-4720](tel:814-535-4720)
 - Bus Stop Shop Hours: Monday-Friday 7:00am-6:00pm
 - CamTran + Ebensburg Office:
 - 1226 North Center Street Ebensburg, PA 15931
[\(814\) 471-6601](tel:814-471-6601)
TDD: [1-800-601-8466](tel:1-800-601-8466)
Office Hours: Monday-Friday 7:00am-4:30pm
- **Reduced Fare Bus Pass** – is a bus pass designed to offer a reduced cost to all community members who want to ride the bus but are financially struggling, disabled, or over 65 years of age. Please inquire about a reduced fare bus pass for your clients at the administrative office:
 - CamTran Administrative Office:
 - 502 Maple Avenue Johnstown, PA 15901
[\(814\) 535-5526](tel:814-535-5526)
TDD: [\(814\) 539-1149](tel:814-539-1149)
Office Hours: Monday-Friday 8:30am-4:30pm
- **Telephonic/Videophonic options for Medical or Mental Health appointments** - BCM should help the client reach out to their doctor, therapist or whoever the professional is that they wish to have Telephonic/Videophonic appointments with and inquire about the details of this service and if it is possible. If the client is unable to access these options with the current provider, the BCM can help the client call the member hotline number on the back of their insurance card and inquire about local providers who can offer the telephonic/videophonic options for appointments.



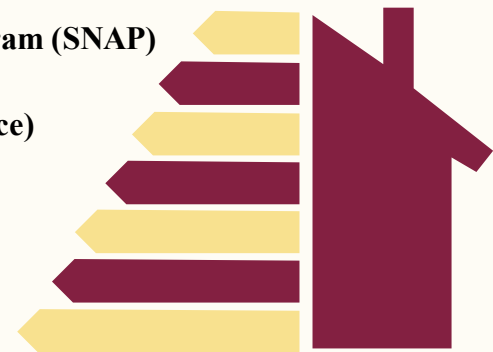
Friends/Family who can assist in transport or providing a vehicle for use – BCM should help the client reach out to close friends or family who may be able to help the client get to their appointment by either driving them or allowing the client to use their vehicle to drive themselves to the appointment. This can be very difficult if the client has little informal support in their life.

► Domain 9- Utilities

- Budgeting
 - BCM should review monthly incomes and create spreadsheet for how much money is needed for bills out of that income. Food should be included in the budget and money that is left should be used for items.
 - Educate about turning the lights off when not in use, wearing a robe around the house instead of having the heat up to 78 degrees, etc. These small changes help save money.
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Anyone facing a “Basic Humans Needs situation relative to Food Insecurity, Employment Assistance, Medical Assistance, Transportation, Financial Assistance, Utility Assistance, or Drug & Alcohol Support and Treatment, that you contact PA 2-1-1. There are 3 ways to reach out to PA 2-1-1:

 - Dial 2-1-1 by phone.
 - Text your zip code to [898-211](tel:898-211). Reply to the questions from the live operator, who will communicate with you based upon the need(s) expressed.
 - Visit www.pa211sw.org to Chat online with a resource representative.”
 - Unemployment: “For anyone seeking information regarding the loss of employment, or information regarding how to file a claim for unemployment through the state of Pennsylvania, please visit www.uc.pa.gov.”



► Domain 10- Difficultly Understanding Healthcare Reading Materials

- When our clients bring to our attention that they may need help reading or understanding materials given to them at medical appointments or the hospital, it is important to try and understand why they are having difficulty. (Ex. Are they able to read at the grade level in which the material is written? Do they have cognitive or intellectual issues that prevent them from fully understanding? Do they just need someone to walk them through the material and make sure they have the details understood?) By finding out the reason for the lack of understanding, we can help them get linked to services that can help or teach them the tools they need to read and understand on their own.
- **Goodwill Psych Rehab** - is a service that provides different interactive and instructional courses for people who have mental health or intellectual disabilities. Some of these courses include “taking responsibility for our own actions” “budgeting” “participating in treatment”. So if the client is lacking confidence or motivation to take a bigger stake in their own life and this is part of the reason they don’t understand directions, then Goodwill Psych Rehab can help the client better understand what they are potentially capable of as an adult with a disability.
<https://www.gogoodwill.org/news/goodwills-psychiatric-rehabilitation-program-selected-paprs/>
540 Central Ave Johnstown, PA 15902, phone [814 536-3536 ext 306](tel:8145363536)
- **Payee Services** – if someone is having trouble reading and understanding how to care for themselves, they may also have trouble making their own decisions when it comes to paying their bills and making sure they allocate their money correctly to survive. If you feel your client may need assistance with their finances through a payee, have this conversation with the client (or their caregiver) to see if this would be something they are interested in.
- **Guardianship** – These types of services are used whenever some feels they are (or) are deemed to not be able to make sounds decisions for themselves in regard to their treatment, procedures or surgeries, etc. The same providers who offer payeeship, also offer guardianship. Please discuss clients with these needs with your supervisor as well and we can help direct you to the appropriate people.
- **The Advocacy Alliance**
846 Jefferson Ave
PO BOX 1368
Scranton PA 18501
Phone: [570-342-7762](tel:5703427762)
Fax: [570-969-6922](tel:5709696922)
Toll free: [1-877-315-6855](tel:18773156855)
Email: info@theadvocacyalliance.org
www.theadvocacyalliance.org
- **Distinctive Human Services (DHS)**
406 Main St, Suite 4
Johnstown PA 15901
Phone: (814) 792-2758
Fax: (814) 536-5317



SDoH Resource Guide for CAMBRIA COUNTY

► Domain 10- Difficultly Understanding Healthcare Reading Materials *continue...*

- **Intellectual Development and Disabilities (IDD) Services** – these types of services are usually procured for individuals who have mild, moderate and severe intellectually disabilities. These services can range from assisted living, in-home help with waivers and home health aids, placement in an ID group home, supports coordination, etc. In order to see if your client qualifies for these services, you would need to reach out to Cambria County with the information below and ask to have an intake for ID services set up. Mary Anne Arnone is the head of the ID department in Cambria County.

- **Cambria County Behavioral Health/Intellectual Disabilities (BHID)**
 - 110 Franklin St.
 - Johnstown, PA 15901
 - Phone: [\(814\) 535-8531](tel:8145358531)
 - Website: <https://www.cambriacountypa.gov/behavioral-health.aspx>

- **BCM present at appointments to help** – if you establish that your client has difficulty communicating their needs to a doctor, therapist or professional, we encourage you to discuss the situation with the client and see if they are comfortable allowing you attend and help them communicate their concerns to their professional. There may also be situations where a client has difficult understanding or remembering the directions given by a doctor or therapist or professional. In these instances, it is also important to discuss the situation with the client and see if they are comfortable allowing you attend appointments and help them understand the directions and write them down so the BCM can remind them later if needed. If you feel the need to discuss these matters with a supervisor, please do ASAP.

- **Read Return Report - Free Library Boxes (Red Library Boxes) - Cambria County**

You may access these boxes at the locations listed below to practice if the client so desired. Various locations have been filled with more than just free books, some containing food, soaps, hygiene products, etc. Please be kind and only take what you, or your family, needs at this time.

 - Maple Ave: Cam Tran Building
 - Beginnings Parking Lot: Across from Police Station in Johnstown
 - Camp Harmony
 - JC Penny's: Ground Floor
 - The Learning Lamp
 - JHS
 - Johnstown Middle School
 - Roxbury Park
 - Westend
 - Prospect- St. James Missionary Church
 - Belmont- Alliance Church
 - YMCA
 - YWCA
 - Windber Community Park
 - Merho - Behind Bishop McCort



► **Domain 11- Lacking Companionship**

- When our clients lack companionship, this can impact them in a number of ways. Companionship is a crucial part of most people's self-worth and confidence. Having people in their life to talk to and who can help out in difficult situations is important and if your clients lack these types of supports, please talk to them about the importance of these roles and discuss referring to some of the following services to help.
- **Living situation** - sometimes a person's living situation can greatly impact their ability to be social, get to treatment, fulfill their daily needs and live a happy life. If a client feels they would want to move to an apartment building with more people and activities, move from a more rural setting to a town for convenience, or even moving in with a friend or family member who is willing to help and care for the client are all good things to discuss. Be careful not to uproot someone from their current living situation if it is not necessary.
- **Linking to Natural Supports** – it is very important for everyone (clients included) to have a system of natural supports who can provide moral support, a shoulder to cry on, an ear to listen, potentially helping with appointments, or day to day needs. If we find that a client feels they have no natural supports in their life, we want to talk to them and see if we can help foster or improve healthy relationships with people in their life. Try to figure out who is a good influence and who is not and try to encourage the client to strengthen relationships with positive influences. If you want additional tips or ideas on how to have this conversation, please bring up with your supervisor ASAP.
- **Creating more support through peer services/companionship resources** – any of the following services and resources could help clients get into more social settings and have the opportunity to meet positive supports who can serve the same purposes of a natural support.

- **The Peer Empowerment Network (PEN) Drop In Center** – the drop in center is a local resource for people in the community. They hold a lot of events related to increasing mental health awareness, weekly activities like BINGO and crafts, and they also can help with funding.

PEN Drop in Center
514 Somerset St
Johnstown PA 15901

[814-539-2724](tel:814-539-2724)

Website: <https://www.pendropincenter.org/>

- **Goodwill Psych Rehab** – this service does not directly provide companionship but provides an environment of people with MH issues and ID issues and the client may relate to some of these folks and use this setting to make friends and natural supports.

540 Central Ave
Johnstown, PA 15902
 [\(814\) 536-3536 ext 306](tel:814-536-3536)

Website:

<https://www.gogoodwill.org/news/goodwills-psychiatric-rehabilitation-program-selected-paprs/>

SDoH Resource Guide for CAMBRIA COUNTY

► **Domain 11- Lacking Companionship continue...**

- **Peer Support Services** – these services provide the client with an individual who has real life lived experience with mental health issues, substance abuse and/or other recovery-based issues and has over come them and has achieved recovery and stability. This peer support can use their own personal story to related to the client and empower them to take steps towards recovery in their own life. These services are provided by a few different groups in Cambria County.

Peerstar LLC

210 College Park Plaza

Johnstown, PA 15904

Phone: [814-515-2699](tel:814-515-2699)

Website: <https://www.peerstarllc.com/>

Goodwill Peer Support

540 Central Ave

Johnstown, PA 15902

Phone: [\(814\) 536-3536 ext 306](tel:(814)536-3536)

Website: <https://www.gogoodwill.org/who-we-serve/adults-with-disabilities-or->

ACRP

131 Market St.

Johnstown, PA 15901

Contact Jennifer Yahner @ [\(814\) 535-2277 ext 3009](tel:(814)535-2277)

Website: <http://acrpkids.org/programs-services/mental-behavioral-health-services/peer-support/>

- **Big Brother Big Sister** – this resource is based out of Blair County but they have worked with us through St. Francis in the past. Only contact info found was the website.

Website: <http://www.bbbsblaircounty.org/>

- **Companionship services through Cambria County IDD programs** – Cambria County may not provide the services directly but can help obtain the waiver for ID companionship services.

Cambria County Behavioral Health/Intellectual Disabilities (BHID)

110 Franklin St.

Johnstown, PA 15901

Phone: [\(814\) 535 – 8531](tel:(814)535-8531)

Website: <https://www.cambriacountypa.gov/behavioral-health.aspx>

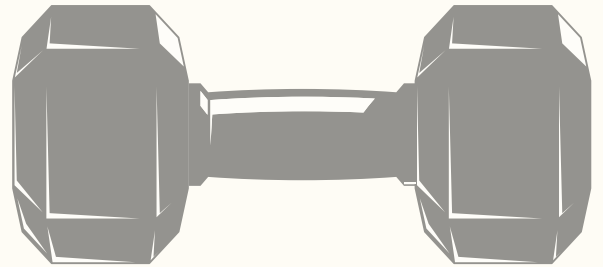
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SDoH Resource Guide for CAMBRIA COUNTY

► Domain 11- Lacking Companionship continue...

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- Beginnings Parking Lot: Across from Police Station in Johnstown
- Camp Harmony
- JC Penny's: Ground Floor
- The Learning Lamp
- JHS
- Johnstown Middle School
- Roxbury Park
- Westend
- Prospect- St. James Missionary Church
- Belmont- Alliance Church
- YMCA
- YWCA
- Windber Community Park
- Merho - Behind Bishop McCort



○ **Local Gyms and Programs**

- Tip: Call physical health insurance carrier and see if there are programs or gyms that are covered by their insurance company!

- Johnstown YMCA – <https://www.ymca.net/>
 - Scholarships and programs available

Phone: [\(814\) 535-8384](tel:8145358384)

Fax Number: [\(814\) 535-8384](tel:8145358384)

Regular Hours

M – F: 5 AM – 10 PM

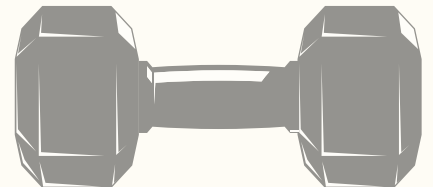
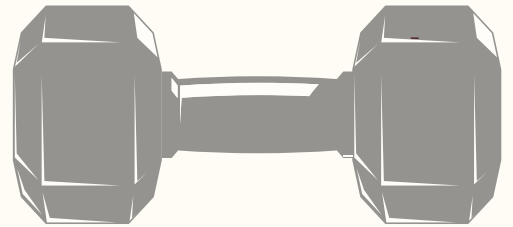
Sat: 8 AM – 8:30 PM

Sun: 12 PM – 8:00 PM

- Planet Fitness
 - Memberships start at \$10 / month

600 Galleria Dr Ste 100, Johnstown, PA

Call: [\(814\) 254-4414](tel:8142544414)



HOURS: M - F 5 AM – 10 PM, S - S 7AM – 7PM

► Domain 12- Safety

- Educate that **imminent danger** should be reported to the local police by calling 911.
- Calling the local police station for “non-emergency” situations, but maybe to report something that has already happened or may happen:
 - Johnstown Police: [\(814\) 472-2100](tel:8144722100)
 - East Conemaugh Police: [\(814\) 539-9908](tel:8145399908)
 - Ferndale Police: [\(814\) 288-4131](tel:8142884131)
 - Richland Township Police: [\(814\) 266-8333](tel:8142668333)
- Victim Services - [\(814\) 288-4961](tel:8142884961) – Provides advocacy/support services, trauma therapy, and Education.
 - Women’s Help Center - [\(814\) 536-5361](tel:8145365361) – Provides immediate protection, support, and empowerment for domestic violence.
 - Possible Paranoia/Delusion that should be address at next Medication Management appointment – contact client psychiatrist or nurse.
 - Housing options – see about question. If living in Section 8 housing, contact Johnstown Housing Authority (JHA) for assistance.
 - The Occupancy Office can assist a client to get out of their current living situation and into a safer one quickly. [\(814\) 535-7771](tel:8145357771)
 - Help bars/hand rails if fall risk issue – set up appointment or call PCP and address concerns
 - Medical Equipment:
 - Walnut Medical Services [\(814\) 254-4716](tel:8142544716)
 - Laurel Medical Solutions [\(814\) 254-4369](tel:8142544369)
 - Rezk Medical Supply [\(814\) 467-7395](tel:8144677395)
 - In home services providers – Home health, waivers
 - Contact Behavioral Health/Intellectual Disabilities [\(814\)535-8531](tel:8145358531)
 - Kimberly Pfeil, Deputy Behavioral Health Administrator
 - MaryAnn Arnone, Deputy Intellectual Disabilities Administrator



SDoH Resource Guide for BEDFORD COUNTY

► Question 1- Food Resources:

- o Food stamps (SNAP Benefits)
 - Each county has assistance office that is used for SNAP benefits. Call for assistance to check eligibility:
 - Cambria County: [\(814\) 533-2491](tel:8145332491)
- o Food Pantries – ATTACHED
 - Go to United Way to search all local, updated food pantries: <https://www.uwlaurel.org/FoodPantries>
 - See attached for additional numbers that were gathered
 - Go to <https://www.feedingamerica.org/find-your-local-foodbank> to find local food banks in the area.
 - Produce for the people (pre-covid-19) <https://www.pittsburghfoodbank.org/agency/produce-to-people-johnstown/>
- o Budgeting
 - BCM should review monthly incomes and create spreadsheet for how much money is needed for bills out of that income. The money that is left should be used for a monthly allowance for food.
 - Education on less expensive alternatives is key here. Explain that going out to eat at Sheetz everyday is not going to last as long as cooking a full meal that can be had over a week.
- o Review local Papers to buy on-sale items
 - Cambria: <https://www.tribdem.com/>
 - Look up on Google:
 - Market Basket Deals
 - Ideal Market Deals
- o Pat Deegan Resources Library



► Question 2- Paying the Bills

- o Budgeting
 - BCM should review monthly incomes and create spreadsheet for how much money is needed for bills out of that income. Food should be included in the budget and money that is left should be used for items.
 - Educate about turning the lights off when not in use, wearing a robe around the house instead of having the heat up to 78 degrees, etc. These small changes help save money.
 - Spreadsheet should show total income minus expenses that are fixed variable throughout the month.
- o Income resources:
 - o Contact Utility Provider and review things such as payment plans and special programs/charities.
 - i.e. Penelec provides assistance with their utility bill, including payment assistance
 - Weatherization programs
 - CARES (Customer Assistance and Referral Evaluation Service)
 - Penelec Customers: [1-800-545-7741](tel:18005457741)
 - Low Income Home Energy Assistance (LIHEAP)
 - Assist low-income people and families with their heating and cooling bills (county assistance office-listed below)

► Question 2- Paying the Bills continue...

- o Call the Bedford County Assistance Office
 - o 150 North Street Bedford, PA 15522
 - o [\(814\) 623-6127](tel:8146236127)
- o Call the Bedford Center for Community Action
 - [\(814\) 623-9129](tel:8146239129)
 - Available benefits and services include:
 - Home Repairs
 - Child Care
 - Educational opportunities
 - Rental assistance
 - Emergency food and shelter
 - Homeless assistance program
 - Direct rental assistance
 - Energy assistance
- o Bedford County United Way
 - [\(814\) 624-0041](tel:8146240041)

► Question 3- Housing

- o Budgeting
- o Housing options
 - Assisted Living Facility – “An assisted living residence or assisted living facility is a housing facility living facility is a housing facility for people with disabilities or for adults who cannot or who choose not to live independently.”
 - <https://www.caring.com/senior-living/assisted-living/pennsylvania/bedford-county>
 - Group Home
 - Mental health:
 - o Cornerstone Community Services-Bedford County:
1243 Shed Road
Bedford, PA 15522
Phone: [814-623-5166](tel:8146235166)
 - Residential Care for Intellectual Disability
 - Contact Bedford-Somerset Developmental & Behavioral Health Services First
 - o Phone: [814-623-5166](tel:8146235166)
 - For CRS Group Home IDD residential services:
 - o <http://ccsprovider.co/bedford-supportive-housing-program/>
 - Skills of Central PA:
210 S Centre Street Pottsville, PA 17901
Business Phone : [570-628-5215 Ext. 3100](tel:5706285215)
Business Fax : [570-622-3230](tel:5706223230)
Toll Free Number : [1-800-338-1299](tel:18003381299)
 - Bedford County Housing Authority (Please See Attached Bedford County Housing Resources)
 - <https://affordablehousingonline.com/housing-authority/Pennsylvania/Housing-Authority-of-the-County-of-Bedford/PA085201>
 - o S Richard Street #414. Bedford, PA 15522
 - o Phone: [814-623-1477](tel:8146231477)

► Question 3- Housing *continue...*

- Apartment/Independent living

Independent living facilities are available as well as independent housing.

- Living Facilities:

- <https://www.senioradvice.com/independent-living/bedford-pa>

- o Donahoe Manor
136 Donahue Manor Road Bedford, PA 15522
Phone: [855-221-7955](tel:855-221-7955)
- o Colonial Courtyard
220 Donahue Manor Road
Bedford, PA 15522
Phone: [855-233-7205](tel:855-233-7205)
- o Pennknoll Village
208 Pennknoll Road
Everett, PA 15537
Phone: [855-240-2530](tel:855-240-2530)
- o Homewood at Spring House
100 Victoria Avenue
Everett, PA 15537
- o Village at Morrisons Cove
429 S Market Street
Martinsburg, PA 16662
Phone: [855-229-7494](tel:855-229-7494)
- o Homewood at Martinsburg, PA
437 Givler Drive
Martinsburg, PA 16662
Phone: [855-224-5130](tel:855-224-5130)

- Income-Based housing

- o Affordable Housing in Bedford County
- o <https://affordablehousingonline.com/housing/search/Pennsylvania/Bedford-County>

- Raystown Village (Subsidized Housing)

847 Raystown Road
Everett, PA

- Penn-Bedford Apartments (Subsidized Housing)

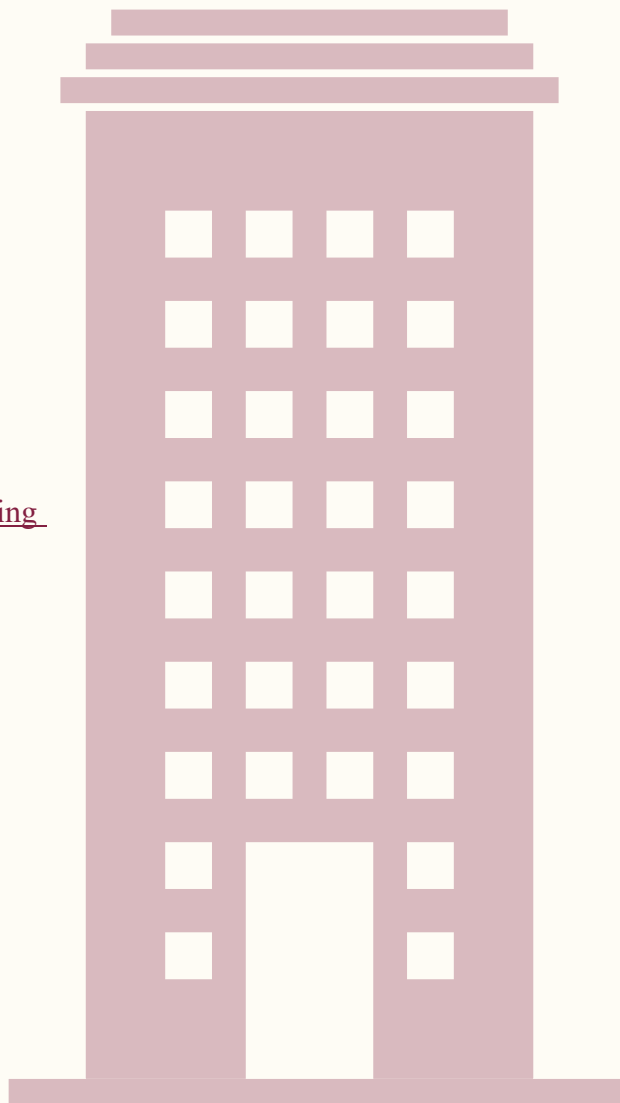
116 E Pitt Street
Bedford, PA

- Mountain Valley Apartments (Subsidized Housing)

225 E Pitt Street
Bedford, PA

- Friendship Village

348 Friendship Village Road
Bedford, PA



► Question 3- Housing continue...

- Devon Homes
109 Devon Way
Hyndman, PA
- Central Apartments (Subsidized Housing)
97 W 9th Street
Everett, PA
- Melware Apartments
128 Fifth Avenue
Hyndman, PA
- If client has decent income from a job, looking on place like Zillow and Realtor are good places to look for rentals or to even buy a home.
- Bridge Housing (If <25 yr old)
- o Charities
 - o <https://www.unitedway.org/my-smart-money/pages/community-resources-to-help-with-housing#>
 - United Way of Bedford County
119 E Penn Street
Phone: [814-624-041](tel:814-624-041)
- Homeless Shelters – for emergency use
 - o <https://www.shelterlistings.org/county/pa-bedford-county.html>
 - Your Safe Haven
 - Everett, PA 15537
 - Phone: [814-623-7664](tel:814-623-7664)
 - Center for Community Action-Everett
 - o Everett, PA 15537



► Question 4- Healthcare

- o Day care
 - Pennsylvania Child Care Information Services (CCIS) of Bedford County
 - [\(814\) 623-2002](tel:8146232002)
 - 195 Drive In Lane Everett, PA 15537
 - Administers the subsidized child care program that helps low income families pay their child care fees
 - Pennsylvania Department of Human Services
 - Child Care and Early Learning Services
 - [1-800-692-7462](tel:18006927462)
 - Child Care Works Subsidized Child Care
 - o If household income is no more than twice of the federal poverty income guidelines and child is 13 or younger and you are a working parent or going to school
 - o [1-800-323-9997](tel:18003239997)
 - Pre-school Programs
 - o [If your household income is no more than the federal poverty income guidelines and your child is five years or younger](#)
 - o [1-866-214-5437](tel:18662145437)
 - Family Resources
 - o <https://navigateresources.net/penn/MatchList.aspx?c::0::N:0;122087;Family%20Resources;Child%20Care%20and%20Camps;1428;Child%20Care%20Centers>
 - Learning Lamp Child Care Subsidy Program
 - o Bedford County
 - o [\(814\) 923-2002](tel:8149232002)
- o Family Members
 - Review with client family members that would be willing to help out a few hours a week.
- o Charities
 - Salvation Army Backpack program
 - Salvation Amy Coats for Kids
 - Salvation Army Project Bundle-Up
 - Church backpack and supply drives and events
- o School Resources
 - Call the school and inquire further programs they may offer specific to the child.

► Question 5- Medical Expenses

- o Discuss Medical Payment Options
- o Discuss Medical Insurance Options

► Question 5- Medical Expenses *continue...*

- o Call the Assistance office- [\(814\) 623-6127](tel:8146236127)
 - Available benefits and services include:
 - Supplemental Nutrition Assistance Program (SNAP)
 - Cash Assistance
 - Health Care Coverage (Medical Assistance)
 - Home Heating Assistance (LIHEAP)
 - Family Planning Services
 - Help with Child Care
 - School Meals
 - Long-Term Living Services
- o Budgeting– see spreadsheet
- o Federally Qualified Health Center (FQHC) – Bedford Family Health Center
 - Open Monday – Friday 8-4 pm; phone [\(814\) 961-3500](tel:8149613500)
 - 104 Railroad Street Bedford, PA 15522
 - [\(814\) 263-5804](tel:8142635804)
 - The mission of the Bedford Family Health Center is to promote health and wellness to the patient population by providing patient centered care that promotes engagement between the patient and the provider, leading to positive healthcare outcomes
 - <https://www.bedfordfhc.com/index.html>
- o Salvation Army Dental Center- [\(814\) 262-8500](tel:8142628500)
- o Low-Cost Insurance Programs
 - <https://bedford.pa.networkofcare.org/mh/insurance/lowcost.aspx>



► Question 6- Transportation

- o Medical Assistance Transportation is a system that can be used by people who have access to Medical Assistance insurance and it is a transportation system that uses vans and cars to help clients get to their appointments. This is typically only used for medical or psychiatric appointments.
 - This includes appointments with your doctor, dentist, psychologist or psychiatrist, drug & alcohol treatment clients and any other MA provider
 - You may also use MATP to go to the pharmacy for prescriptions, to the hospital for tests or to get medical equipment suppliers
 - To Schedule please call:
 - o [\(814\) 623-9129](tel:8146239129)
 - If you have questions regarding the program please call:
 - o [1-800-323-9997](tel:18003239997)
- o Public Transportation – Bedford County CART
 - CART is a public transportation system and is available for use by the public at large

SDoH Resource Guide for BEDFORD COUNTY

► Question 6- *Transportation continue...*

- CART transportation operates Monday through Fridays (except holidays) between 4:00 am and 7:00 pm
- Reservations can be made by calling the CART central dispatch Office
 - [\(814\) 635-3653](tel:8146353653) or [1-800-333-9004](tel:18003339004)
 - All reservations MUST be made at least one day in advance
 - Reservations for next day service must be made by 2:30 pm the previous day
- CART currently operates in a Zone system
 - Zone 1- Any trip within Huntingdon, Bedford and Fulton Counties
 - Zone 2- Any trip to any county that touches Zone 1 (Blair, Cambria, Franklin, Centre, Mifflin, Juniata, Somerset, Washington, MD & Allegany, MD).
- Full Fare for a Zone 1 trip is \$20 each way
- Full Fare for Zone 2 trip is \$30 each way
- Reduced Fare Bus Pass – is a bus pass designed to offer a reduced cost to:
 - Individuals aged 65 and above are subsidized. The final fare for the ride is \$1.75 for a Zone 1 Trip and \$4.50 each way for a Zone 2 Trip
 - Individuals aged 60-64. The final fare trip for the rider in Zone 1 is \$1.75 each way and \$4.50 for Zone 2 each way.
 - Individuals aged 18-59 with a disability. The final fare for Zone 1 is \$3.00 each way and a Zone 2 trip \$4.50 each way.
 - Medical Assistance persons should be calling MATP for transportation services
- Telephonic/Videophonic options for Medical or Mental Health appointments -
BCM should help the client reach out to their doctor, therapist or whoever the professional is that they wish to have Telephonic/Videophonic appointments with and inquire about the details of this service and if it is possible. If the client is unable to access these options with the current provider, the BCM can help the client call the member hotline number on the back of their insurance card and inquire about local providers who can offer the telephonic/videophonic options for appointments.
- Friends/Family who can assist in transport or providing a vehicle for use -
BCM should help the client reach out to close friends or family who may be able to help the client get to their appointment by either driving them or allowing the client to use their vehicle to drive themselves to the appointment. This can be very difficult if the client has little informal support in their life.

► Question 7- *Difficulty Understanding Healthcare Reading Materials*

- When our clients bring to our attention that they may need help reading or understanding materials given to them at medical appointments or the hospital, it is important to try and understand why they are having difficulty. (Ex. Are they able to read at the grade level in which the material is written? Do they have cognitive or intellectual issues that prevent them from fully understanding? Do they just need someone to walk them through the material and make sure they have the details understood?) By finding out the reason for the lack of understanding, we can help them get linked to services that can help or teach them the tools they need to read and understand on their own.



SDoH Resource Guide for BEDFORD COUNTY

► Question 7- Difficulty Understanding Healthcare Reading Materials continue...

- o Psych Rehab
 - Bedford Cornerstone Crossing Psych Rehab
 - Recovery program for individuals 18 and older who are living with a mental illness. Individuals are taught skills and provided support to enhance the quality of their lives
 - 119 Railroad Street Bedford, PA 15522
 - [\(814\) 623-8481](tel:8146238481)
 - <http://ccsprovider.co/bedford-psych-rehab/>
 - Bedford-Somerset Developmental & Behavioral Health Services
 - o 1243 Shed Road Bedford, PA 15522
 - o [\(814\) 623-5166](tel:8146235166) or [\(877\) 914-5166](tel:8779145166)
 - o <http://dbhs.co/>
- o Payee Services – if someone is having trouble reading and understanding how to care for themselves, they may also have trouble making their own decisions when it comes to paying their bills and making sure they allocate their money correctly to survive. If you feel your client may need assistance with their finances through a payee, have this conversation with the client (or their caregiver) to see if this would be something they are interested in.
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o The Advocacy Alliance

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Email: info@theadvocacyalliance.org
www.theadvocacyalliance.org

- o Intellectual Development and Disabilities (IDD) Services – these types of services are usually procured for individuals who have mild, moderate and severe intellectually disabilities. These services can range from assisted living, in-home help with waivers and home health aides, placement in an ID group home, supports coordination, etc.
 - o Bedford-Somerset Developmental & Behavioral Health Services
 - 1243 Shed Road Bedford, PA 15522
 - [\(814\) 623-5166](tel:8146235166) or [\(877\) 914-5166](tel:8779145166)
 - <http://dbhs.co/>

SDoH Resource Guide for BEDFORD COUNTY

► **Question 7- Difficulty Understanding Healthcare Reading Materials continue...**

- o BCM present at appointments to help – if you establish that your client has difficulty communicating their needs to a doctor, therapist or professional, we encourage you to discuss the situation with the client and see if they are comfortable allowing you attend and help them communicate their concerns to their professional. There may also be situations where a client has difficult understanding or remembering the directions given by a doctor or therapist or professional. In these instances, it is also important to discuss the situation with the client and see if they are comfortable allowing you attend appointments and help them understand the directions and write them down so the BCM can remind them later if needed. If you feel the need to discuss these matters with a supervisor, please do ASAP.

► **Question 8- Do you feel you often lack companionship?**

- o When our clients lack companionship, this can impact them in a number of ways. Companionship is a crucial part of most people's self-worth and confidence. Having people in their life to talk to and who can help out in difficult situations is important and if your clients lack these types of supports, please talk to them about the importance of these roles and discuss referring to some of the following services to help.
- o Living situation - sometimes a person's living situation can greatly impact their ability to be social, get to treatment, fulfill their daily needs and live a happy life. If a client feels they would want to move to an apartment building with more people and activities, move from a more rural setting to a town for convenience, or even moving in with a friend or family member who is willing to help and care for the client are all good things to discuss. Be careful not to uproot someone from their current living situation if it is not necessary.
- o Linking to Natural Supports – it is very important for everyone (clients included) to have a system of natural supports who can provide moral support, a shoulder to cry on, an ear to listen, potentially helping with appointments, or day to day needs. If we find that a client feels they have no natural supports in their life, we want to talk to them and see if we can help foster or improve healthy relationships with people in their life. Try to figure out who is a good influence and who is not and try to encourage the client to strengthen relationships with positive influences. If you want additional tips or ideas on how to have this conversation, please bring up with your supervisor ASAP.
- o Creating more support through peer services/companionship resources – any of the following services and resources could help clients get into more social settings and have the opportunity to meet positive supports who can serve the same purposes of a natural support.
 - Bedford Cornerstone Crossing Psych Rehab
 - Recovery program for individuals 18 and older who are living with a mental illness. Individuals are taught skills and provided support to enhance the quality of their lives
 - 119 Railroad Street Bedford, PA 15522
 - [\(814\) 623-8481](tel:8146238481)
 - <http://ccsprovider.co/bedford-psych-rehab/>
 - Bedford-Somerset Developmental & Behavioral Health Services
 - o 1243 Shed Road Bedford, PA 15522
 - o [\(814\) 623-5166](tel:8146235166) or [\(877\) 914-5166](tel:8779145166)
 - o <http://dbhs.co/>

SDoH Resource Guide for BEDFORD COUNTY

► Question 8- Do you feel like you often lack companionship? continue...

- o Peer Support Services – these services provide the client with an individual who has real life lived experience with mental health issues, substance abuse and/or other recovery-based issues and has overcome them and has achieved recovery and stability. This peer support can use their own personal story to related to the client and empower them to take steps towards recovery in their own life. These services are provided by a few different groups in Bedford County

Peerstar LLC

608 E Pitt Street

Bedford, PA 15522

Phone: [814-310-2315](tel:814-310-2315)

Website: https://www.google.com/search?q=peer+star+bedford+pa&rlz=1C1CHBF_enUS969US969&oq=peerstar+bedfor&aqs=chrome.1.69i57j0i22i30.4134j0j4&sourceid=chrome&ie=UTF-8

Skills of Central Pennsylvania

651 E. Pitt Street

Bedford, PA 15522

Phone: [814-310-2016](tel:814-310-2016)

Website: <https://www.skillsofcentralpa.org/services/peer-support/>

- o Big Brother Big Sister–Only contact info found was the website.

Website: <http://www.bbbsblaircounty.org/>

► Question 9- Safety

- o Victim Services- (814) 288-4961 – Provides advocacy/support services, trauma therapy, and Education.
- o Women’s Help Center- (814) 536-5361 – Provides immediate protection, support, and empowerment for domestic violence.
- o Possible Paranoia/Delusion that should be address at next Medication Management appointment - contact client psychiatrist or nurse.
- o Housing options
 - The Occupancy Office can assist a client to get out of their current living situation and into a safer one quickly. [\(814\) 535-7771](tel:814-535-7771)
- o Help bars/hand rails if fall risk issue– set up appointment or call PCP and address concerns
 - Medical Equipment:
 - Walnut Medical Services [\(814\) 254-4716](tel:814-254-4716)
 - Laurel Medical Solutions [\(814\) 254-4369](tel:814-254-4369)
 - Rezk Medical Supply [\(814\) 467-7395](tel:814-467-7395)
 - In-home services providers – Home health, waivers
 - Conemaugh Home Health-Bedford
145 Clark Building Suites 8
Bedford, PA 15522
Phone: [814-623-2820](tel:814-623-2820)



SDoH Resource Guide for BLAIR COUNTY

► Question 1- Food Resources

- Food stamps (SNAP Benefits)
 - Each county has assistance office that is used for SNAP benefits. Call for assistance to check eligibility:
 - ❖ Blair County Assistance Office: [1-866-812-3341](tel:1-866-812-3341)
- Food Pantries – ATTACHED
 - [Altoona Food Bank \(814\) 942-8415](#)-provides maximum of three-day food supply
 - ❖ Address: 2100 6th Avenue Altoona, PA 16602
 - [American Resue Workers \(814\) 695-0762](#)-hours are M-F 9am to 12pm. Appointment Only
 - ❖ Address: 811 Scotch Valley Road Holidaysburg, PA 16648
 - ❖ Additionally has option for clothing and some furniture when available
 - [Catholic Charities of the Diocese of Altoona-Johnstown \(814\) 944-9388](#)
 - Address: 927 S Logan Boulevard Holidaysburg, PA 16648
 - Hours of operation are M-F 8am-12pm and 1pm to 4pm (evening hours available by appointment)
 - [The Father's House \(814\) 381-7019](#)
 - Address: 1520 11th Street Altoona, PA 16601
 - Additionally provides clothing and a small amount of household goods when available
- Budgeting
 - BCM should review monthly incomes and create spreadsheet for how much money is needed for bills out of that income. The money that is left should be used for a monthly allowance for food.
 - Education on less expensive alternatives are key here. Explain that going out to eat at Sheetz every day is not going to last as long as cooking a full meal that can be had over a week.
 - Blair County Community Action Program [\(814\) 946-3651](tel:814-946-3651)
 - ❖ Main Office: 2301 Beale Avenue Altoona, PA 16601
 - ❖ Beginner's budgeting classes, credit basic, ID theft, Fair Housing Laws, A Guide to Renting, Homebuyer Education Certification
- Review local Papers to buy on-sale items
 - Blair County: altoonamirror.com
 - Look up on Google:
 - ❖ Aldi Deals
 - ❖ Giant Eagle Supermarket Deals
 - ❖ Martin's Food Deals
 - ❖ Save A Lot Deals
 - ❖ Weis Market Deals



SDoH Resource Guide for BLAIR COUNTY

► Question 2- Paying the Bills

- Budgeting
 - BCM should review monthly incomes and create spreadsheet for how much money is needed for bills out of that income. Food should be included in the budget and money that is left should be used for items.
 - Educate about turning the lights off when not in use, wearing a robe around the house instead of having the heat up to 78 degrees, etc. These small changes help save money.
 - Spreadsheet should show total income minus expenses that are fixed variable throughout the month.
 - Income resources:
- Contact Utility Provider and review things such as payment plans and special programs/charities.
 - i.e., Penelec provides assistance with their utility bill, including payment assistance
 - Weatherization programs
 - CARES (Customer Assistance and Referral Evaluation Service)
 - Penelec Customers: [1-800-545-7741](tel:1-800-545-7741)
- Call the Blair County Assistance office (office hours are from 7:30am to 5pm M-F) - [\(866\)-812-3341](tel:866-812-3341)
 - Available benefits and services include:
 - Supplemental Nutrition Assistance Program (SNAP)
 - Cash Assistance
 - Health Care Coverage (Medical Assistance)
 - Home Heating Assistance (LIHEAP)
 - LIHEAP office number [\(814\) 946-7365](tel:814-946-7365)
 - Family Planning Services
 - Help with Child Care
 - School Meals
 - Long-Term Living Services



► Question 3- Housing:

- Budgeting
- Housing options
 - Assisted Living Facility – “An assisted living residence or assisted living facility is a housing facility for people with disabilities or for adults who cannot or who choose not to live independently.”
 - ❖ <https://www.caring.com/senior-living/assisted-living/pennsylvania/blair-county>
 - Group Home
 - ❖ Mental health (please see attached):
 - Juniata House:
209 N. 9th Avenue
Altoona, PA 16601
[\(814\) 943-0414](tel:814-943-0414)
 - Rooms with shared common areas for homeless male and female adults in MH system
 - Twin Mountain Apartments [\(814\) 949-2699](tel:814-949-2699)
1117 N. 7th Avenue
Altoona, PA 16601
301 E. Crawford Avenue
Altoona, PA 16602
 - Subsidized permanent housing program for individuals with chronic MH and very low income (disability certification required)

SDoH Resource Guide for BLAIR COUNTY

► Question 3- Housing *continue...*

- Tyler Hall [\(814\) 943-7712](tel:8149437712)
1731 N. 4th Avenue
Altoona, PA 16602
 - Single-occupancy residential program for transitional housing for persons to live independently (very low-income guidelines)
- Waupalani Apartments [\(814\) 949-2699](tel:8149492699)
4400 22nd Avenue
Altoona, PA 16601
 - Program offers 5 one-bedroom and 4 two-bedroom units
 - Certification of MH disability required
- Union Avenue Apartments [\(814\) 944-1348](tel:8149441348) FAX [\(814\) 944-5700](tel:8149445700)
1911 Union Avenue
Altoona, PA 16601
 - 11 one-bedroom apartments for persons with chronic MH disabilities
- Residential Care for Intellectual Disability (Please see attached)
 - ❖ Skills of Central PA [\(814\) 949-4800](tel:8149494800) FAX [\(814\) 944-5700](tel:8149445700)
805 Chestnut Avenue
Altoona, PA 16601
- Group homes with support staff for persons with ID
 - ❖ Family Services of Blair County [\(814\) 944-4402](tel:8149444402)
2202 Broad Avenue
Altoona, PA 16601
- Group homes with support staff for persons with ID
 - County of Blair Redevelopment & Housing Authorities (COBRAH)
 - ❖ <https://www.cobrah.com/>
 - ❖ “The Blair County Housing Authority promotes adequate and affordable housing, economic opportunity, and a suitable living environment, free from discrimination, for families ranging from those with extremely low incomes to those with low incomes through Blair County”

1407 Blair Street
Holidaysburg, PA 16648
[\(814\) 695-7548](tel:8146957548)
[\(814\) 944-1559](tel:8149441559)
Fax: [\(814\) 695-5102](tel:8146955102)
live@cobrah.com
section8@cobrah.com
- Altoona Housing Authority (AHA)
 - <http://www.altoonahousing.org/>
 - “The Altoona Housing Authority provides assistance to families in Altoona through its Public Housing, Section 8, and Pleasant Village Housing Opportunity”
2700 Pleasant Valley Boulevard
Altoona, PA 16602
[\(814\) 949-2000](tel:8149492000)
FAX [\(814\) 949-2025](tel:8149492025)
info@altoonahousing.org
 - 8am to 4pm M-TH
 - 8am to 2pm Fridays

SDoH Resource Guide for BLAIR COUNTY

► Question 3- Housing continue...

- Public Housing Program:
 - COBRAH
 - Bell Court Apartments (1311 N. Cambria Street Bellwood, PA 16617)
 - Housing for elderly and near elderly. You must be at least 50 years old to live here
 - Cold Spring Apartments (105 Cranberry Street Tyrone, PA 16686)
 - 28 two-bedroom, 22 three-bedroom and 8 four-bedroom apartments (has handicap accessibility)
 - AHA
 - Fairview Hills (1614 First Street Altoona, PA 16601)
 - [\(814\) 949-2016](tel:8149492016)
 - Community of 150 dwelling units
 - Pleasant Village (2700 Pleasant Valley Boulevard Altoona, PA 16602)
 - [\(814\) 949-2010](tel:8149492010)
 - Community of 126 dwelling units
 - The Towers (1100 Eleventh Street Tower Altoona, PA 16601)
 - [\(814\) 949-2011](tel:8149492011)
 - Improved Dwellings for Altoona Inc. Subsidized Housing
 - [\(814\) 944-9466](tel:8149449466)
 - Subsidized housing-offered for low income and moderate income senior citizens or persons with disability or SSI
- Housing Choice Voucher Program:
 - AHA-Section 8 Housing Choice Voucher Program
 - ❖ <https://www.altoonahousing.org/section8.html>
 - ❖ Provides rental assistance in the form of a voucher to low and very-low income families, singles, senior citizens, disabled and handicapped individuals
 - COBRAH- Housing Choice Voucher Program
 - ❖ <https://www.cobrah.com/section-8-housing>
- Apartment/Independent living
 - Independent living facilities are available as well as independent housing.
 - Living Facilities:
 - ❖ There are more than 100 listings found within the Blair County area, we recommend visiting the online platform to look further:
 - ❖ <https://www.seniorcaring.com/independent-living-in-blair-county-pennsylvania?page=5>
- Income-Based housing (Blair County)
 - Cherry Grove
 - 400 E. Walnut Avenue Altoona, PA
 - [\(814\) 944-6385](tel:8149446385)
 - <https://cherrygrove.rentpmi.com/>
 - Tyrone Park Apartments
 - 1359 Burley Avenue Tyrone, PA
 - Highland Hall
 - 517 Walnut Street Holidaysburg, PA
 - [\(814\) 317-5450](tel:8143175450)
 - 62 and older community

SDoH Resource Guide for BLAIR COUNTY

► Question 3- Housing *continue...*

- Spring Manor Apartments
 - 300 Spring Street Holidaysburg, PA
 - [\(864\) 239-1000](tel:(864)239-1000)
 - https://www.publichousing.com/details/spring_manor
- Bell Court
 - 1311 N. Cambria Street Bellwood, PA
 - [\(814\) 695-7548](tel:(814)695-7548)
 - <https://www.cobra.com/bell-court-apartments>
- Washington Terrace
 - 400 Washington Avenue Tyrone, PA
 - [\(814\) 684-0305](tel:(814)684-0305)
 - https://www.lowincomehousing.us/det/16686-1257-washington_terrace
- Altoona Evergreen Manor
 - 5919 Evergreen Court Altoona, PA
 - [\(814\) 944-4160](tel:(814)944-4160)
 - <http://www.improved-dwellings.org/catalog/All/evergreen-manors>
- Country Manor
 - 809 Country Manor Drive, Suite 1 Duncansville, PA
 - [\(814\)695-6655](tel:(814)695-6655)
 - 62 and older; elderly supportive housing
 - https://www.lowincomehousing.us/det/16635-1031-country_manor
- Tyrone Elderly
 - 2 W. 11th Street Tyrone, PA
 - [\(814\) 684-2817](tel:(814)684-2817)
 - https://www.lowincomehousing.us/det/16686-tyrone_elderly
- Woodrow Wilson Gardens
 - 409 Eveningtide Avenue Altoona, PA
 - [\(814\) 944-4143](tel:(814)944-4143)
 - 62 and older; elderly supportive housing
 - <http://www.improved-dwellings.org/catalog/elderly-disabled-housing/woodrow-wilson-gardens>
- Blair Commons
 - 623 Lehigh Lane Altoona, PA
 - [\(814\) 949-2699](tel:(814)949-2699)
 - https://www.lowincomehousing.us/det/16602-7271-blair_commons_apts.
- Blair Towers
 - 1600 8th Avenue Altoona, PA
 - [\(814\) 946-5453](tel:(814)946-5453)
 - 62 and older; elderly supportive housing
 - <http://www.improved-dwellings.org/catalog/elderly-disabled-housing/blair-tower>
- Marian House Manor
 - 1408 4th Avenue Altoona, PA
 - [\(814\) 942-5018](tel:(814)942-5018)
 - 62 and older; elderly supportive housing
 - https://www.publichousing.com/details/marian_house_manor

SDoH Resource Guide for BLAIR COUNTY

► Question 3- Housing *continue...*

- The Greenfields aka Greenfield Terrace
 - 190 Penndale Avenue #7 Claysburg, PA
 - [\(814\) 239-5510](tel:(814)239-5510)
 - https://www.lowincomehousing.us/det/16625-greenfields_aka_greenfield_terrace
- Ida Towers
 - 1010 12th Street Altoona, PA
 - [\(814\) 944-4055](tel:(814)944-4055)
 - <http://www.improved-dwellings.org/catalog/elderly-disabled-housing/ida-tower>
- Chateau of Altoona
 - 2701 Walnut Avenue Altoona, PA
 - [\(814\) 944-1348](tel:(814)944-1348)
 - <http://www.improved-dwellings.org/catalog/family-housing/chateau-of-altoona>
- Station Square Apartments
 - 807 13th Street Altoona, PA
 - [\(814\) 943-0267](tel:(814)943-0267)
 - https://www.publichousing.com/details/station_square_apartments
- Bell Mansion Apartments
 - 617 Stadium Drive Bellwood, PA
 - [\(814\) 742-1210](tel:(814)742-1210)
 - 62 and older; elderly supportive housing
 - <http://www.improved-dwellings.org/catalog/elderly-disabled-housing/bell-mansion-apartments>
- Logan Hills
 - 1201 S. 27th Street Altoona, PA
 - [\(814\) 944-2551](tel:(814)944-2551)
 - https://www.publichousing.com/details/logan_hills
- Twin Mountain Apartments
 - 301 E. Crawford Avenue Altoona, PA
 - [\(814\) 949-2699](tel:(814)949-2699)
 - 62 and older; elderly supportive housing
 - https://www.lowincomehousing.us/det/16602-5247-twin_mountain_apts.
- Sylvan Acres
 - 411 Sylvan Circle Tyrone, PA
 - [\(814\) 684-0305](tel:(814)684-0305)
 - <http://www.improved-dwellings.org/catalog/family-housing/sylvan-acres>

If client has decent income from a job, looking on place like Zillow and Realtor are good places to look for rentals or to even buy a home.

- Bridge Housing (If <25 yr old)
- Charities
 - Rental Assistance Program (Blair County):
 - The Salvation Army-Altoona Service Center
 - [\(814\) 942-8104](tel:(814)942-8104)
 - 1813 Sixth Avenue Altoona, PA 16602
 - May provide financial assistance for rent, utility bills and household furniture in times of crisis

SDoH Resource Guide for BLAIR COUNTY

► Question 3- Housing *continue...*

- St. Vincent de Paul
 - [\(814\) 943-1981](tel:8149431981)
 - 1215 Seventh Avenue Altoona, PA 16602
 - Limited rental assistance for a short time frame
- Salvation Army Western Pennsylvania and Tyrone Center
 - [\(814\) 684-1664](tel:8146841664)
 - 908 Pennsylvania Avenue Tyrone, PA 16686
 - Assistance for security deposits or rent
- Blair Senior Services
 - [\(814\) 946-1235](tel:8149461235)
 - 1320 Twelfth Avenue Altoona, PA 16601
 - Assistance for low-income elderly and senior citizens in Blair County
- Blair County Emergency Shelter Allowance (ESA)
 - [\(866\) 812-3341](tel:8668123341)
 - 1100 Green Avenue (County Assistance Office) Altoona, PA 16601
 - Govt. grants available from the Department of Public Welfare. Able to assist the homeless or people facing eviction or foreclosure
- Blair County -MidPenn Legal Services
 - [\(800\) 326-9177](tel:8003269177)
 - Deal with illegal lockouts or evictions, public housing advice, eviction proceedings and direct low income clients to additional financial resources
- Catholic Charities of the Diocese of Altoona-Johnstown
 - [\(814\) 944-9388](tel:8149449388)
 - 1300 Twelfth Avenue
- Homeless Shelters— for emergency use

► Blair County

- If client is in need of immediate shelter, please call 211
 - Blair County Community Action -Homeless Program Transitional Housing/Shelter
 - [\(814\) 946-3651](tel:8149463651)
 - info@blaircap.org
 - Must have PA211 referral
 - 2301 Bealve Avenue Altoona, PA 16601
 - Family Services-Family Shelter
 - [\(814\) 949-3778](tel:8149493778)
 - 2700 8th Avenue Altoona, PA 16602

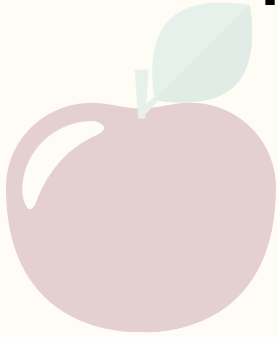
SDoH Resource Guide for BLAIR COUNTY

► Question 4- Child Care

- Day care
 - Child Care Works Subsidized Child Care Program
 - <https://www.dhs.pa.gov/Services/Children/Pages/Child-Care-Works-Program.aspx>
 - <https://www.dhs.pa.gov/Services/Children/Documents/Child%20Care%20Early%20Learning/Application-Subsidized%20Child%20Care.pdf>
 - CCIS Of Blair County
 - [\(814\) 949-9110](tel:(814)949-9110)
 - 3001 Fairway Drive, Suite D Altoona, PA 16602
 - United Way 211
 - <https://www.pa211.org/get-help/family-resources/child-care-expense-assistance/>
 - Lily Pond Child Development Centers
 - [\(814\) 317-5507](tel:(814)317-5507)
 - 110 Cherry Avenue Altoona, PA 16601
 - <https://www.lilypondcdc.org/before---after-school.html>
 - Abi Bush Family Child Care Home
 - [\(814\) 239-8046](tel:(814)239-8046)
 - Packard Street Claysburg, PA 16625
 - Cheryl Dively Family Child Care Home
 - [\(814\) 931-7130](tel:(814)931-7130)
 - Tangi Claar Family Child Care Home
 - [\(814\) 239-2000](tel:(814)239-2000)
 - Begin with us Childcare and Preschool
 - [\(814\) 515-1044](tel:(814)515-1044)
 - Caterpillar Clubhouse
 - [\(814\) 695-7011](tel:(814)695-7011)
 - 115 Irvin Street East Freedom, PA 16637
- Family Members
 - Review with client family members that would be willing to help out a few hours a week.
- Charities
 - <https://greatnonprofits.org/city/altoona/PA>
 - https://web.blairchamber.com/wcdirectory/education_directory.aspx?CategoryID=31&title=Non-Profit+Organizations&adkeyword=Non-Profit+Organizations
 - Review current listing of charities and nonprofits within the Altoona & Blair county area. Some charities tailor to specific needs of families and individuals and may be able to offer help for clients
- School Resources
 - Call the school and inquire further programs they may offer specific to the child.

► Question 5- Medical Expenses

- ❖ Discuss Medical Payment Options
 - Discuss Medical Insurance Options
 - Call the Assistance office
 - Blair County Assistance Office
 - [\(866\) 812-3341](tel:(866)812-3341)
 - 1100 Green Avenue Altoona, PA 16601
 - Available benefits and services include:
 - Supplemental Nutrition Assistance Program (SNAP)
 - Cash Assistance
 - Health Care Coverage (Medical Assistance)
 - Home Heating Assistance (LIHEAP)
 - Family Planning Services
 - Help with Child Care
 - School Meals
 - Long-Term Living Services
- ❖ Budgeting– see spreadsheet
 - Federally Qualified Health Center (FQHC) – community-based organization that provides comprehensive primary care and preventive care, including health, oral, and mental health/substance abuse services to persons of all ages, regardless of their ability to pay or health insurance status
 - Altoona Behavioral Health
 - 620 Howard Avenue Altoona, PA 16601
 - [\(814\) 942-5000](tel:(814)942-5000)
 - FAX [\(814\) 942-9500](tel:(814)942-9500)
 - Altoona Community Health Center
 - 1701 12th Avenue Altoona, PA 16601
 - [\(814\) 942-9600](tel:(814)942-9600)
 - FAX [\(814\) 942-9617](tel:(814)942-9617)
 - Children’s Dental Clinic -Altoona
 - 1500 Fourth Avenue Altoona, PA 16602
 - [\(814\) 946-8929](tel:(814)946-8929)
 - Through Health Clinic* (more faith based)
 - 2879 Everett Road
 - [\(814\) 317-5231](tel:(814)317-5231)
 - Altoona Regional Partnership for a Healthy Community
 - 501 Howard Avenue-Suite B204 Altoona, PA 16601
 - [\(814\) 889-5111](tel:(814)889-5111)



► Question 6- Transportation

❖ Medical Assistance Transportation is a system that can be used by people who have access to Medical Assistance insurance to get help with transportation to get to and from medical providers. The MATP provides rides to medical care at no cost to you. You can also receive mileage reimbursement if you use your own car or find someone to give you a ride

*Contact the Blair County MATP:

- Call [\(814\) 695-3500](tel:8146953500) or [1-800-458-5532](tel:18004585532)
 - You will be asked to provide your ACCESS card number to make sure you
 - You may be asked a few questions about your need for transportation
 - Make sure to inform MATP of any special needs you may have so that they may accommodate them
- ❖ Public Transportation – AMTRAN (Altoona) - seeks to improve the economic well being and the quality of life of customer, the community and the AMTRAN team through the provision of excellent transportation services.
- 3301 5th Avenue Altoona, PA 16602
 - [\(814\) 944-4074](tel:8149444074)
 - Routes
 - <https://m.amtran.org/regular-routes>
 - Persons can utilize the myStop to get trip planning through Google and to get real time bus departures
 - <https://m.amtran.org/mystop>
- ❖ Blair County Community Action Agency
- Transportation program provides employment related transportation to Blair County residents
 - Blair County residents
 - Transportation is door -to-door for individuals who have an upcoming job interview or are employed with no vehicle, and employment begins or ends outside of the Altoona Bus Schedule or not within Scheduled Bus Routes
 - 2301 Beale Avenue Altoona, PA 16601
 - [\(814\) 946-3651](tel:8149463651)
 - Office hours are 8:00 am-4:30 pm M-F
- ❖ Reduced Fare Bus Pass – is a bus pass designed to offer a reduced cost to all community members who want to ride the bus but are financially struggling, disabled, or over 65 years of age. Please inquire about a reduced fare bus pass for your clients at the administrative office:
- AMTRAN Helpline
 - [\(814\) 944-4074](tel:8149444074)
 - Office Hours: Monday-Saturday 6:30 am to 6:30 pm
 - <https://www.amtran.org/disability-services>
- ❖ Telephonic/Videophonic options for Medical or Mental Health appointments – BCM should help the client reach out to their doctor, therapist or whoever the professional is that they wish to have Telephonic/Videophonic appointments with and inquire about the details of this service and if it is possible. If the client is unable to access these options with the current provider, the BCM can help the client call the member hotline number on the back of their insurance card and inquire about local providers who can offer the telephonic/videophonic options for appointments.

► Question 6- Transportation continue...

- ❖ Friends/Family who can assist in transport or providing a vehicle for use – BCM should help the client reach out to close friends or family who may be able to help the client get to their appointment by either driving them or allowing the client to use their vehicle to drive themselves to the appointment. This can be very difficult if the client has little informal support in their life.

► Question 7- Difficultly Understanding Healthcare Reading Materials

- ❖ When our clients bring to our attention that they may need help reading or understanding materials given to them at medical appointments or the hospital, it is important to try and understand why they are having difficulty. (Ex. Are they able to read at the grade level in which the material is written? Do they have cognitive or intellectual issues that prevent them from fully understanding? Do they just need someone to walk them through the material and make sure they have the details understood?) By finding out the reason for the lack of understanding, we can help them get linked to services that can help or teach them the tools they need to read and understand on their own.
- ❖ Skills of Central PA-Psychiatric Rehabilitation – promotes full community integration, and improved quality of life for persons who have been diagnosed with any mental health disorder that seriously impairs their ability to lead meaningful lives.

2101 8th Avenue

Altoona, PA

<https://www.skillsofcentralpa.org/services/psychiatric-rehabilitation/>

Phone: [814-238-3245](tel:814-238-3245)

- ❖ Payee Services – if someone is having trouble reading and understanding how to care for themselves, they may also have trouble making their own decisions when it comes to paying their bills and making sure they allocate their money correctly to survive. If you feel your client may need assistance with their finances through a payee, have this conversation with the client (or their caregiver) to see if this would be something they are interested in.
- ❖ Guardianship – These types of services are used whenever some feels they are (or) are deemed to not be able to make sound decisions for themselves in regard to their treatment, procedures or surgeries, etc. The same providers who offer payeeship, also offer guardianship. Please discuss clients with these needs with your supervisor as well and we can help direct you to the appropriate people.
- ❖ The Advocacy Alliance

846 Jefferson Ave

PO BOX 1368

Scranton PA 18501

Phone: [570-342-7762](tel:570-342-7762)

Fax: [570-969-6922](tel:570-969-6922)

Toll free: [1-877-315-6855](tel:1-877-315-6855)

Email: info@theadvocacyalliance.org

www.theadvocacyalliance.org



SDoH Resource Guide for BLAIR COUNTY

► Question 7- Difficultly Understanding Healthcare Reading Materials continue...

❖ Southern Alleghenies Services Management Group - was established and subcontracted to perform administrative functions for the Developmental Programs in Blair County.

- 157 Lakemont Park Boulevard Altoona, PA 16602
- Phone: [814-949-2912](tel:814-949-2912)
- Email: info@sasmg.org
- <https://sasmg.org/about/representative-payee/>

❖ Intellectual Development and Disabilities (IDD) Services – these types of services are usually procured for individuals who have mild, moderate and severe intellectually disabilities. These services can range from assisted living, in-home help with waivers and home health aides, placement in an ID group home, supports coordination, etc.

➤ BCM present at appointments to help – if you establish that your client has difficulty communicating their needs to a doctor, therapist or professional, we encourage you to discuss the situation with the client and see if they are comfortable allowing you attend and help them communicate their concerns to their professional. There may also be situations where a client has difficult understanding or remembering the directions given by a doctor or therapist or professional. In these instances, it is also important to discuss the situation with the client and see if they are comfortable allowing you attend appointments and help them understand the directions and write them down so the BCM can remind them later if needed. If you feel the need to discuss these matters with a supervisor, please do ASAP.

- When our clients lack companionship, this can impact them in a number of ways. Companionship is a crucial part of most people's self-worth and confidence. Having people in their life to talk to and who can help out in difficult situations is important and if your clients lack these types of supports, please talk to them about the importance of these roles and discuss referring to some of the following services to help.
- Living situation - sometimes a person's living situation can greatly impact their ability to be social, get to treatment, fulfill their daily needs and live a happy life. If a client feels they would want to move to an apartment building with more people and activities, move from a more rural setting to a town for convenience, or even moving in with a friend or family member who is willing to help and care for the client are all good things to discuss. Be careful not to uproot someone from their current living situation if it is not necessary.
- Linking to Natural Supports – it is very important for everyone (clients included) to have a system of natural supports who can provide moral support, a shoulder to cry on, an ear to listen, potentially helping with appointments, or day to day needs. If we find that a client feels they have no natural supports in their life, we want to talk to them and see if we can help foster or improve healthy relationships with people in their life. Try to figure out who is a good influence and who is not and try to encourage the client to strengthen relationships with positive influences. If you want additional tips or ideas on how to have this conversation, please bring up with your supervisor ASAP.
- Creating more support through peer services/companionship resources – any of the following services and resources could help clients get into more social settings and have the opportunity to meet positive support who can serve the same purposes of a natural support.

SDoH Resource Guide for BLAIR COUNTY

► Question 8- Do you feel you often lack companionship? continue...

- ❖ Skills of Central PA-Psychiatric Rehabilitation – promotes full community integration, and improved quality of life for persons who have been diagnosed with any mental health disorder that seriously impairs their ability to lead meaningful lives.

2101 8th Avenue

Altoona, PA

<https://www.skillsofcentralpa.org/services/psychiatric-rehabilitation/>

Phone: [814-238-3245](tel:814-238-3245)

- ❖ Peer Support Services – these services provide the client with an individual who has real life lived experience with mental health issues, substance abuse and/or other recovery-based issues and has overcome them and has achieved recovery and stability. This peer support can use their own personal story to related to the client and empower them to take steps towards recovery in their own life.

Peerstar LLC

2900 Plank Road

Phone: [888-733-7781](tel:888-733-7781)

Website: <https://www.peerstarllc.com/>

Blair Drug & Alcohol - Certified Recovery Specialist (CRS)

3001 Fairway Drive, Suite D

Altoona, PA 16602

Phone: [814-381-0921](tel:814-381-0921)

Email: info@blairdap.org

Website: <https://www.blairdap.org/recovery/crs/>

ACRP

3010 7th Avenue

Altoona, PA 16602

[\(814\) 942-9425](tel:814-942-9425)

Main Point of Contact for ACRP Peer Support:

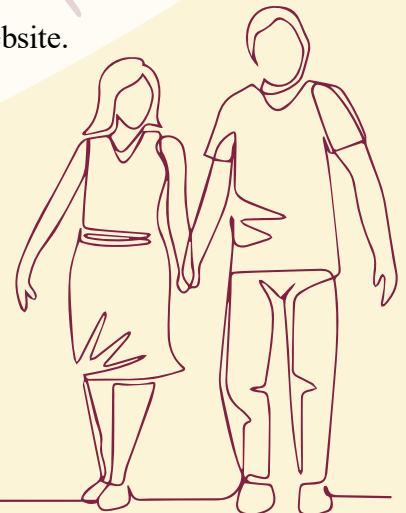
Jennifer Yahner

[\(814\) 535-2277 Ext. 3009](tel:814-535-2277)

Website: <http://acrpkids.org/programs-services/mental-behavioral-health-services/peer-support/>

- Big Brother Big Sister – Only contact info found was the website.

Website: <http://www.bbbsblaircounty.org/>



► Question 9- Safety

- ❖ Victim Services– Blair County Victim/Witness Program
 - 423 Allegheny Street, Suite 421 Holidaysburg, PA 16648
 - [\(814\) 693-3010](tel:(814)693-3010)
 - Hotline: [1-800-500-2849](tel:1-800-500-2849)
 - Advocacy, assistance filing compensation claims, case status, counseling, court accompaniment, courtroom orientation, crisis intervention, support groups, victim impact statements, victim rights notifications
- Family Services Incorporated
 - 2022 Broad Avenue Altoona, PA 16601
 - [\(814\) 944-3583](tel:(814)944-3583)
 - Hotline: [1-800-500-2849](tel:1-800-500-2849)
 - Advocacy, assistance, filing compensation claims, counseling, emergency financial assistance, information & referral, support groups
- MADD-Pennsylvania State Office
 - 3200 Ridge Pike #300 Norristown, PA 19403
 - Phone: [\(601\) 825-4902](tel:(601)825-4902)
 - Hotline: [1-877-MADD-HELP](tel:1-877-MADD-HELP)
 - Advocacy, assistance filing compensation claims, counseling, information & referral
- MidPenn Legal Services
 - Legal Assistance, advocacy, referral, emergency justice related assistance
- Housing options – see about question. If living in Section 8 housing, contact County of Blair Housing Authority (COBRAH) or the Altoona Housing Authority for assistance.
- Help bars/hand rails if fall risk issue– set up appointment or call PCP and address concerns
 - Medical Equipment:
 - Cambria Medical Supply- [\(814\) 942-0545](tel:(814)942-0545)
 - Dick’s Homecare, Inc.- [\(814\) 949-6764](tel:(814)949-6764)
 - Penn-Med Home Health Care Center- [\(814\) 946-9094](tel:(814)946-9094)
 - Rezk Medical Supply, and AdaptHealth company- [\(814\) 344-8994](tel:(814)344-8994)

SDoH Resource Guide for SOMERSET COUNTY

► Question 1- Food Resources

- △ Food stamps (SNAP Benefits)
 - Each county has assistance office that is used for SNAP benefits. Call for assistance to check eligibility:
 - ❖ Somerset County Assistance Office: [1-800-248-1607](tel:1-800-248-1607)
 - ❖ 164 Stayrook Street Somerset, PA 15501
- △ Food Pantries-Please See Attached
 - Berlin Pantry
 - ❖ 610 Main Street Berlin, PA 15530
 - ❖ Open every Wednesday from 9am to 11am
 - Boswell Pantry
 - ❖ 301 Center Street Boswell, PA 15531
 - ❖ Open every Thursday from 9 am to 12pm
 - Confluence Pantry
 - ❖ 711 Logan Place Confluence, PA 15424
 - ❖ Opened the last Friday of the month from 9am to 12pm
 - Hollsopple Pantry
 - ❖ 107 Stevens Lane Hollsopple, PA 15935
 - ❖ Open the 1st Monday and Wednesday of the month from 9am to 3pm
 - Meyersdale Pantry
 - ❖ 355 Center Street Meyersdale, PA 15552
 - ❖ Open every Friday from 9am to 10pm
 - Shade/Central City Pantry
 - ❖ 785 Lohr Street Central City, PA 15926
 - ❖ Open the 2nd Saturday from 9am to 11am
 - Somerset Pantry
 - ❖ 918 Tayman Avenue Somerset, PA 15501
 - ❖ Open every Wednesday from 8am to 11 am
 - Windber Food Pantry
 - ❖ 2010 Somerset Avenue Windber, PA 15963
 - ❖ Open the 1st and 3rd Tuesday of every month from 9am to 11:30am
 - Somerset County Mobile Food Bank
 - ❖ Nonprofit organization that consists of a group of volunteers gathered together to provide food for the people in Somerset County
 - ❖ Persons must bring a form of identification showing that they reside in Somerset County
 - ❖ 1686 Coxes Creek Road Somerset, PA 15501
 - Phone: [814-443-6574 extension 3](tel:814-443-6574)
 - Please review website for distribution days/times as they vary:
<https://www.scmfb.org/schedule/>

SDoH Resource Guide for SOMERSET COUNTY

► Question 1- Food Resources *continue...*

△ Budgeting

- BCM should review monthly incomes and create spreadsheet for how much money is needed for bills out of that income. The money that is left should be used for a monthly allowance for food.
- Education on less expensive alternatives is key here. Explain that going out to eat at Sheetz every day is not going to last as long as cooking a full meal that can be had over a week.
- Community Action Partnership for Somerset County [\(814\) 445-6928](tel:8144456928)
 - ❖ Main Office: 535 East Main Street Somerset, PA 15501
 - ❖ Goal in mind of developing self-worth commitment to helping others and to help those who help themselves become self-sustaining.
 - ❖ <http://www.capfsc.org/About-Us.aspx>

△ Review local Papers to buy on-sale items

- Somerset County: <https://www.dailyamerican.com/>
- Look up on Google:
 - ❖ Aldi Deals
 - ❖ Giant Eagle Supermarket Deals
 - ❖ Walmart Food Deals
 - ❖ Summit Country Market Deals
 - ❖ Roof Garden Market (Deli)
 - ❖ Food Lion Food Deals

► Question 2- Paying the Bills

△ Budgeting

- BCM should review monthly incomes and create spreadsheet for how much money is needed for bills out of that income. Food should be included in the budget and money that is left should be used for items.
- Educate about turning the lights off when not in use, wearing a robe around the house instead of having the heat up to 78 degrees, etc. These small changes help save money.
- Spreadsheet should show total income minus expenses that are fixed variable throughout the month.
 - Income resources:

△ Contact Utility Provider and review things such as payment plans and special throughout the month.

- ❖ i.e., Penelec provides assistance with their utility bill, including payment assistance
- ❖ Weatherization programs
- ❖ CARES (Customer Assistance and Referral Evaluation Service)
- ❖ Penelec Customers: [1-800-545-7741](tel:18005457741)
- ❖ Somerset Rural Electric Cooperative, Inc. (should the client not have penelec as their provider)
 - 223 Industrial Park Road Somerset, PA 15501
 - Phone: [814-445-4106](tel:8144454106)

SDoH Resource Guide for SOMERSET COUNTY

► Question 2- Paying the Bills *continue...*

- △ Call the Somerset County Assistance office (office hours are from 7:45am to 5pm M-F) – [\(800\) 248-1607](tel:8002481607)
 - ❖ 164 Stayrook Street Somerset, PA 15501
 - ❖ Available benefits and services include:
 - Supplemental Nutrition Assistance Program (SNAP)
 - Cash Assistance
 - Health Care Coverage (Medical Assistance)
 - Home Heating Assistance (LIHEAP)
 - LIHEAP office number [\(814\) 443-3683](tel:8144433683)
 - Family Planning Services
 - Help with Child Care
 - School Meals
 - Long-Term Living Services

► Question 3- Housing

- △ Budgeting
- △ Housing options
 - Assisted Living Facility – “An assisted living residence or assisted living facility is a housing facility for people with disabilities or for adults who cannot or who choose not to live independently.”
 - <https://www.caring.com/senior-living/assisted-living/pennsylvania/somerset-county>
- Group Home
 - Mental health
 - Cornerstone Community Services-Somerset Supportive Housing Program
 - ❖ Provides housing support services designed to help adults with a serious mental illness (SMI) or co-occurring disorder substance abuse and mental illness.
 - ❖ 245 West Race Street Somerset, PA 15501
 - ❖ Phone: [814-443-4891](tel:8144434891)
 - Residential Care for Intellectual Disability
 - ❖ Contact Bedford-Somerset Developmental & Behavioral Health Services
 - △ The Bennett Building
245 West Race Street
Somerset, PA 15501
Phone: [814-443-4891](tel:8144434891)
- △ Group homes with support staff for persons with ID
 - ❖ Croyle-Nielsen Therapeutic Associates (C-TNA)
 - ❖ Homes for adults with intellectual disabilities and autism to live in the community with supports provided to them
 - ❖ If interested, please call the Residential Program Director, Lori Sodano at [\(814\) 266-2244](tel:8142662244)
 - ❖ <https://www.c-nta.com/services-old/group-home-openings/>

SDoH Resource Guide for SOMERSET COUNTY

► Question 3- Housing *continue...*

- Boswell Housing Authority
 - △ 350 Garrett Avenue Boswell, PA 15531
 - Phone: [814-629-5147](tel:814-629-5147)
- Somerset County Housing Authority Office
 - △ 981 Boswell Heights Drive, Somerset, PA 15501
 - Phone: [814-629-7148](tel:814-629-7148)
- Windber Housing Authority
 - △ 285 Stadium Terrace Windber, PA 15963
 - Phone: [814-467-6157](tel:814-467-6157)
- Public Housing Program:
 - △ <https://affordablehousingonline.com/housing-search/Pennsylvania/Somerset-County>
 - △ Somerset Manor (Income-Based/Subsidized/62+ community)
749 Poplar Street, Central City, PA 15926
 - △ Hite House (Income Based)
121 West Main Street
Stoystown, PA 15563
 - △ Di and Di Senior Apartments (Subsidized)
152 Large Street
Meysersdale, PA 15552
 - △ Quemahoning Towers (Subsidized)
1700 Veil Avenue Windber, PA 15963
 - △ Dipasquale Garden Apartments (Subsidized)
141 Large Street
Meysersdale, PA 15552
 - △ Stony Creek Commons (Subsidized)
969 Barn Street
Hooversville, PA 15936
- Housing Choice Voucher Program:
 - △ Boswell Housing Authority
 - 350 Garrett Avenue Boswell, PA 15531
 - Phone: [814-629-5147](tel:814-629-5147)
 - △ Somerset County Housing Authority Office
 - 981 Boswell Heights Drive, Somerset, PA 15501
 - Phone: [814-629-7148](tel:814-629-7148)
 - △ Windber Housing Authority
 - 285 Stadium Terrace Windber, PA 15963
 - Phone: [814-467-6157](tel:814-467-6157)
- Apartment/Independent living
 - Independent living facilities are available as well as independent housing.
 - Living Facilities:
 - ❖ There are more than 20 listings found within the Somerset County area, we recommend visiting the online platform to look further
 - ❖ <https://www.senioradvice.com/independent-living/somerset-pa>

SDoH Resource Guide for SOMERSET COUNTY

► Question 3- Housing *continue...*

- Income-Based housing (Somerset County)
 - △ <https://affordablehousingonline.com/housing-search/Pennsylvania/SomersetCounty>
 - △ <https://www.lowincomehousing.us/PA/somerset.html>
 - △ <https://www.publichousing.com/city/pa-somerset>
 - △ Coleman Towers- Somerset
 - 145 West Race Street, Somerset, PA 15501
 - Phone: [814-443-4711](tel:814-443-4711)
 - △ Highland Hills-Affordable Community-Somerset
 - 132 Shalei Drive, Somerset, PA 15501
 - Phone: [814-701-2683](tel:814-701-2683)
 - △ Village at Somerset
 - 500 Village Way, Somerset, PA 15501
 - Phone: [814-443-6434](tel:814-443-6434)
 - △ Laurel Village Apartments
 - 800 East Main Street, Somerset, PA 15501
 - Phone: [814-445-7958](tel:814-445-7958)
- If client has decent income from a job, looking on place like Zillow and Realtor are good places to look for rentals or to even buy a home.
 - Bridge Housing (If <25 yr old)
- Charities
 - △ Rental Assistance Program (Somerset County):
 - Somerset County, Tableland Services, Inc.
 - <http://www.capfsc.org/Mobile/Services.aspx>
 - Provides homeless prevention services that assist clients to maintain safe and affordable housing. HAP funds are used to assist those individuals that are at-risk of homelessness or are literally homeless to obtain economic self-sufficiency and secure permanent housing within the community
 - 535 Eat Main Street, Somerset, PA 15501
 - Phone: [814-445-9628](tel:814-445-9628)
- Homeless Shelters– for emergency use
 - △ Somerset County
 - If client is in need of immediate shelter, please call 211
 - <https://www.homelesshelterdirectory.org/city/pa-somerset>
 - ❖ Next Step Center Inc.
406 Stoystown Road, Somerset, PA 15501
<http://www.nextstepcenter.org/>
 - Phone: [814-444-8588](tel:814-444-8588)

► Question 4- Child Care

- △ Day care
 - Somerset County Government-Early Learning Resource Center-CCIS of Somerset County
 - ❖ <http://www.co.somerset.pa.us/departments.asp?deptnum=3>
 - ❖ 6022 Glades Pike-Suite 125, Somerset, PA 15501
 - ❖ Phone: [814-445-9260](tel:814-445-9260)
 - ❖ Hours of Operation: Monday-Friday 8 am to 4:30 pm
 - ❖ Please See the Facilities List Attached
 - The Learning Lamp-Child Care Works Somerset County (details coming soon)
- △ Family Members
 - Review with client family members that would be willing to help out a few hours a week.
- △ Charities
 - Children's Aid Society Foundation
 - ❖ <https://www.casocietyfoundation.org/#>
 - ❖ 222 West Main Street-Suite 200, Somerset, PA 15501
 - ❖ Phone: [814-701-2275](tel:814-701-2275)
- △ School Resources
 - Call the school and inquire further programs they may offer specific to the child.

► Question 5- Medical Expenses

- Discuss Medical *Payment* Options
 - △ Discuss Medical *Insurance* Options
 - △ Call the Assistance office
 - ❖ Boswell Housing Authority
350 Garrett Avenue Boswell,
Phone: [814-629-5147](tel:814-629-5147)
 - ❖ Somerset County Housing Authority Office
981 Boswell Heights Drive, Somerset, PA 15531
Phone: [814-629-7148](tel:814-629-7148)
 - ❖ Windber Housing Authority
285 Stadium Terrace Windber, PA
Phone: [814-467-6157](tel:814-467-6157)
 - Available benefits and services include:
 - Supplemental Nutrition Assistance Program (SNAP)
 - Cash Assistance
 - Health Care Coverage (Medical Assistance)
 - Home Heating Assistance (LIHEAP)
 - Family Planning Services
 - Help with Child Care
 - School Meals
 - Long-Term Living Services



► Question 5- Medical Expenses *continue...*

- Budgeting – see spreadsheet
 - △ Federally Qualified Health Center (FQHC) – community-based organization that provides comprehensive primary care and preventive care, including health, oral, and mental health/substance abuse services to persons of all ages, regardless of their ability to pay or health insurance status
 - ❖ Hyndman Area Health Center, Inc.
Hyndman Office
144 Fifth Avenue, Hyndman, PA 15545
Phone: [814-842-3206](tel:814-842-3206)

► Question 6- Transportation

- **Medical Assistance Transportation** is a system that can be used by people who have access to Medical Assistance insurance to get help with transportation to get to and from medical providers. The MATP provides rides to medical care at no cost to you. You can also receive mileage reimbursement if you use your own car or find someone to give you a ride

***Contact the Somerset County MATP (please see the attached MATP fact sheet) ***

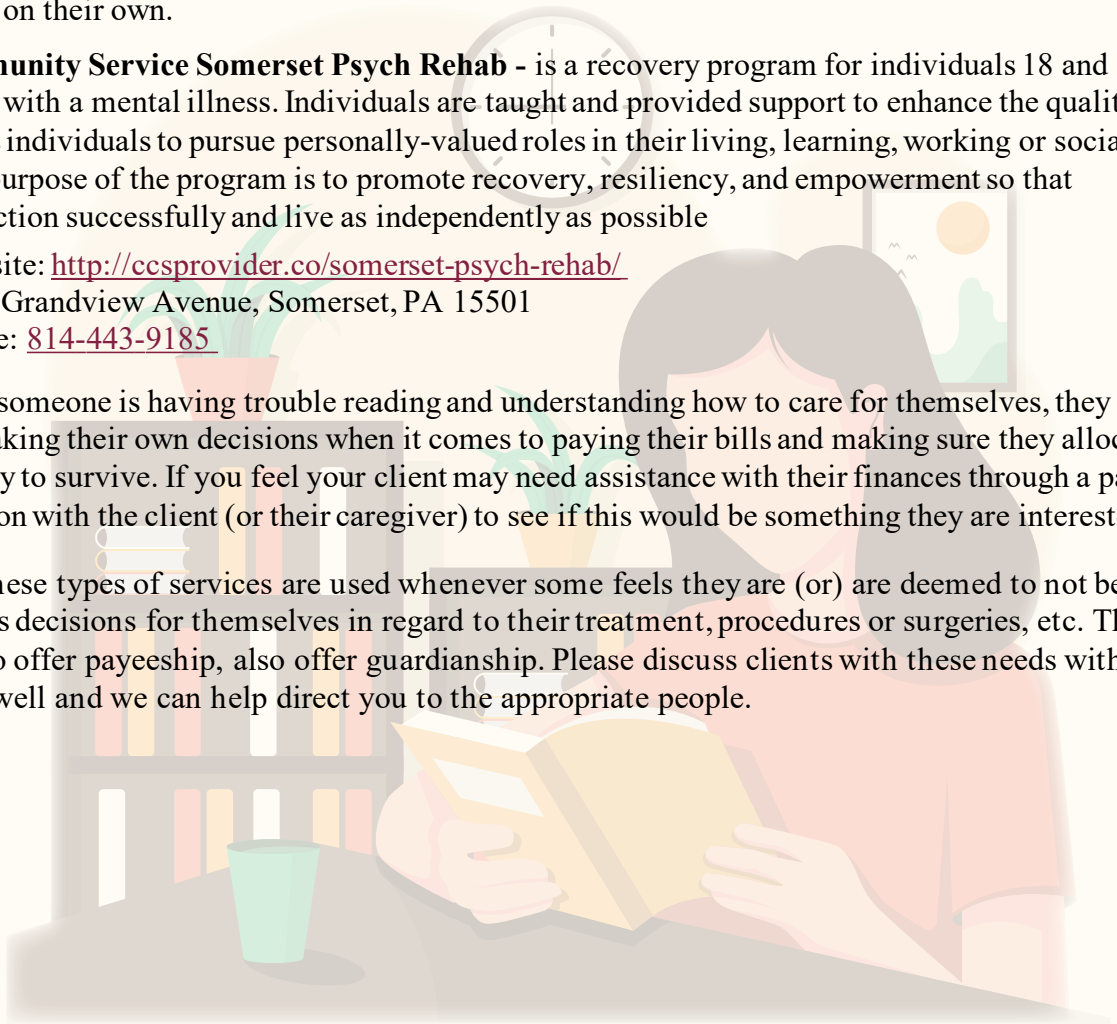
- Call [814-701-3691](tel:814-701-3691) or [1-800-452-0241](tel:1-800-452-0241)
- You will be asked to provide your ACCESS card number to make sure you are eligible for MATP services
- You may be asked a few questions about your need for transportation
- Make sure to inform MATP of any special needs you may have so that they may accommodate them
- **Public Transportation/Available Transportation**
 - Area Agency on Aging
 - Requires proof of age 60-64
 - Allows for trips to priority destinations like medical, pharmacy, grocery shopping, for only \$1.25 for each trip.
 - 1338 S Edgewood Avenue, Somerset, PA 15501
 - Phone: [814-443-2681](tel:814-443-2681)
 - Human Services Development Fund
 - Low-income eligible (ages 18-59)
 - Persons must come to the office first and complete an eligibility form
 - Please call the Department of Human Services HelpLine at:
 - [800-692-7462](tel:800-692-7462)
 - Persons with Disabilities (PWD) Rural Transportation Program
 - Provided to Somerset residents who are certified under the Americans with Disability Act
 - Must be between the ages of 18-64
 - Passenger pays for 15% of the fare
 - Can be used to commute to and from work site and other destinations
 - Preregistration is required
 - Lottery Program
 - For persons 65 or older
 - Area agency on aging offsets the fares to priority destinations (medical, pharmacy, grocery- only \$1.25 per trip)
 - Proof of age can be mailed or submitted into the office

► Question 6- Transportation continue...

- **Telephonic/Videophonic options for Medical or Mental Health appointments** – BCM should help the client reach out to their doctor, therapist or whoever the professional is that they wish to have Telephonic/ Videophonic appointments with and inquire about the details of this service and if it is possible. If the client is unable to access these options with the current provider, the BCM can help the client call the member hotline number on the back of their insurance card and inquire about local providers who can offer the telephonic/ videophonic options for appointments.
- **Friends/Family who can assist in transport or providing a vehicle for use** – BCM should help the client reach out to close friends or family who may be able to help the client get to their appointment by either driving them or allowing the client to use their vehicle to drive themselves to the appointment. This can be very difficult if the client has little informal support in their life.

► Question 7- Difficultly Understanding Healthcare Reading Materials

- When our clients bring to our attention that they may need help reading or understanding materials given to them at medical appointments or the hospital, it is important to try and understand why they are having difficulty. (Ex. Are they able to read at the grade level in which the material is written? Do they have cognitive or intellectual issues that prevent them from fully understanding? Do they just need someone to walk them through the material and make sure they have the details understood?) By finding out the reason for the lack of understanding, we can help them get linked to services that can help or teach them the tools they need to read and understand on their own.
- **Cornerstone Community Service Somerset Psych Rehab** - is a recovery program for individuals 18 and older who are living with a mental illness. Individuals are taught and provided support to enhance the quality of their lives; assists individuals to pursue personally-valued roles in their living, learning, working or social environments. The purpose of the program is to promote recovery, resiliency, and empowerment so that individuals may function successfully and live as independently as possible
 - Website: <http://ccsprovider.co/somerset-psych-rehab/>
 - 1213 Grandview Avenue, Somerset, PA 15501
 - Phone: [814-443-9185](tel:814-443-9185)
- **Payee Services** – if someone is having trouble reading and understanding how to care for themselves, they may also have trouble making their own decisions when it comes to paying their bills and making sure they allocate their money correctly to survive. If you feel your client may need assistance with their finances through a payee, have this conversation with the client (or their caregiver) to see if this would be something they are interested in.
- **Guardianship** – These types of services are used whenever some feels they are (or) are deemed to not be able to make sounds decisions for themselves in regard to their treatment, procedures or surgeries, etc. The same providers who offer payeeship, also offer guardianship. Please discuss clients with these needs with your supervisor as well and we can help direct you to the appropriate people.



► Question 7- Difficulty Understanding Healthcare Reading Materials *continue...*

○ **The Advocacy Alliance**

- 846 Jefferson Ave
PO BOX 1368
Scranton PA 18501
Phone: [570-342-7762](tel:570-342-7762)
Fax: [570-969-6922](tel:570-969-6922)
Toll free: [1-877-315-6855](tel:1-877-315-6855)
Email: info@theadvocacyalliance.org
www.theadvocacyalliance.org

○ **Center for Community Action –Representative Payee (Rep-Payee)**

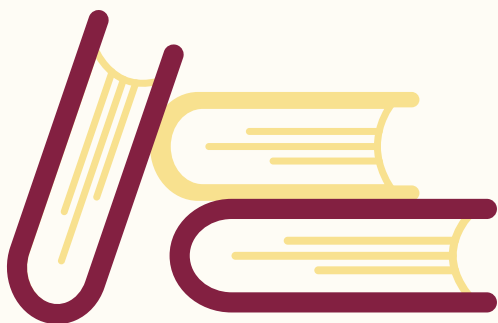
- 6022 Glades Pike Founder’s Hall-Suite 125
Somerset, PA 15501
Phone: [814-445-9260](tel:814-445-9260)

○ **Intellectual Development and Disabilities (IDD) Services** – these types of services are usually procured for individuals who have mild, moderate and severe intellectually disabilities. These services can range from assisted living, in-home help with waivers-and home health aids, placement in an ID group home, supports coordination, etc.

○ **Bedford-Somerset Developmental & Behavioral Health Services**

The Bennett Building
245 West Race Street
Somerset, PA 15501
Phone: [\(814\) 443-4891](tel:814-443-4891)
Website: <http://dbhs.co/>

- **BCM present at appointments to help** – if you establish that your client has difficulty communicating their needs to a doctor, therapist or professional, we encourage you to discuss the situation with the client and see if they are comfortable allowing you attend and help them communicate their concerns to their professional. There may also be situations where a client has difficult understanding or remembering the directions given by a doctor or therapist or professional. In these instances, it is also important to discuss the situation with the client and see if they are comfortable allowing you attend appointments and help them understand the directions and write them down so the BCM can remind them later if needed. If you feel the need to discuss these matters with a supervisor, please do ASAP.



SDoH Resource Guide for SOMERSET COUNTY

► **Question 8- Do you feel you often lack companionship?**

- When our clients lack companionship, this can impact them in a number of ways. Companionship is a crucial part of most people's self-worth and confidence. Having people in their life to talk to and who can help out in difficult situations is important and if your clients lack these types of supports, please talk to them about the importance of these roles and discuss referring to some of the following services to help.
- **Living situation** - sometimes a person's living situation can greatly impact their ability to be social, get to Treatment, fulfill their daily needs and live a happy life. If a client feels they would want to move to an apartment building with more people and activities, move from a more rural setting to a town for convenience, or even moving in with a friend or family member who is willing to help and care for the client are all good things to discuss. Be careful not to uproot someone from their current living situation if it is not necessary.
- **Linking to Natural Supports** – it is very important for everyone (clients included) to have a system of natural Natural supports who can provide moral support, a shoulder to cry on, an ear to listen, potentially helping with appointments, or day to day needs. If we find that a client feels they have no natural supports in their life, we want to talk to them and see if we can help foster or improve healthy relationships with people in their life. Try to figure out who is a good influence and who is not and try to encourage the client to strengthen relationships with positive influences. If you want additional tips or ideas on how to have this conversation, please bring up with your supervisor ASAP.
- **Creating more support through peer services/companionship resources** – any of the following services and resources could help clients get into more social settings and have the opportunity to meet positive supports who can serve the same purposes of a natural support.
- **Bedford-Somerset Developmental & Behavioral Health Services-Our Place Drop-In Center (Please see attached Brochure)** – drop-in center which provides a welcoming environment for all individuals with a mental health issue. We offer a wide range of activities including leisure events, social events, support groups and the opportunity to acquire other support services.

Our Place

597 East Main Street

Somerset, PA 15501

Website: <http://dbhs.co/behavioral-health-drop-in-centers/>

- **Cornerstone Community Service Somerset Psych Rehab** - is a recovery program for individuals 18 and older older who are living with a mental illness. Individuals are taught and provided support to enhance the quality of their lives; assists individuals to pursue personally-valued roles in their living, learning, working or social environments. The purpose of the program is to promote recovery, resiliency, and empowerment so that individuals may function successfully and live as independently as possible

- Website: <http://ccsprovider.co/somerset-psych-rehab/>
- 1213 Grandview Avenue, Somerset, PA 15501
- Phone: [814-443-9185](tel:814-443-9185)

- **Peer Support Services** – these services provide the client with an individual who has real life lived experience with mental health issues, substance abuse and/or other recovery-based issues and has overcome them and has achieved recovery and stability. This peer support can use their own personal story to related to the client and empower them to take steps towards recovery in their own life.

SDoH Resource Guide for SOMERSET COUNTY

► Question 8- Do you feel you often lack companionship? *continue...*

Peerstar LLC
214 College Park Plaza
Johnstown, PA 15904
Phone: [888-733-7781](tel:888-733-7781)

Community Care-Behavioral Health Organization Peer Support Services
109 West Main Street-Suite 203
Somerset, PA 15501
Phone: [866-486-2908](tel:866-486-2908)

- **Big Brother Big Sister** –Only contact info found was the website.

Website: <http://www.bbbsblaircounty.org/>

- **Developmental Services-Intellectual Disability/Autism Program-Bedford-Somerset Developmental & Behavioral Health Services**

The Bennett Building
245 West Race Street
Somerset, PA 15501
Phone: [\(814\) 443-4891](tel:814-443-4891)

Website: <http://dbhs.co/services/developmental-services/intellectual-disability-program/>

► Question 9- Safety

- Victim Services
- <https://www.ova.pa.gov/County-Crime-Victims/Pages/Somerset.aspx>
- MADD-Western Affiliate Office

- 408 4th Street #106

Bridgeport, PA 19405

Phone: [610-825-4902](tel:610-825-4902)

Hotline: [877-623-3435](tel:877-623-3435)

Services- Advocacy, Assistance Filing Compensation Claims, Case Status, Counseling, Court Accompaniment, Courtroom Orientation, Crisis Intervention, Information & Referral, Restitution, Support Groups, Victim Compensation Assistance, Victim Impact Statements, Victim Rights Notification

- Somerset County Victim Service Department

- Somerset County District Attorney's Office, 111 East Union Street-Suite 30

Somerset, PA 15501

Phone: [814-445-1459](tel:814-445-1459)

Hotline: [1-866-977-2717](tel:1-866-977-2717)

Services: Advocacy, Case Status, Counseling, Court Accompaniment, Courtroom Orientation, Crisis Intervention, Escape Notification, Restitution, Support Groups, Victim Compensation Assistance, Victim Impact Statements, Victim Rights Notification

SDoH Resource Guide for SOMERSET COUNTY

► Question 9- Safety continue...

- The Women's HealpCenter, Inc.
 - Scrull Building, Room 214
124 North Center Avenue
Somerset, PA 15501
Phone: [814-443-2824](tel:814-443-2824)
Hotline: [800-999-7406](tel:800-999-7406)
Services: Advocacy, Assistance Filing Compensation Claims, Bilingual Direct Services, Bilingual Hotline, Counseling, Courtroom Orientation, Crisis Intervention, Information & Referral, Interpreter Service, Shelter/Safe House, Support Groups, TTY Capabilities
- Victim Services, Inc.
 - 427 Westridge Road
Somerset, PA 15501
Phone: [814-443-1555](tel:814-443-1555)
Hotline: [800-755-1983](tel:800-755-1983)
Services: Advocacy, Assistance Filing Compensation Claims, Case Status, Counseling, Court Accompaniment, Courtroom Orientation, Crisis Intervention, Emergency Financial Assistance, Information & Referral, Interpreter Service, Restitution, Support Groups, Victim Impact Statements, Victim Rights Notification
- △ Housing options – see about question. If living in Section 8 housing, contact either the Boswell, Somerset or Windber Housing Authority Offices
- △ Help bars/hand rails if fall risk issue – set up appointment or call PCP and address concerns
 - ❖ Medical Equipment:
 - Somerset Medical Services
 - 4309 Glades Pike-Suite 200
Somerset, PA 15501
Phone: [814-443-1496](tel:814-443-1496)
 - ❖ In home services providers – Home health, waivers
 - <https://www.carepathways.com/pa/home-health-care-somerset/>
 - <https://www.caring.com/senior-care/in-home-care/pennsylvania/somerset-county>
 - Check available online to see which agency may best match the needs of your client

