

COMMUNITY RESOURCE DIRECTORY

Oklahoma has many programs to help us in our ongoing journey to be the best parents we can be. Some programs are based on your income and some programs are open to all. Below you will find a list of what is available, including contact information and eligibility information.

----- Oklahoma Department of Human Services -----



The government organization that coordinates needs-based assistance in Oklahoma is Department of Human Services. Their website - <http://www.okdhs.org/> - is comprehensive and gives you information on every program they offer. Below is an overview of their programs.

Financial Assistance: OK DHS provides several types of financial assistance for low-income families. You can start the application process easily by filling out one form & marking which programs you're interested in. After receiving this form, OK DHS will schedule you for an interview so that you can continue the process. The form is attached to this directory & can also be downloaded here:

<http://www.okdhs.org/NR/rdonlyres/EA913428-A7D2-4FE8-8CD9-1628C5B5CFF8/0/08MP003E.pdf>

This form will help you to apply for these benefits:

- **SNAP** (Supplemental Nutrition Assistance Program): This is a federal program that will help you buy food.
Website: <http://www.fns.usda.gov/snap/>
Contact by phone: 405-521-3444 or toll-free 866-411-1877
Eligibility: See attached form
- **Child Care Subsidy:** This program will help you pay for child care. The attached brochure will give you more information.
Website: <http://www.okdhs.org/childcare/>
Contact by phone: 405-521-3931 or toll-free 866-411-1877
Eligibility: See attached form
- **Sooner Care:** This is Oklahoma's insurance/health care program for children & other people in need. If you want to apply for SoonerCare only, an application form is attached.
Website: <http://okhca.org/>
Contact by phone: toll-free 800-987-7767
Eligibility: See attached form
- **TANF** (Temporary Assistance for Needy Families): This program provides temporary cash assistance to low income families with children.
Website: <http://www.acf.hhs.gov/programs/ofa/tanf/>
Contact by phone: 405-521-4391 or toll-free 866-411-1877
Eligibility: See attached form



If you need to contact or visit your local DHS offices, here are the locations most convenient to the north Oklahoma City area:

- OK County 55C ~ 2406 N Kelley Ave (73111) ~ 405-522-5818
- OK County 55G ~ 2821 NW 50th (73112) ~ 405-602-5700
- OK County 55H ~ 721 NW 10th (73127) ~ 405-470-6200

----- **Other State-Sponsored Financial Assistance Programs** -----

OK WIC Program: This program provides vouchers for free formula, milk, cheese, eggs, & other foods for children & pregnant/post-partum women. They also provide nutrition education and referrals to health care. The attached document lists the types & amounts of free foods that you will be given vouchers for.

Website: http://www.ok.gov/health/Child_and_Family_Health/WIC/index.html

Contact by phone: 405-271-4676 or toll-free 888-OKLAWIC

Eligibility: See attached form

Insure Oklahoma - Oklahoma's insurance program for working adults or self-employed adults who are not eligible for employer-sponsored insurance. Insure Oklahoma also covers some children who do not qualify for SoonerCare but whose family income is below a certain limit. Applicants are responsible for a monthly premium, which is calculated based on your income level.

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

Contact by phone: 888-3-OK-EPIC

Eligibility: See attached form for income guidelines. If you meet the income guidelines & you are not covered by employer-sponsored insurance, apply for Insure OK by completing the attached form.

OK DHS Low Income Home Energy Assistance Program: This program provides seasonal assistance to low-income households to assist with winter heating bills, and to provide help with some families who have received utility cut-off notices. An application form for this program is attached.

Website: <http://www.okdhs.org/divisionsoffices/hsc/fssd/liheap/>

Contact by phone: 405-521-3444 or toll-free 866-411-1877

----- **Private Assistance Programs** -----

Infant Crisis Services: < <http://www.infantcrisis.org/> > This organization provides formula, baby food, diapers, blankets, clothing, and more for families in need. Ask for a referral from your local DHS or WIC office.

Birth Choice of Oklahoma < <http://www.birthchoice.org/> >: This organization provides pregnancy tests, ultrasounds, counseling, community referrals, and goods such as diapers & clothing. There are several locations in Oklahoma. Contact the Oklahoma City office at [405-631-4477](tel:405-631-4477).

Cross & Crown Mission: This organization provides a wide range of services, including a Tuesday medical clinic, a Wednesday eye clinic, a food pantry open 3 days a week, and more.

Website: <http://crossandcrownmission.wordpress.com/>

Contact by phone: 405-232-7696

Trinity Legal Clinic of Oklahoma: Offers legal services to needy individuals. They conduct several legal clinics in locations throughout Oklahoma City. Clinics are held twice monthly at Crossings Community Center, Wednesdays at Cross & Crown Mission, and Tuesdays at City Rescue Mission.

Website: <http://trinitylegal.org/>

Contact by phone: 405-410-4544

Good Shepherd Ministries: An organization that provides medical care, dental care, food, clothing, counseling, referrals and more.

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

Contact by phone: 405-232-8631

Dental Clinic: Adults are seen Monday at 4:45 p.m; children are seen every other Tuesday. For an appointment, call 405-232-8631

Medical Clinic: Is open Mondays and Tuesdays at 5:30 p.m. For an appointment, call 405-232-8631

Food Pantry & Clothing: is open Tuesdays and Thursdays from 9:00 am to 11:30 a.m. and Mondays from 4:30 p.m. to 7:00 p.m. A special section of clothing is available for job interviews.

----- **Help for the Abused** -----

For vulnerable adults: OK DHS Adult Protective Services investigates reports of abuse, neglect, or exploitation of vulnerable adults, including persons with developmental disabilities. If you're concerned about the health or well-being of a vulnerable adult, contact this **24/7 hotline: 800-522-3511**. APS specialists will visit the person and determine whether the person is vulnerable & if a maltreatment has occurred.

For children: OK DHS Child Protective Services identifies, treats, and prevents child abuse & neglect. If you believe a child is being abused or neglected, contact this **24/7 hotline: 800-522-3511**. The attached brochure contains more information about the process of reporting child abuse.

Prevent Child Abuse Oklahoma < <http://www.pcaok.org/> > provides resources such as parenting classes for high-risk families & community support groups. Contact them at 405-232-2500 or toll-free at 800-CHILDREN.

Help for domestic violence or sexual assault: Safeline – 800-522-SAFE: Safeline is a hotline for individuals seeking help about domestic violence, sexual assault, and stalking. If you are in an abusive relationship or have been sexually assaulted, or if you know someone who needs help, call this hotline 24/7.

----- **Educational Support** -----

MetroLibrary's FamilyPlace: This is a program administered by the Metropolitan Library System that offers developmentally appropriate programs for young children & families, early childhood literacy training, and more. The attached brochure will give you the details of this program.

Website: <http://www.mls.lib.ok.us/mls/familyplace.htm>

Contact by phone: 405-231-8650

OKC Metro Literacy Coalition < <http://okcliteracycoalition.org/> >: This organization provides literacy services to all ages & abilities. Their website includes a comprehensive directory of programs that are available in Oklahoma.

Community Literacy Centers: This organization provides programs to help adults learn to read or improve their literacy. Their classes are free of charge & are held in many locations in Oklahoma City, during both the day & night. Call them to make an appointment & they will get you started enrolling in classes.

Website: <http://www.communityliteracy.com/>

Contact by phone: 405-524-7323

OK Literacy Resource Office: This organization collaborates with private & public agencies, local literacy programs, volunteer trainers, adult learners, & funders to offer quality literacy programs, resources, & special initiatives in the state. Their initiatives include:

Ready to Learn: Distributes books to at-risk preschool children & provides parent activities

TANF Literacy Initiative: Local sites provide instruction in reading, math, writing, & life skills.

Contact them for more information on these & other programs.

Website: <http://www.odl.state.ok.us/literacy/>

Contact by phone: 405-522-3205

----- **Adoption & Foster Care Resources** -----

Swift Adoption Services (OK DHS): This department works to find an adoptive family for children who cannot live in their own homes. To learn more about adoption in Oklahoma through OK DHS, check out this list of contacts below:

Main website: <http://www.okdhs.org/programsandservices/adopt/>

Contact by phone – Adoption Services: 918-794-7544 or toll-free 866-612-2565

Contact by phone – New Foster Care & Adoption Families Recruiting Hotline: 866-612-2565

Contact by phone – Post-Adoption Services: 405-521-2475 or toll-free 877-657-9438

Heart Gallery of Oklahoma: < <http://www.heartgalleryofoklahoma.com/> > - See photos and read about children who currently need homes.

Adoption Choices of Oklahoma: This organization works with both birth mothers & with families wanting to adopt.

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

Contact by phone: 405-794-7500

Deaconess Pregnancy & Adoption Services: Founded in Oklahoma more than 100 years ago, this organization offers counseling, adoption planning, child placement, and adoption reunions.

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

Contact by phone: 405-949-4200 or toll-free 800-567-6631

OK DHS Foster Care: This department finds temporary care for children in state custody. There are many resources available for foster parents. If you're interested in becoming a foster parent, see the attached Guide to OK Foster Care. If you are a foster parent looking for support, see the attached Foster Care Survival Guide for help with medical services, transportation, child care, clothing, and more.

Website: <http://www.okdhs.org/programsandservices/foster/>

Contact by phone: 405-521-3438

Foster Parent Hotline: 800-376-9729

Mayfair Foster Parent Association: This is a support group for foster parents. They meet monthly to discuss issues & solutions. They also share unused items such as beds, clothes, toys, etc. You can contact them by phone at 405-320-2429.

----- **Local Family Activity Guides** -----

Metro Family Magazine < <http://www.metrofamilymagazine.com/> >: A monthly printed and online magazine that includes a calendar of OKC family events & other activity ideas for families. The printed magazine can be found at all public libraries & at many other locations such as Crest and Homeland stores.

Oklahoma City Kids Directory < <http://okckidsdirectory.com/> >: A monthly activity guide – both printed and online. This guide includes kids activities, camps, child care, classes, and more.

Metropolitan Library System Info Magazine < http://www.mls.lib.ok.us/mls/info_magazine.html >: A monthly printed and online magazine with a calendar of events at libraries all over the Metro area.

----- **Mental Health & Counseling Services** -----

OK Federation of Families for Youth & Children's Mental Health - provides education, information, & support to families & caregivers of children & youth with emotional, behavioral, & other mental health related issues.

www.okfederation.org/

Sunbridge Low Cost Counseling Program: This program matches people in need with volunteer mental health professionals in the community.

Contact by phone: 405-943-3700

Contact by email: lskinner@mentalhealthok.org

COACH: A network of mental & physical health providers, community agencies and concerned individuals who have formed a framework to link all health services in our area. They review referrals and offer resources in the community to help determine which resource will best meet a family or individual need.

Contact by phone: Cher Golding 405-943-3700

Contact by email: cgolding@mentalhealthok.org

A Chance To Change Foundation: Provides outpatient treatment for substance abuse, problem gambling, depression, anxiety, trauma, and more. Programs are offered for individuals, couples, children, and families. Some programs are for a fee, others are free, and others are charged according to your income level.

Website: <http://achancetochange.org>

Contact by phone: 405-840-9000

Choices Counseling Center: Provides outpatient counseling services to children, adolescents, young adults, and adults. They accept several major insurance plans and they offer sliding scale fees for those without insurance.

Website: <http://www.choicesok.com/>

Contact by phone: 405-702-6677

OK Department of Health & Substance Abuse Services: This state department provides a wide range of mental health services – psychiatric hospital services, community mental health centers, crisis intervention centers, alcohol & drug treatment programs, mental health services, and substance abuse services. A resource center is provided where you can download various publications or view videos. It's easy to apply for services through the online application process.

Main website: <http://www.ok.gov/odmhsas/>

Resource Center: <http://www.odmhsas.org/resourcecenter/>

Online Applications: http://www.ok.gov/odmhsas/Application_Links.html

Contact by phone: 405-522-3908

----- Medical Services -----

HIV/STD Service – OK Department of Health: See the attached guide for a comprehensive listing of local resources for HIV/STD patients.

Website: http://www.ok.gov/health/Disease_Prevention_Preparedness/HIV_STD_Service/

Contact by phone: 405-271-4636

D-DENT: provides free comprehensive dental care to low-income, uninsured, elderly, or developmentally disabled individuals.

Website: <http://d-dentok.org/>

Contact by phone: 405-424-8092 or toll-free 800-522-9510

Family Medical Clinic (Olivet Baptist Church): A program that provides medical care, prescriptions, and immunizations.

Medical care: available the 2nd and 4th Monday of each month at 3 pm (arrive by 12 pm). You must make an appointment through Integris Healthline – [405-951-2277](tel:405-951-2277).

Prescriptions & immunizations: available 3rd Thursday of each month

Address: **1201 NW 10th** in Oklahoma City

----- **Special Needs Resources** -----

J.D. McCarty Center for Children with Developmental Disabilities: specializes in providing both in-patient & out-patient care, maintenance, training, education, & physical & mental rehabilitation to Oklahoma children & youth with developmental disabilities

Website: www.jdmc.org

Contact by phone: 405-307-2800 or toll-free 800-777-1272

George Nigh Rehabilitation Center: provides inpatient physical rehabilitative services for adults & children with disabling illness or injury such as back/neck injuries, spinal cord injury, stroke, amputation, orthopedic conditions such as joint replacements and fractures, multiple sclerosis, traumatic brain injury, Parkinson's disease, and more.

Website: <http://gnrc.ouhsc.edu>

Contact by phone: 918-756-9211

Child Guidance Services: a public health program within the OK City-County Health Department. The Child Guidance Clinic includes Speech-Language, Hearing, Developmental Health, & Behavioral Health services. Services are target for children birth through 12 years of age and their families who reside in Oklahoma county. There are no other eligibility requirements. Any fees for services are based according to a sliding scale and ability to pay.

Website: <http://www.cchdoc.com/health/child-guidance>

Contact by phone: 405-425-4412

SoonerStart Early Childhood Intervention Program: SoonerStart provides services to infants & toddlers through 36 months old who have developmental delays or have a physical or mental condition (such as down syndrome, cerebral palsy, etc.) which will most likely cause a developmental delay. This is a free program which provides diagnostic & evaluation services, case management, family training, counseling, home visits, certain health services, nursing services, nutrition services, occupational, physical, and speech-language therapy, and special instruction.

Website: http://www.ok.gov/health/Child_and_Family_Health/SoonerStart/

Contact by phone: 405-271-8333

OK Disability Law Center: provides free civil legal services to children & adults with disabilities or mental illness

Website: <http://home.flash.net/~odlcokc/>

Contact by phone: 405-525-7755 or toll-free 800-880-7755

OK Family Network: Informs & connects individuals with special health care needs & disabilities, their families, & professionals to services & supports in their community. Families may receive parent-to-parent support and specialized support groups.

Website: www.oklahomafamilynetwork.org

Contact by phone: 405-271-5072 or toll-free 877-871-5072

OK School for the Blind: a school for visually impaired children who is unable to succeed in public schools.

Website: <http://www.osb.k12.ok.us/>

Contact by phone: 918-781-8200 or toll-free 877-229-7136

OK School for the Deaf: a school for deaf children. Tuition, room & board, & transportation are all free of charge.

Website: www.osd.k12.ok.us

Contact by phone: 888-685-3323

OK Parents Center: provides training, information, & technical assistance for families of children with all disability conditions ages birth through 26

Website: www.oklahomaparentscenter.org

Contact by phone: 405-379-6015 or toll-free 877-553-4332

----- **Other Oklahoma community resources** -----

OASIS Information & Referral - a statewide information & referral service with a database containing thousands of resources.

Website: <http://oasis.ouhsc.edu>

Contact by phone: 1-800-426-2747.

Start Right: This program provides home visits, child development screening, parent education & support groups, & community resources & referrals. This program is available for expectant parents & for parents of infants through five years.

Contact by phone: 405-232-2500

Alternative Dispute Resolution System: offers low-cost mediation services for settlement of educational issues, & family & divorce issues

Website: www.oscn.net/static/adr

Contact by phone (OK county): 405-522-7872

OK Parents as Teachers: a free program that provides parent education for expectant parents & parents of children birth to age 3 in participating school districts to strengthen the capacity of parents to be effective first teachers & give their children the best possible start in life. Services can include: personalized home visits, support groups, developmental screenings, & a referral network. See the attached brochure for more information.

Website: <http://www.sde.state.ok.us/Programs/EC Educ/OPAT.html>

Contact by phone: 405-521-3346

Latino Community Development Agency: This is an agency with a wide range of services designed to enhance the quality of life of Oklahoma's Latino community. They provide English classes; a child care center; an HIV/AIDS clinic; a breast/cervical cancer screening program; child immunization clinics; child dental clinics; rehabilitation, tutoring, mentoring, & family support for at-risk youth; an adolescent outpatient substance abuse program; a child trauma program; a sexual violence program; parenting classes; transitional housing for domestic violence victims; and even a tattoo removal program.

Website: <http://lcdaok.org/>

Contact by phone: 405-236-0701

Vietnamese American Association and Community Center: This organization serves Vietnamese AND other immigrant populations. They provide refugee services, translation, health care and employment skills, and more.

Contact by phone: 405-524-3088

OK DHS Aging Services: A state program that provides services for older persons to help protect their quality of life. For example, see the attached brochure on Adult Day Health Services, a program which cares for an elderly family member while his/her caretaker works or attends to other personal matters. This department also provides legal services to persons age 60 or over, a Pharmacy Connection Council to help those who have no or inadequate health insurance get help for their prescriptions, and more.

Website: <http://www.okdhs.org/programsandservices/aging/>

Contact by phone: 405-521-2281